

Mayo Clinic Minute

Brain food for kids

Video	Audio
Vivien Williams	Are there foods that can boost a child's brainpower and performance in school? Well, there's not one magic bullet food, but what does help are healthy choices and balanced nutrition.
Vandana Bhide, M.D. Pediatrics Mayo Clinic	"A combination of having both protein and carbohydrates together, and you would prefer to have the carbohydrates that sort of release slowly over time."
Vivien Williams	Mayo Clinic pediatrician Dr. Vandana Bhide recommends that kids eat carbohydrates from whole grain sources. She says to stay away from processed carbs loaded with sugar. This will help prevent energy spikes – highs followed by lows that can make kids sleepy and distracted.
Vandana Bhide, M.D.	"The No. 1 thing I would say is to avoid sugary drinks, so avoid sodas; concentrated even juices."
Vivien Williams	Healthy options for both carb and protein sources include, again, whole grains, fruits, vegetables, low-fat dairy and lean meats. Appropriate meal and snack choices will give your children the fuel they need to be the best they can be at school and in life. For the Mayo Clinic News Network, I'm Vivien Williams