

Dear Parents,

I would like to introduce myself and thank you for letting me speak with your children today. My name is Rachael Costello, and I am a registered dietitian nutritionist, with over 15 years of experience. I work with adults and children to develop healthy eating habits and lifestyles as well as helping those with specific medical conditions. I specialize in gastrointestinal disorders, weight control, and food allergies. I currently run a private practice: Fox Valley Nutrition Consulting, in Algonquin. I also teach as an adjunct faculty member in the Nutrition Department at Harper College, in Palatine. I have 4 kids of my own, ages 13, 11, 10, and 7.

Today I spoke with your children about how food fuels our bodies, and why we need to consume all three of the macronutrients (carbohydrates, proteins, and fats.) We talked about how these different nutrients do different things in our bodies. I want you to understand that I do not talk about restricting foods or particular diets, especially in a group setting, and even more importantly, with this age group. As you may be aware, middle school and high school endurance athletes are much more prone to developing eating disorders than other populations. At this age, I really want kids to learn to be open to trying new foods and also understanding that listening to our bodies is important.

I would normally do a taste testing or a food demo to give the kids some new ideas for nourishing foods, but with current COVID-19 restrictions in place, I do not feel that this will work at this time. I will be speaking again in October, and would like to bring a snack for them to take home, if it is ok with you. I am providing your children with a folder that contains some information about snacks and also the macronutrients we discussed.

I also like to provide you with some nutrition resources, I will list several that are very helpful:

<https://jillcastle.com/>

<https://www.ellynsatterinstitute.org/>

<https://www.nationaleatingdisorders.org/help-support/contact-helpline>

If you have any questions or concerns, please reach out to me at:

contact@foxvalleynutrition.com

224-241-2331

<http://foxvalleynutritionconsulting.com>

Thank you!

Rachael Costello MS, RDN, LDN

