

# Dr.K's Prescription for Happy, Healthy Children

Rx



## Quality

Pay attention to the quality of the food you choose



## Quantity

Eat small portions



## Timing

Schedule your meals



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# Dr. K's Prescription for happy, healthy children

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## Quantity, Quality & Timing

### A Simple Prescription for the Cure of Childhood Obesity

The increasing incidence of obesity in our society calls for a careful analysis of possible causes, as well as investigation and application of useful advice. My belief is that it boils down to three main causes: we eat too much, we eat poor quality food and we don't follow a schedule. Added to that, pre-prepared food is readily available and eating or drinking in any location has become socially correct in our culture.

We work hard and we work fast. There is no time for a daily trip to the grocery store; there is no time for food preparation; there is no way we can afford to waste food - we think. Instead we waste our health. Advertising reminds us that for \$5 we can have a large meal for two consisting of sizable amounts of carbohydrates and bad-for-you hydrogenated oils and preservatives, together with a cup of an all-you-can-drink combination of sugar and water.

The increase in the price of food may also augment the consumption of fast food, which is cheap and easy to acquire. When we add up the cost of buying fresh food, the time it takes to prepare, and the fact that it tends to spoil quickly if it is not consumed in time, the math may favor a visit to the nearest fast food joint. However, home cooking can be very economical and is certainly more nutritious. Americans could learn from the people of Mediterranean Countries, who have a much lower incidence of childhood obesity, and who treat mealtime as a family rite.

A good example for comparison, they value their food dearly and everybody still schedules their day around meal breaks. Quality is of first importance; they don't just eat anything available. They would rather eat small amounts of good quality than indulge in

large portions of junk. Meal times are scheduled and everyone gathers around the table, rather than eating on the go. Their incidence of obesity and cardiovascular disorders is still low, when compared to ours.

Old habits are hard to break. I suggest you start now, especially if you have young children in your family. They are going to learn the eating habits they experience at home; they are going to learn from you. Fast food should be a treat to use occasionally.

Taking this into account, I offer here a simple solution that makes weight control easier.



### Quality

Pay attention to the quality of the food you choose



### Quantity

Eat small portions



### Timing

Schedule your meals

Schedule four meals per day, consisting of breakfast, lunch, snack and dinner. No snacking in front of the TV or computer and don't keep cola and chips in the pantry. Make a menu for each day of the week and buy only the ingredients you need for food preparation. Buy fresh, whole foods not processed foods.

Cooking is an art and can be a stress relief at the end of the day. I suggest doing most of the shopping and cooking on the weekend, when you have more time, and keeping prepared food in the refrigerator or freezer for the rest of the week.

Quality, quantity and timing are the keys to good nutrition.

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# Grocery List

1 lb. of dried Lentils	Pepper
1 lb. bag of multicolor bowtie pasta	Dill Weed
1 bag of rice (1 lb.)	Garlic powder
2 Leeks	Sugar- One small bag
4 Carrots	Spanish Pimenton
2 bulbs Garlic	Saffron
5 Onions	1 container of peanut butter
4 Potatoes	½ lb of Deli ham, low salt, low nitrates
1 Green Pepper	2 Spanish Chorizo (optional, instead of Italian sausage for lentils)
1 Red Pepper	4 Italian Sausage
1 bunch of Celery	2 lb of rump roast beef
1 head of Lettuce	6 Pork cutlets
7 Tomatoes	1 lb. of salmon - place in freezer
1 Cucumber	6-8 Chicken drumlets
3 Zucchini	½ lb of sliced cheese
1 bag of Spinach (16 oz.)	1 container of cream cheese - 8 oz.
1 Avocado	1 container of cottage cheese - 8 oz.
12 oz. of fresh Blueberries	4 Yogurt
12 oz. of fresh Raspberries	1 container of plain yogurt
6 Apples	12 Eggs
6 Bananas	1 package of grated Parmesan cheese
6 Nectarines	2% milk
4 Oranges (optional, if nectarines are not in season)	2 ready-to-bake 9" piecrusts
1 bag of frozen Peas and Carrots	1 loaf of whole wheat bread
1 bag of frozen Berries	1 box of whole-wheat crackers
1 bottle of Olive oil	1 container of bread crumbs
1 bottle of vinegar	1 can of white Albacore Tuna
1 bottle of white wine	1 can of pink Salmon
Salt	

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# Weekly Menu

## SUNDAY

### BREAKFAST

Yogurt with Frozen Berries Puree

### LUNCH

House salad

### DINNER

Lentil Soup

Meat with Vegetables

## WEDNESDAY

### BREAKFAST

1 hardboiled egg

1 whole-wheat toast

1 glass of milk.

### AFTERNOON SNACK

Banana and apples cut up

### DINNER

Vegetable soup (Hulk soup)

Breaded pork cutlets

## SATURDAY

### BREAKFAST

Fried fruit with French Toast

Milk

### LUNCH/DINNER

Tuna Pie

## MONDAY

### BREAKFAST

1 slice of deli ham

1 slice of cheese

½ cup of fresh blueberries

Glass of milk

### AFTERNOON SNACK

1-2 celery sticks with peanut butter

1 apple

### DINNER

Meat with vegetables

Salad with lettuce, tomato, blueberries and spinach. Add olive oil and vinegar.

## THURSDAY

### BREAKFAST

1 whole wheat toast with ham and cheese

1 orange or nectarine

1 glass of milk

### SNACK

Raspberries and Cheese

### DINNER

Pepper Salmon

Spinach with garlic

## TUESDAY

### BREAKFAST

1 banana

1 whole-wheat toast with 1 slice of cheese

1 glass of milk

### AFTERNOON SNACK

1 yogurt

1 apple

### DINNER

Multicolor bowtie pasta with Parmesan cheese and meat sauce

Cucumber and tomato salad

## FRIDAY

### BREAKFAST

Italian sausage "tacos"

1 glass of milk

### SNACK

Mixed Berries and Plain Yogurt Puree

### DINNER

Chicken drumlets

Yellow rice



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## Timing Tips

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Eat breakfast, lunch, snack, and dinner  
Create a menu for each day of the week

Buy only the ingredients you need  
Buy fresh, whole foods - not processed

Shop & cook on the weekend  
Keep prepared food in the fridge or freezer



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