

TCS/GEN/137/2022-23

Date: 07-12-2022

CIRCULAR

VALUE OF THE MONTH: REFLECTION - انعكاس

SUBJECT: SIGNS OF UNDER EATING

Dear Parent,
Greetings from the Central School Dubai!

#WAKEUPWEDNESDAY

Please refer to the enclosed poster that includes various signs which is related to under eating. Running through the poster will help you to identify the benefits of adequate nutrition.

Regards,



Syed Ali Haider Rizvi
PRINCIPAL

SIGNS THAT YOU ARE UNDER EATING!





Consistent low energy levels



Slowed digestion & constipation



Constantly feeling hungry



Feeling moody & irritable



Poor ability to concentrate



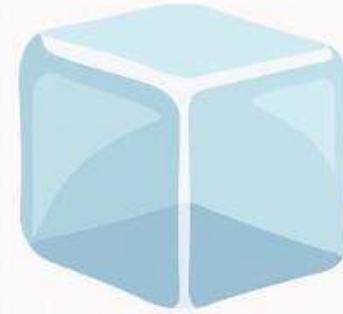
Feeling dizzy when moving around



Loss of period or longer cycle length



Slowed progress with workouts



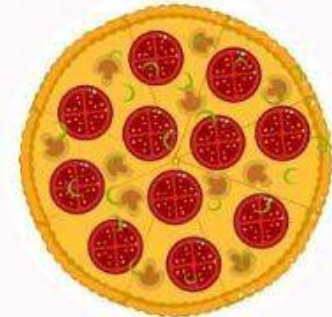
Feeling cold all the time



DRY SKIN



Hair loss, brittle nails, dull skin



Cravings & constant thoughts about food

These signs may be related to not eating enough. Please chat to your doctor and/or dietician for individual medical advice.