

Test Yourself - Is my Child Eating Healthy?

Name of child: _____ Date: _____

Check mark all the foods that your child eats, even if he/she eats is rarely. In addition, write down how often they eat it and whether it is due to medical or professional nutritional recommendation.

Food group #1 Important to eat every day:

- Leafy greens - lettuce, baby leaves, celery, parsley, dill, cabbage, etc
- Vegetables - broccoli, cauliflower, zucchini, squash, sweet potato, beets, tomatoes, peppers, cucumbers, green beans, etc.
- Fruits - citrus fruits, apples, pears, kiwi, persimmon, bananas, etc.
- Legumes - lentils (all colours), beans (all kinds), chick peas,
- Nuts and seeds - almonds, pecans, cashews, luz, brazil nuts, macadamia, sesame seeds, pumpkin seeds, sunflower seeds, (refrain from peanuts).

It is important to include above foods in your child's diet every single day!

How many times a week does your child eat the above foods? _____

Every day? Yes _____ No _____

Food group # 2 Recommended to eat 2-3 times a week (not obligatory)

- Chicken/Turkey
- Pork
- Fish (Sea Food)
- Eggs

How many times a week does your child eat the above foods? _____

Every day? Yes _____ No _____

Food group #3 Recommended to eat - Very rarely

- Red meat (beef, veal, lamb)
- Dairy products and cheeses
- Candy
- White rice
- White flour products - bread, pasta, couscous, pastry
- White sugar

How many times a week does your child eat the above foods? _____

Every day? Yes _____ No _____

Food group #4 Recommended to eat - NEVER!

- Food colouring
- Preservatives
- Refined oils, canola oil, vegetable oil
- Margarine - bureka, cakes, cookies (Tim Horton's uses that a lot!)

How many times a week does your child eat the above foods? _____

Every day? Yes _____ No _____

Your results

Food group #1) Foods that kids have to eat every day - healthy foods

If your child eats from all those food groups most of the time and only rarely from the 3rd group and never from 4th group, than they are doing great! Both nutritionally and with respect to immunity. Keep on feeding them that way, you are doing an excellent job!

Food group #2) eat 2-3 times a week

If your child eats from this food group more than 2-3 times a week, it means he/she consumes too much concentrated protein and that might create a problem, both nutritionally and with respect to immunity. Their body is exposed to acidity which harms them today and might do a serious damage down the road when they are older. Cut down animal food to 2-3 times a week maximum. Increase foods from healthy group #1.

Food group #3) Recommended to eat - Very rarely

If your child eats from this food group every single day, his/her body is crying for help. It is crucial to make some changes in their eating habits. Moreover, they probably don't eat enough from the first food group. Foods from 3rd food group increase toxic load in kids' body and therefore their body is susceptible for disease and infections. Most probably a child who eats from this food group every day has serious nutritional deficiencies.

Food group #4) Recommended to eat - NEVER!

Does your child eat from the 4th food group? How many times a week? How many times a month? If they do, they must stop immediately! These are not foods, these are toxins and poisons which harm your child and sets them for disease today and later on in life.

I hope you use this resource and benefit from it.

Feel free to share your results with me via email: dorit@palvanov.com

Yo yours and kids' health!

Love,
Dorit