

The Wellness Family

Dr. Brayton Keeps You Informed



Kids & Keto for Healthy School Lunches

A keto-friendly diet typically focuses on foods that are full-fat, low in carbohydrates, and with a moderate amount of protein. Keto is a healthy alternative for your children's lunchbox as it not only promotes a healthier eating lifestyle, but also helps improve brain health and memory function as well.

Health Benefits of Keto Lunches for Kiddos

A majority of keto foods are entirely safe for kids, as long as you base your meals on whole foods and nutrient-rich real foods. Studies have revealed that a low-carb diet can be safe for children. So much so that it is actually encouraged, especially for children who may be suffering from an illness such as epilepsy. Studies have also shown that a Keto diet can increase your "good" cholesterol levels known as HDL or High-density lipoprotein. It also helps lower blood and insulin levels. Furthermore, Keto diets have been known to improve brain health and memory function, both crucial to a child doing well in school.

Avoiding Chemicals

It is important to do your research and learn which foods are "clean" and which foods are "dirty" when it comes to Keto. These terms essentially refer to either clean whole foods or dirty processed foods. For example, you may think that having a bun-less bacon cheeseburger is Keto friendly. However, this will likely be filled with additives and preservatives. Instead, choose a homemade, grass-fed burger and top it with full-fat cheese. Be sure to ditch artificial sweeteners such as Aspartame, Sucralose (Splenda), and Saccharin. These often appear in things that are labeled sugar-free, such as keto-friendly drinks from Starbucks. By choosing clean keto for your child's meals, you could potentially see added benefits such as smooth digestion, increased focus, strengthened immunity, and an elevated mood.

The Importance of Healthy Fat on a Keto Diet

Meals on the Keto diet should be high in fat and low in carbs, with a decent amount of protein. However, it is important that you do not have too much protein as it can have the reverse effect. Too much protein can put a strain on the kidneys as well as convert to glucose. It is recommended that you meet a protein goal each day,

but don't exceed it. Some suggestions for healthy fat and proteins would be poultry (chicken, turkey, etc.), fatty fish (tuna, salmon), and eggs. Berries, seeds, and nuts in small amounts are also great options. Healthy fat on a Keto diet is your source of energy, which is crucial for children during the school day.

Making Meal Preparation Simple

Starting and maintaining a Keto diet may sound like a bit of a challenge, especially if you are a busy parent



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or guardian. It may be difficult to not only change your mindset, but your child's as well. Begin by swapping things out slowly. If you change their diet gradually, you may get lucky, and they may not even notice! Swap chips for yogurt or berries or cheese and replace their processed lunchmeat with grilled chicken breast. You can also do a lot of pre-prep work. For example, label everything in your refrigerator and pantry. Stock a small storage box with cheese, berries, and hard-boiled eggs. Fill small containers with premeasured nuts. Then, teach your child to pick out what they want to eat and pack their own lunch. Not only does this take the pressure of throwing something together at the last minute but it also enables your child to feel like they have a choice in what they are eating... and they really like that.

So... What to Make?

Something that has proven useful in making Keto friendly lunches is purchasing a couple of Bento boxes. These are lunchbox-sized boxes that are divided into smaller, serving-size sections. They provide storage for your child's lunch, as well as help portion out their food. You can also portion by using silicone muffin cups, and then placing these in a Tupperware type of container. You also do not always need to feel like you have to fill your home with specific Keto-friendly food. Use up odds and ends in the kitchen that meet the Keto requirements before running to the grocery store.

Here are some suggestion menu ideas for your kid's lunchboxes:

1. **Chicken Salad Lettuce Wrap**
Wrap some chicken salad in lettuce. On the side, include strawberries, a hardboiled egg, and some cheese.
2. **Chicken Pesto**
Grilled chicken tossed in a tablespoon of pesto sauce. Serve it with a mozzarella cheese stick and cherry tomatoes.
3. **Muffin Cup Homemade Lunchables**
Place muffin cups in a storage container (or use a Bento box). Fill with pepperoni slices and cheese cubes. Also, include nuts and some raspberries, and include some celery with nut butter or cream cheese.
4. **Meat and Cheese Roll-Ups**
Roll up sliced salami and some cheese. Secure it with a toothpick. Add in some cucumber, feta cheese, and cherry tomatoes. Also include some blueberries and almonds.
5. **Tuna Salad**
Mix tuna with whole mayo, salt and pepper, and some chopped celery. Include some avocado slices with Everything Bagel seasoning, cherry tomatoes, sliced cucumbers, and pumpkin seeds.
6. **Breakfast Egg Muffins**
Include some breakfast egg muffins (you can find microwavable ones at the grocery store), sun-dried tomatoes, strawberries, and blueberries.
7. **Nitrate Free Turkey Slices**
Send along some turkey slices with cucumber, broccoli, and cherry tomatoes. Add in some mozzarella balls or feta cheese and include some strawberries.
8. **Veggies and Guacamole**
Include a combo of veggies – celery, broccoli, cucumber, cherry tomatoes – smoked salmon, and guacamole. Also, include a hardboiled egg.

9. **Tuna Stuffed Avocado**
Slice an avocado in half and stuff it with tuna salad. Rub the avocado with lime juice to keep it from going bad.
10. **Taco Salad Lunch Bowls**
In a lunchbox-sized storage container, combine ground turkey, chicken or lean beef, taco seasoning (be sure it is Keto friendly), lettuce, avocado, shredded cheese, diced tomato, red onion, and olives. In a small dressing container include salsa and/or sour cream.
11. **Buffalo Chicken Celery Sticks**
Cook shredded chicken with cream cheese cubes, sour cream, and red-hot sauce. Add shredded cheese, and garlic salt to the pan. Stir all ingredients together. Turn the heat down to medium-low and cook until the dip is heated through, stirring the mixture now and then. Remove from heat and let cool. Then spread it on celery sticks. You could also send to school with some Keto-friendly tortilla chips.

Chiropractic Factor

If you want to achieve the best results with a Keto diet, it is vital that you keep your spine and nervous system in check and in its prime. As it was mentioned previously, a Keto diet can help keep the brain healthy and focused. The goal of your Family Wellness Chiropractor is to do precisely the same thing.

Chiropractic can also support the brain's reaction time and how quickly your brain processes information, motor control, and much more. So when you are maintaining a healthy diet, such as a Keto one, and receiving regular chiropractic care, you are ensuring that your brain will have the best possible chance to be happy and healthy.



Dear Patient,
Dr. Brayton is dedicated to providing you with the absolute best in family wellness care. So take a moment today to discuss with your Family Wellness Chiropractor any concerns you may have regarding your family's overall health and wellness.

This newsletter is provided to you by:

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