

## The One with the Poop Chart

- Alice** Now, I've had a look at your food diaries and I thought I'd bring my friend Miriam in.
- Miriam** Hi guys.
- All** Hi.
- Alice** To talk to you a little bit about them because she's a paediatric dietitian and you specifically work with kids and their diets. What is this paediatric dietitian that you speak of?
- Miriam** So basically guys, what I do is I talk to children of all different ages about what are good things for our bodies so that we can grow up big and strong and to fuel all the different activities that we do.
- Alice** Do all kids have something that they do like and something that they don't like?
- Miriam** Absolutely, and even as adults we don't all like the same things, but definitely as we grow up, we start to feel a bit more adventurous and we try some new foods.
- Alice** Is it something we should be worried about if we don't like something, say, if we're 10 or 11 years old?
- Miriam** Not at all. I mean, all our taste buds change. So even for myself, as an adult I started to eat Brussels sprouts and now I can't get enough of them. But when I was a child and my mum used to serve them up I thought it was the most horrible thing that she could possibly offer me.
- Lucy** I never used to like celery, but when I put peanut butter on it, I really like it.
- Alice** Why is that, Miriam?
- Miriam** Celery does have a very distinct flavour, so it could be that, you know, the peanut butter, which is a very, very strong flavour is really taking over. So you've got the beautiful crunch of the celery which you don't mind, and the flavour of the peanut butter.
- Alice** That's good. So what you're saying is you can pair something you might not necessarily like, or might not know if it's something that you definitely know you like.
- Miriam** Absolutely.
- Alice** And then it's easier to taste together.

- Miriam** Celery is made up of a lot of water and a lot of fibre, so it's made up of what we call insoluble fibre. So there's two different types of fibre: soluble and insoluble fibre. So, who thinks they know what an insoluble fibre is? Maddy?
- Maddy** Is it harder to digest?
- Miriam** Absolutely, absolutely. And soluble fibre then?
- Lily** Easy to digest.
- Miriam** Exactly, so the soluble fibres dissolve in our gut and help to give bulk to our poo and the insoluble fibre kind of there all but pretty much go through whole. So we chew them up and that's how they stay as they go through our digestive process. And they kind of push everything through. It's really important for good gut health, so we need, like I said before the soluble fibre to give our poo some form, and the insoluble fibres to sort of do the cleaning up along the way and push everything through the gut.
- Alice** And is it true that some people judge how healthy they are by looking at their poo?
- Miriam** I think so, I think so.
- Lucy** How can you tell if your poo is healthy?
- Miriam** Should we go into this?
- Alice** Yes!
- Miriam** Alright.
- Alice** Absolutely!
- Miriam** So, a nice healthy poo, I suppose is like a sausage sort of shape and it's quite smooth on the outside. Anything that's really runny or wet is not ideal and anything that's really hard and pebbly is also not what we're aiming for. So sometimes fluid as well, so if we don't drink enough water, that can affect what our poo looks like, but the fibres are really important in getting that right balance. Having a vast array of different things is the key to making sure we've got good gut health.
- Alice** You could probably search a healthy poo chart.
- Miriam** You can. There are seven different types of poo, we're aiming for type four.
- Alice** Billy?
- Billy** Miriam, what should I eat to make me better at basketball or BMX riding?

- Miriam** The best thing I can suggest to help fuel your body, is to have lots of different things. So to make sure you're having foods from all different food groups. So it's important to have some protein. Do you know which foods have protein in them?
- Billy** Meat?
- Miriam** Yeah. Anything else?
- Maddy** There's tofu.
- Miriam** Absolutely. So it's our meat, fish, chicken, eggs, nuts, seeds, legumeey things and then to also make sure you're having a really broad range of different colours of fruit and vegetables, so green things, red things, yellow, orange, all sorts of different colours. White and brown to make sure you're getting all the nutrients that your body needs, because when you're playing basketball or BMX riding, you know, you burn up lots of energy and we need to make sure you've got all the petrol for that but also you might get little injuries we need to make sure you've got all the nutrition to make sure you stay well.
- Alice** Eat the rainbow.
- Miriam** Eat the rainbow, exactly.
- Alice** We've talked about poo.
- Miriam** And we've talked about poo, so ...
- Alice** Reading your poo, or your stool chart is one way of listening to your body. Are there other kind of markers or signs that we can look out for to know that we're getting the right amounts of food?
- Miriam** As children, you guys should have lots of energy, you should be able to get through your day to concentrate in class, to do all the activities, whether it be basketball or BMXing or running, or just dancing, it doesn't matter what it is. You should have all the energy to do that. So, if you're feeling particularly exhausted, and it's not because your little brother kept you up last night, but actually because, you know, you've had a good night's sleep and you're still feeling not quite right, it means you really need to have a look at, "Am I having lots of different things, and where can I perhaps incorporate a new colour, or new texture, or something like that." And definitely keep trying and keep exploring different things. As you keep getting older, your taste buds will change and mature and lots of these other flavours will appeal to you.
- Tuberman** Eat the rainbow, Super Naturals. Eat the rainbow.
- Miriam** Who?
- All** Don't ask.

**Vera** I see lettuce! I see lettuce. Let us celebrate that. Lucy, I see you growing. Before you took the lettuce, you moved it aside, now you take the lettuce, you save it for last. Lucy, that is a metaphor for life. Sometimes, the things you like the least you will learn to love the most. Thank you Lucy!

**Lucy** Thank you.