



Jennette Turner

Food, Mood and Behavior for Children and Adolescents

Class Outline

1. Introduction: The Hungry Brain
2. Blood Sugar
 - A. Carbohydrates and Hypoglycemia
 - B. Keeping Stable
3. Neurotransmitters and How They Work
 - A. Serotonin, Stimulants and Swings
 - B. Providing the Building Blocks
4. Fats: Brain Food
5. Must-Have Minerals: Magnesium, Iron and Zinc
6. Two to Avoid
 - A. Excitotoxins
 - B. Additives
7. Teenagers and Nutrition
 - A. Special Needs
 - B. The Appleton Experiment
8. Feeding Your Family
9. Conclusion: It's Worth It!

Reading List

- Russell Blaylock, M.D., Excitotoxins: The Taste That Kills. Santa Fe: Health Press © 1997
- Sally Fallon, Nourishing Traditions. San Diego: ProMotion Publishing © 1995
- Jane Hersey and Robert C. Lawlor, Why Can't My Child Behave? *The Feingold Diet Updated for Today's Busy Families*. Alexandria: Pear Tree Press © 1996
- Nigella Lawson, How to Eat. New York: John Wiley & Sons, Inc. © 2000
- William Philpott, M.D. and Dwight K. Kalita, Brain Allergies *The Psycho-Nutrient Connection*. Lincolnwood: Keats Publishing © 1980 and 2000 (2nd Ed.)
- Julia Ross, The Mood Cure. New York: Viking © 2002
- Carol Simontacchi The Crazy Makers *How the Food Industry Is Destroying Our Brains and Harming Our Children*. New York: Jeremy P. Tarcher/Putnam © 2000

White Bean and Turkey Chili *(Makes 4-6 servings)*

Warming and hearty, this chili is an easy favorite. Instead of ground turkey thigh you could also use ground chicken thigh or ground pork.

1 c. navy OR other white beans, soaked overnight and drained	1 tsp. dried oregano
4 c. home made chicken stock	2-4 cloves garlic, minced
1 onion, diced	1 4-oz. can diced green chilies
1 stalk celery, diced	2 tsp. salt
1 ½ lbs. ground turkey thigh	3-4 T. lime juice, fresh OR bottled
1½ tsp. chili powder	½ - ¾ c. piima cream OR sour cream
	½ bunch cilantro, minced

1. **FOR THE SLOW COOKER:** Put the beans, stock, onion, celery, ground turkey (make sure to break it up), chili powder, oregano, garlic and chilies in a slow cooker. Cook on low for 8-10 hours.
2. Add the salt, lime juice and piima cream or sour cream. Stir well and adjust as needed. Garnish each bowl with cilantro.
3. **FOR THE STOVE TOP:** Warm 2 T. olive oil OR butter in a large soup pot. Saute the onions, celery and turkey for 5-6 minutes. Add the navy beans and water &/or stock. Bring to boil. Skim off any foam that comes to the top.
4. Lower the heat to medium and add the chili powder, oregano, chilies and garlic. Cook for 1-1½ hours, stirring occasionally.
5. Add the salt, lime juice and piima cream or sour cream. Stir well and adjust as needed. Serve garnished with cilantro.

Nutrition Tip: The particular kind of dietary fiber found in beans helps to stabilize blood sugar.

Serving Suggestion: Serve with a big green salad and a few tortilla chips.

Flourless Peanut Butter Cookies

With the peanut butter, butter and eggs, these tasty cookies aren't the usual sugar bomb, so they make a fantastic snack for kids and grown-ups of all ages. Feel free to use different nut butters, too – almond butter is particularly good.

1 c. peanut butter (crunchy OR creamy)	4 eggs
1 c. sucanat	1 tsp. vanilla
¼ c. butter, softened	2 pinches sea salt (more if you are using unsalted peanut butter)

Options: ½ c. chocolate/carob chips OR raisins

1. Preheat oven to 350°F.
2. Place the peanut butter, sucanat and butter in a medium-sized bowl. Cream them together using an electric mixer.
3. Add in the remaining ingredients, mixing until smooth.
4. Drop rounded tablespoonfuls of dough, spacing evenly, onto a parchment-lined baking sheet. Gently press the cookies with a fork to make “peanut butter cookie” lines.
5. Bake for 20 minutes. Remove cookies from the pan and cool on a wire rack. Store in an airtight container.

Nutrition Tip: New research has determined that peanuts are as rich in antioxidants as many fruits, including blackberries! They're a great source of antioxidant polyphenols that lower risk for coronary heart disease, and they are also a good source of resveratrol (found in red grapes and wine), an antioxidant that improves blood flow to the brain and can help prevent strokes.