HEALTHY-NOVA

La newsletter de salud de AFA Creanova

Painting table in the art room of Creanova School

Dear Creanova Families,

With the beginning of this New Year we are launching this newsletter with interesting content for your sons and daughters health.

Jessica Ortiz, our Salut i Escola (Health and School) representative who is a pediatrician, is responsible for creating these contents.

Periodically we will be sharing new content and will be happy to receive feedback on subjects of your interest. Email us at: info@creanova.org

Hello Families!

Let me introduce myself. My name is Jessica Ortiz and I am the mother of two precious students in our school. I am a pediatrician and I only practice in San Cugats public health center, so I will take this opportunity to declare I have no conflict of interest with the recommendations I will give through the newsletter.

With permission from this pandemic and since COVID rarely affects the physical health of children in a serious way, in this newsletter we will talk about matters that are more important in our childrens health.

For this first newsletter I would like to start from the beginning. One of the factors that determine children, adolescent and adults health the most: **our diet.**

Since there is no better tool to take care of our health than good information, I want to recommend two readings. Two little gems of popular science, with reliable information about a healthy diet in children.

The first book is for you parents, moms and dads, who are concerned that your children grow up healthy.

It is the book “Se me hace bola” written by the nutritionist Julio Basulto. You will find great amount of good quality information explained in a simple and rigorous manner. You will find that eating healthy is much easier than it seems, if we know how to detect the “traps” which we sometimes find on the way.

“The cleaner is not the cleanest, but the one who dirties the least”

POPULAR PROVERB

Se me hace bola. Libro de Julio Basulto

The second recommendation is a reading to share with your sons and daughters. “Ñam! Sobre lo que comemos” is a magnificent book with knowledge for the little ones in the house (and not so little) written by Diana Oliver.

With fun illustrations and interesting content, they can learn which foods take care of them and which products are better to avoid. This way they will understand why parents establish certain norms around food.

And for the teenagers of the house I bring you two food blogs:

https://www.dimequecomes.com/ from nutritionist Lucía Martínez

https://www.midietacojea.com/ from nutritionist Aitor Sánchez

On both you will find interesting posts on a healthy diet, videos, TedX talks and links to podcasts each nutritionist launches periodically.

Finally, here are some links to the recommendations of the Generalitat de Catalunya. You may have been given these before by your pediatrician or nurse.

https://scientiasalut.gencat.cat/bitstream/handle/11351/2213/recomanacions_alimentacio_primera_infancia_2016.pdf?sequence=1

https://salutpublica.gencat.cat/web/.content/minisite/aspcat/promocio_salut/alimentacio_saludable/02Publicacions/pub_alim_inf/guia_alimentacio_saludable_etapa_escolar/guia_alimentacio_etapa_escolar.pdf

https://salutpublica.gencat.cat/ca/ambits/promocio_salut/alimentacio_saludable/Publicacions/Alimentacio-saludable-per-a-tothom/Petits-canvis-per-menjar-millor/

There is great work behind these guides, which are continuously being revised and updated based on new knowledge. For example, you will see how the recommendations on protein consumption have changed through time, prioritizing those of vegetable origin and reducing those from animals.

I hope you feel encouraged to look through these links and wonderful books. I know they have them in the Sant Cugat library so it will be easy to browse through them there.

I wish you good health and see you on the next newsletter!

Jessica Ortiz

Vocal Salut i Escola

AFA Creanova