

# Maximising Your Child's Brain Capital

## Brain-Boosting Foods for School Children (Ages 5-12) Parent Workshop | Nanjing International School | June 8, 2026

### Daily Nutrition Goals

**Protein:** 19-34g | **Zinc:** 5-8mg |  
**Iron:** 7-10mg |  
**Magnesium:** 130-240mg |  
**Omega-3s:** 700-900mg |  
**Complex Carbs:** 45-65% of calories |  
**Healthy Fats:** 25-35% of calories |

### Additional Brain Boosters

**Antioxidants:** Blueberries, broccoli, dark chocolate  
**Choline:** Eggs, liver, soybeans  
**B Vitamins:** Whole grains, leafy greens, dairy |  
**Gut-Brain Support:** Yogurt, kefir, fermented foods  
**Hydration:** 6-8 glasses of water daily

### Top Brain-Boosting Foods by Category

**Protein & Zinc:** Eggs, chicken, beef, pumpkin seeds  
**Iron:** Spinach, lentils, red meat  
**Omega-3s:** Salmon, sardines, walnuts, flaxseed  
**Complex Carbs:** Oats, brown rice, sweet potato  
**Magnesium:** Pumpkin seeds, almonds, spinach avocado, banana, black beans  
**Healthy Fats:** Avocado, olive oil, nut butters

### Quick Daily Brain Meal Ideas

**Breakfast:** Oat porridge + boiled egg + blueberries  
**Lunch:** Brown rice + salmon + steamed broccoli  
**Snack:** Apple slices + almond butter  
**Dinner:** Lentil soup + whole grain bread + leafy green salad

### Pro Tips for Parents

Offer 2-3 brain foods at every meal. Limit sugary snacks & ultra-processed foods. Make meals colourful - variety = better nutrition. Involve children in food prep to build healthy habits. Consistent meal times support focus and mood.

### Remember: You Are the Brain Coach!

"Small daily choices create powerful brain changes. You are your child's Brain Coach!"

