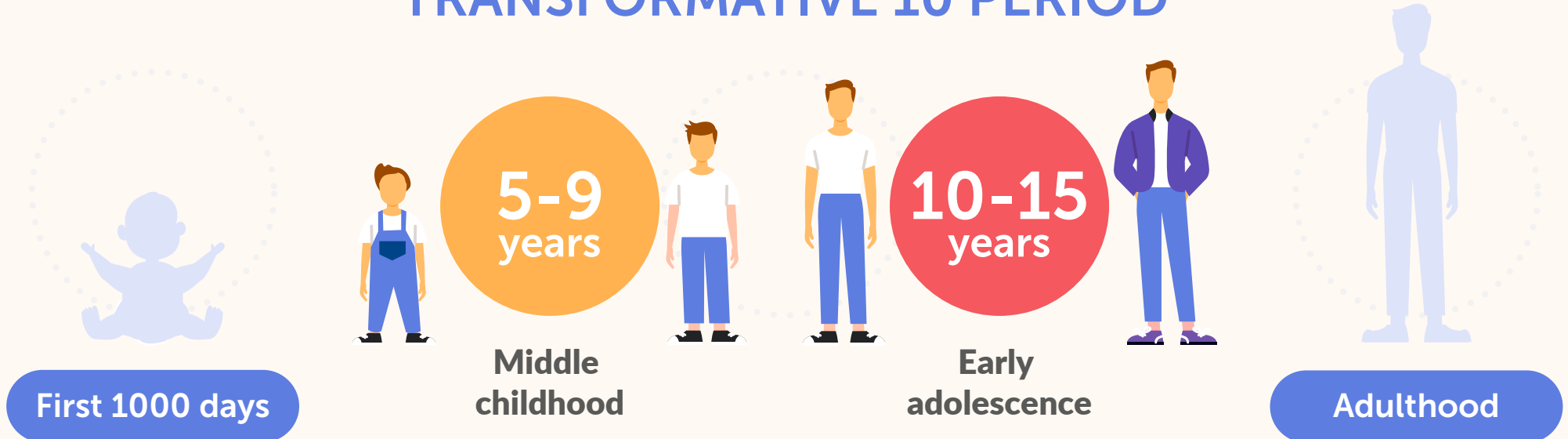


# The Transformative 10: Nourishing the Brain, Body and Behavior

The first 1000 days are fully recognized as setting the foundations of a child's lifelong health.

However, are you aware that the ultimate realization of an individual's full potential requires a successful bridging from early childhood to adulthood which lies between 5 to 15 years of age: The Transformative 10 years?

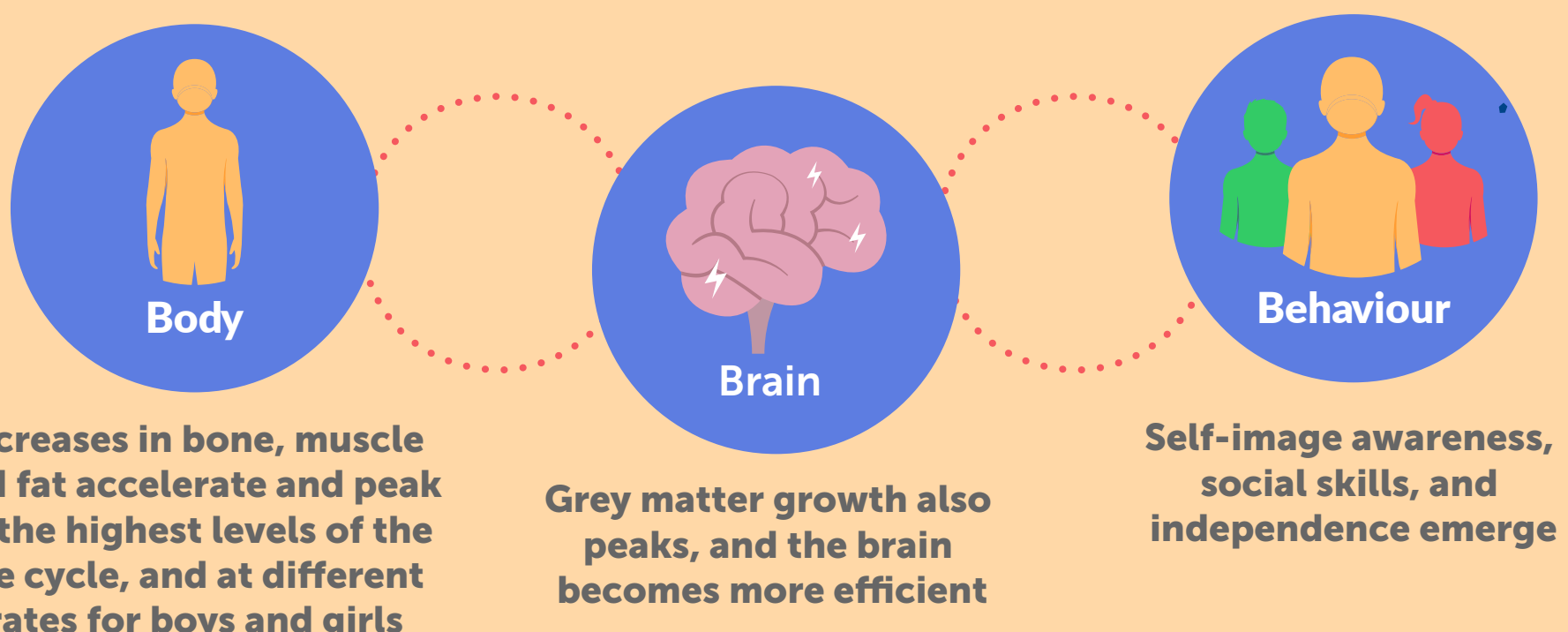
## TRANSFORMATIVE 10 PERIOD



## DID YOU KNOW?

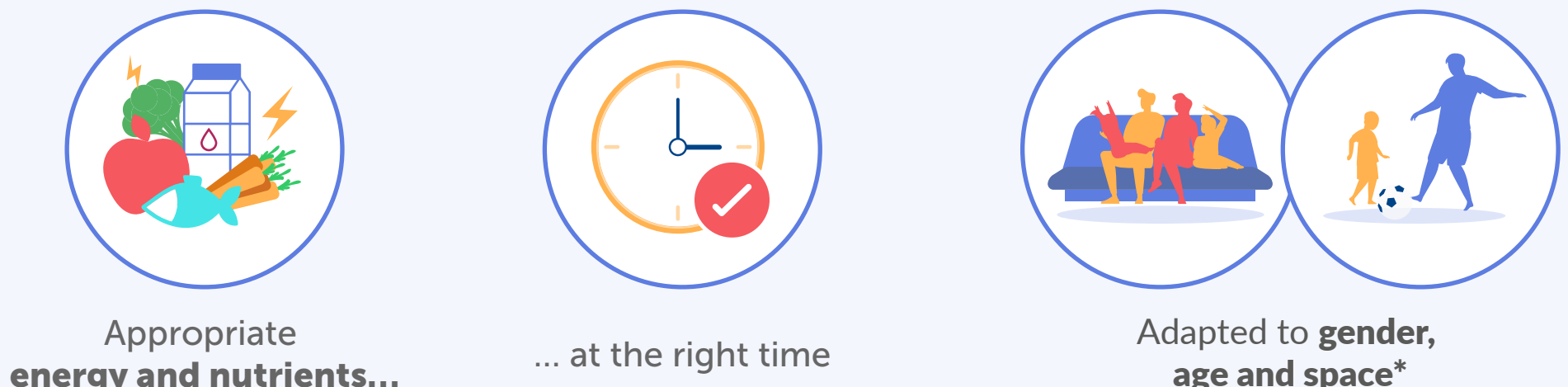
### THE 3 Bs

During **THE TRANSFORMATIVE 10**, boys and girls experience rapid and visible changes that will affect the rest of their lives:



During these transformative years, children have **specific nutrition requirements** compared to all other stages of life

## HIGH PRECISION NUTRITION



\*at home / away from home



- Between 5 and 15 years boys show significant rise in of bone and muscle tissues.
- Muscle mass increases about 5 times, from ~5 kg to 25 kg.
- Fat mass increases about 3 times, from ~2.5 to 7.5 kg.
- Girls experience lesser increment in stature and muscle mass, but a significant accumulation of body fat.
- Muscle mass increases about 4 times, from ~4 to 18kg.
- Fat mass increases almost 5 times, from ~2.5 to 12kg.

**HOWEVER:** Compared to all other stages in life, THE TRANSFORMATIVE 10 years have received the least scientific attention and have the lowest amount of published literature on nutrition and health.

## KEY TAKE AWAYS



The school age period (5-15 years) is a transformative time for body and brain growth and development and behavior changes.



These changes require the right nutrition to provide children the necessary energy and nutrients for growth, for their age, their gender, at the right time, adapted to their developing behavior.



THE TRANSFORMATIVE 10 is the last major opportunity to shape growth and development, including healthy dietary habits, to maximize the chances of each child reaching their full potential.

### References

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