

HANGER PREVENTION for kids!



HANGER PREVENTION FOR KIDS

We've all been there. It's a busy day, you're trying to check off all the to-do's, it's an hour before dinner...**and the kids start fighting!**

You are not feeling so patient yourself and join in the shouting match.

And you realize nobody has eaten since lunch.

This situation where hunger and anger meet is called HANGER.

The other day my two oldest were playing outside so nicely. I was in the kitchen trying to prep dinner before my toddler woke up from his nap.

Then in flew the tornadoes shouting and arguing!

Red alert!

I quickly diffused the situaion with a healthy snack and a few kind words. I calmed the hanger before it got out of control.

Ever wish you could do that? You can!!

Hi! My name is Mary Voogt. I'm a Nutritional Therapy Practitioner, feeding expert, and mom of four. Today I want to talk to you about hanger management and how hanger stems from dysregulated blood sugar. Let's get started!



What is Blood Sugar?

Blood sugar is the amount of sugar (glucose) in your blood. It comes from your food.

Glucose = Energy!

Your brain tells your body if there is too much or too little sugar in your blood. Glucose rises after you eat, and it falls when you've gone a while without eating.

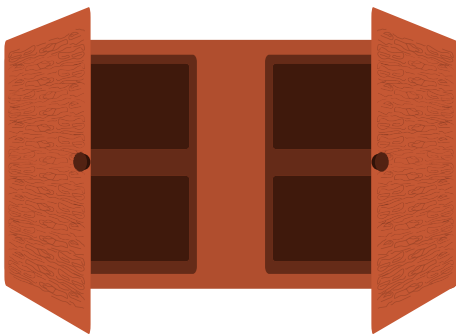
The body's goal is to maintain a stable level of glucose in the blood at all times - homeostasis.

To do so, glucose is moved from the blood into the cells when there is an excess. And glucose is moved from the cells back into the blood when there is a deficiency.

Think of it like restocking your pantry. If it's been a while since you've been to the store your supply is low. You need to go shopping and refill the cupboard.

But if you do a bulk order and have way too much to fit in your cupboard, you need to find an alternate storage area for the excess items.

The end goal is to keep things in a constant state of balance.



LOW



BALANCED



HIGH

How Does Blood Sugar Work?

Blood sugar is controlled by what you eat and when you eat.

High Blood Sugar

If blood sugar is too high (usually after eating excess simple carbs or sugar), a hormone called insulin tells your body to move the sugar from your blood to your cells for storage (your pantry is FULL). The glucose goes into your liver and muscles as well. If there is too much sugar for the cells to hold, it is then stored in tissue as fat.

You are more likely to eat the high-carb/sweet foods when blood sugar is low (which equates to low energy).

Eating a large quantity of sugar/starch also taxes the body. It is hard work to handle that much glucose at one time. This emergency situation causes the body to pull a lot of glucose out of the blood very quickly. Which in turn leads to a deficiency state again - low blood sugar. And you're back to square one.

**Low energy → eat sugar → high sugar
emergency → blood sugar crash**

If this pattern of low energy followed by excess carbohydrate consumption continues the cells eventually stop responding to insulin's request to take glucose out of the blood. This is called insulin resistance.

Over time this will lead to:

- Hyperinsulinemia and reactive hypoglycemia
- Insulin resistance
- Metabolic syndrome
- Type 2 diabetes

Low Blood Sugar

Symptoms of low blood sugar:

- Irritable or moody between meals (“hangry”)
- Frequent crying or angry meltdowns
- Consistently waking up in the night
- Feeling shaky
- Sweating
- Inability to focus
- Craving sugar or starch
- Extreme hunger
- Headache
- Nausea

If blood sugar is too low (usually from going too long without eating or after a blood sugar spike and subsequent crash), a hormone called glucagon tells your body to take the stored glucose from the cells, tissues, and muscles, and put it back into your blood (restock the pantry).

This low blood sugar state is where you see HANGER come into play.



How to Balance Blood Sugar

The best way to keep your blood sugar stable is to eat real, whole foods every few hours. And when you eat, make sure you get some protein, fat, and complex carbohydrates (with fiber) together. Balancing these three macronutrients is like building a successful fire. This will give you the right energy and avoid spikes or dips. In other words, no hangry meltdowns!

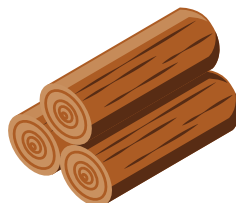
CARBS

Carbohydrates are like the kindling on a fire. They burn hot and quickly. This is great for quick energy. But it doesn't last. So don't rely on carbohydrates alone.



FAT

Fat is like logs on a fire that burn slowly. It is important to eat enough healthy fats to slow the absorption of the carbohydrates and to help use fat-soluble vitamins. Fat will also help keep you full longer.



PROTEIN

Protein is like the fire. It is a great source of both energy and building blocks for muscles, red blood cells, enzymes, and hormones. This is why adequate protein is essential for good health.



HYPERACTIVITY

A sudden surge of sugar can be overwhelming to the body - insulin may not be able to keep up with the demand to store sugar. This can lead to a state of hyperactivity. IT will be followed by a sudden crash.

INSULIN

BLOOD SUGAR

GLUCAGON

"HANGRY" TIME

Avoid the "hangry" low blood sugar meltdowns with small, balanced, whole-food snacks between meals. It's as easy as 1-2-3!

1 PROTEIN

- nuts
- seeds
- cheese
- sunbutter/nut butter
- natural lunch meat
- beef jerky
- bacon
- hard-boiled eggs
- collagen/gelatin
- beans
- hummus
- sardines
- canned salmon

2 FAT

- butter
- coconut oil
- avocado
- olive oil
- nuts
- pumpkin seeds
- sunflower seeds
- flax seeds
- chia seeds
- raw milk
- raw cheese
- sour cream
- full-fat yogurt
- avocado oil
- tallow
- lard

3 CARBS (w/ fiber)

- sourdough or whole-grain bread
- whole grain crackers
- fresh or cooked fruit
- fresh or cooked vegetables
- potatoes (regular or sweet)
- dried fruit
- freshly popped popcorn

Simple Steps to Keep Blood Sugar Stable

1. Keep sugar and refined carbohydrates to a minimum. Remember, sweets are treats! Not everyday staples.
2. Eat a balance of protein, fat, and complex carbohydrates (with fiber) at every meal.
3. Don't let your child go more than 3 or 4 hours without eating.
4. Make snacks count! They don't have to be large, but they do have to be balanced.
5. Dessert is not a snack. If your child is going to have something sweet, eat it with healthy fat and protein to absorb the sugar more slowly and avoid the blood sugar spike and crash (with a meal is the ideal time). Avoid the 3pm sugar binge.

Balanced Snack Options

whole grain
crackers +
raw cheese

baby carrots
+ hummus

almonds +
dried mango

salmon salad
+ fresh
blueberries

egg salad +
pepper slices

smoothie w/
yogurt,
collagen, &
fresh fruit

sourdough
bread +
sunbutter

bacon +
avocado +
cherry
tomatoes

natural
lunch meat +
clementine

apple slices +
raw cheese

chia pudding
+ raspberries

buttered
popcorn +
walnuts +
raisins

Are you excited about eliminating the hangry meltdowns but not sure how to get your kids on board with nourishing meals and snacks? Are you ready to try something new?

A Food LAST Approach

My four-step process to get kids to say, "MMMM" to healthy food is both unique and effective. It starts with the mouth and ends with the food!

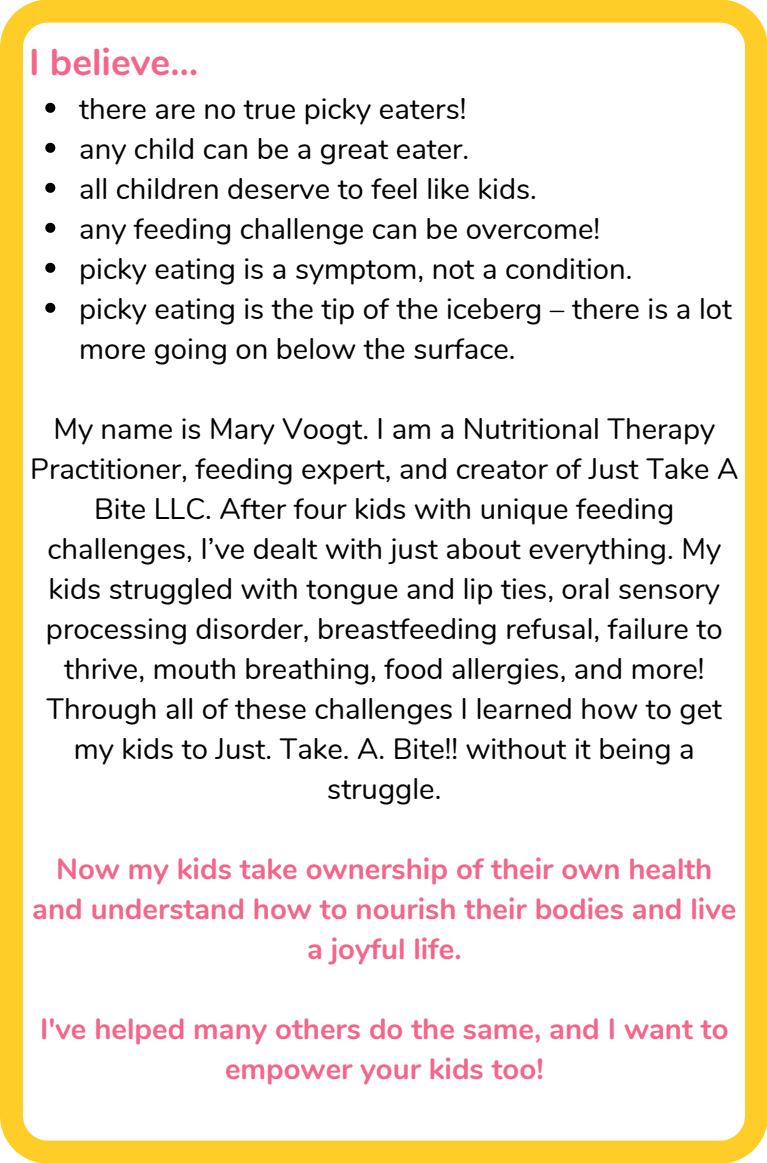


Step 1: Assess the mouth. If the mechanics aren't working, no feeding strategies will be effective.

Step 2: Shift your own mindset and understand how your child's mind processes food. Every child has a unique perspective on food. When you know your child's Eating Style you learn to speak his or her food language.

Step 3: Assess movement at a system level. This encompasses the internal flow, such as digestion, nutrient absorption, and blood sugar. The heart of Nutritional Therapy is working 1:1 to address the movement of every system of the body.

Step 4: Finally we get to the food! Yes, it is the last step. We'll address the role of nourishing food and balanced vitamins and minerals. Let's work together to get your child eating a balanced diet to allow his or her body to function optimally and help your child feel his or her best!



I believe...

- there are no true picky eaters!
- any child can be a great eater.
- all children deserve to feel like kids.
- any feeding challenge can be overcome!
- picky eating is a symptom, not a condition.
- picky eating is the tip of the iceberg – there is a lot more going on below the surface.

My name is Mary Voogt. I am a Nutritional Therapy Practitioner, feeding expert, and creator of Just Take A Bite LLC. After four kids with unique feeding challenges, I've dealt with just about everything. My kids struggled with tongue and lip ties, oral sensory processing disorder, breastfeeding refusal, failure to thrive, mouth breathing, food allergies, and more! Through all of these challenges I learned how to get my kids to Just. Take. A. Bite!! without it being a struggle.

Now my kids take ownership of their own health and understand how to nourish their bodies and live a joyful life.

I've helped many others do the same, and I want to empower your kids too!

The first step towards eliminating picky eating and empowering kids is to assess mouth function. Learn how with my FREE mouth assessment guide!

[Take the first step!](#)

