



Optimum Nutrition for Your Child's Mind

MAXIMIZE YOUR CHILD'S POTENTIAL

Patrick Holford, **AUTHOR OF THE BEST-SELLING
NEW OPTIMUM NUTRITION BIBLE — 1 million sold!**
and Deborah Colson

Can a well-balanced diet increase a child's intelligence? In *Optimum Nutrition for Your Child's Mind*, nutrition authorities Patrick Holford and Deborah Colson say simple changes in diet not only boost a child's IQ but improve mood and behavior, too. This science-based guide to choosing the right foods (and avoiding the wrong ones) explains how foods fuel more than our bodies—they fuel our minds—and how smart choices in what parents feed their children can have profound results:

- **Children who eat diets high in fried or take-out food are three times more likely to misbehave** whereas children who eat diets high in fruits and vegetables are twice as likely to be well behaved. An amazing 44% of children who eat junk food most days have behavior problems, compared with only 16% of children who never eat fried or take-out food.
- **Children who eat vegetables, oily fish, nuts, and seeds do best in school.** Those who eat nuts and seeds daily do twice as well academically as children who never eat nuts and seeds.
- **Children on the best diets have 11% higher scores in national exams than those on the worst diets.** The best foods for increasing exam scores are dark green leafy vegetables and oily fish. The worst are processed foods and microwave meals.

Armed with a series of scientific studies and more than twenty years of experience working with children, Holford and Colson explain the physiological effects certain nutrients have on the way kids think and act. With the dramatic rise in childhood behavioral and learning disorders, the controversy over medication, and the fierce competition to get into the best schools, *Optimum Nutrition for Your Child's Mind* offers solutions for today's most pressing concerns.

Part 1 shows what (and what not) to feed a child. Part 2 shares the foods and supplements that are proven to boost IQ, enhance mood and behavior, sharpen memory and concentration, and advance reading and writing skills. Part 3 provides nutritional solutions for children with conditions such as autism, hyperactivity, aggression, and sleep disorders. Part 4 explains what to do to feed a child properly from infancy to teenage years, including shopping tips, meal ideas, and practical ways to keep a child's diet on track, such as making healthy meals at school cool, avoiding fads, preventing food fussiness, and choosing supplements that maximize a child's potential.

The best gift parents can give their children is a healthy head start. *Optimum Nutrition for Your Child's Mind* keeps children alert, energetic, clear-minded, and stress-free so they can excel in school and in life.

PATRICK HOLFORD is one of the world's leading authorities on nutrition and mental health. He has written 30 health books and is the founder of the Institute of Optimum Nutrition. He is also a fellow of the Association of Nutritional Therapists, the director of Food for the Brain Foundation, and a visiting professor at the University of Teesside, School of Social Sciences and Law. His previous book *The New Optimum Nutrition Bible* has sold over one million copies worldwide. He lives in London, England, and is available for interviews. Visit www.patrickholford.com

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Optimum Nutrition for Your Child's Mind: Maximize Your Child's Potential

By Patrick Holford and Deborah Colson

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