

SYDNEY DIETETICS NEWSLETTER

Special Edition

KIDS NUTRITION WORKSHOP

Our Kids Nutrition Workshop is a great way to get kids eat healthy and THINK healthy! All workshops are run by Accredited Practising Dietitian (APD).

[Upcoming Kids Nutrition Workshop](#)

9th and 16th of November, 2013 from 2:30pm to 4pm at Balmain, Sydney

Please book through www.SydneyDietetics.com



One of our APDs, Erin Kerr, giving nutritional advice to parents

THE LEARNING DIFFERENCE CONVENTION

The first Learning Difference Convention took place at the Convention Centre at Darling Harbour last Friday. Sydney Dietetics was invited to take part at the convention to give advice on nutrition for people with SLDs.

What is SLD?

Specific Learning Difficulty (SLD) is the umbrella term that covers dyslexia, dyspraxia, dyscalculia, dysgraphia, ADHD, visual processing disorder and auditory processing disorder.

Q: Does diet play a role in SLD?

A: Yes, if there are underlying dietary issues which can be found out by undergoing a [nutrition assessment](#) with an APD. Dietary issues if untreated can impact on one's attention, mood, irritability, energy levels and growth & development.

Q: Should I take fish oil supplements if I have SLDs?

A: There is insufficient evidence to fully support the use of fish oil supplements for children with SLDs, but it may be helpful to boost omega-3 intake as most Australians are not getting enough of it in their diet. If you want to use fish oil supplement, make sure it is made by reputable manufacturers and check with your GP if you have any medical conditions that may put you at risk of bleeding at high dose of supplement.

“Oily fish is a good natural source of omega-3, proteins and several vitamins. Aim to give children at least two to three serves of oily fish per week.” – Australian Guide to Healthy Eating

RECIPES TO INCREASE YOUR OMEGA-3 INTAKE

Check out our website for great recipes to boost your omega-3 intake! Two tasty [canapé recipes](#) perfect for Melbourne Cup (or any occasion).



Kids Nutrition Workshop

www.sydneydietetics.com

WANT TO KNOW MORE ABOUT DIET AND SLD?

We have put together a fact sheet based on the latest research data. To download a copy of the [fact sheet](#) please visit us at <http://www.sydneydietetics.com/resources>

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