

# Meal Planning & Reducing Processed Foods

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## Key Points

- Whole grains and whole foods improve brain performance
- Processed carbs (white bread, cereals, sweets) spike/crash blood sugar → poor focus & mood
- Parents control the food environment by choosing what foods enter the home



*Don't negotiate about processed foods - replace, don't restrict.*

## Action Steps

- Swap white bread/pasta with whole-grain or lentil/chickpea pasta
- Stock easy proteins (nuts, cheeses, beans, leftovers)
- Prep breakfast the night before

## Home Practice

Identify three (3) processed foods to remove from the home immediately today:

- 1.
- 2.
- 3.

Identify three (3) substitutions to replace these processed foods:

- 1.
- 2.
- 3.

## Resources

- [What is a whole grain?](#), American College of Lifestyle Medicine