

Nutrition *for* Kids



GUIDE FOR HEALTHY DIET



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Introduction

Nutrition for kids is based on the same principles as nutrition for adults. Everyone needs the same types of nutrients — such as vitamins, minerals, carbohydrates, protein and fat. Children, however, need different amounts of specific nutrients at different ages.

Protein- Vegetarians can eat beans, peas, soy products and unsalted nuts and seeds. If you are non-vegetarian you can prefer seafood, lean meat and eggs.



Fruits- Encourage your child to eat a variety of fresh - rather than fruit juice. If your child drinks juice, make sure it's 100 percent juice without added sugars and limit his or her servings. Look for canned

fruit juice that says it's light or packed in its own juice, meaning it's low in added sugar. Keep in mind that one-quarter cup of dried fruit counts as one cup-equivalent of fruit. When consumed in excess, dried fruits can contribute extra calories.

Dairy- Encourage your child to eat and drink fat-free or low-fat dairy products, such as milk, yogurt, cheese or fortified soy beverages.



Vegetables- Serve a variety of fresh vegetables. Kid should be given variety of vegetables including dark green, red and yellow, beans and peas, starchy and others, each week. When selecting canned or frozen vegetables, look for options lower in sodium.



Grains- Choose whole grains, such as whole-wheat bread, oatmeal, popcorn, quinoa or brown rice. Limit the quantity of white bread, pasta, noodles and rice.

Added sugar- Limit added sugars. Naturally occurring sugars, such as those in fruit and milk, are not added sugars. Examples of added sugars include brown sugar, corn sweetener, corn Syrup honey and others.

SOME DO'S AND DON'TS TO TEACH HEALTHIER EATING HABITS

Things to do...



Ask your kids to help prepare meals

Have your child help in the kitchen by stirring batter and adding spices.



Discourage unhealthy snacks

Limit the amount of sweets and fatty foods you keep on hand. Instead, keep plenty of healthy snacks around, such as cut-up fruit and veggies and low-fat cheeses and yogurt.



Introduce fruits and veggies

Encourage your kids to enjoy fruits and veggies by exposing them to a wide variety from an early age.





Have a positive attitude

Make mealtimes enjoyable by creating a positive, calm environment



Have your kids watch and learn

It's true — parents are powerful role models.



Model healthy eating yourself

Explain the importance of certain foods
Praise their willingness to accept healthy foods



Minimize distractions

Minimize distractions and turn off the television during meals.



Offer a variety

Don't assume your kids won't like a certain food. Keep offering a variety. You might be surprised by what your child will try.



Set an example

Make sure your child has a chance to see older siblings, cousins, or friends eating a variety of foods. Kids will often follow their lead.



Use their favorite role models

Tell your kids that eating certain fruits and vegetables will help them be like their favorite characters. Kids love modeling what they see in movies or books.



Use spoon or fork

Your child might be more interested in eating with a spoon or fork, especially if an older sibling is using utensils, too.



Things to avoid...



Being a picky eater yourself

Show your kids that you like a wide variety of healthy foods and give them many different options to try.



Forcing food on your kids

Let them watch you enjoy the food first. Then have them try it so they know it's their choice to eat it.



Losing patience

Kids may need to try a new food many times before accepting it. Offer small portions combined with their favorite foods. Don't force it.



Rushing into skim milk

Don't give reduced fat milk to children younger than 2 unless your doctor prescribes it. Your kids should continue to drink whole milk until age 2. After 2, kids can be switched to low fat milk (1% or skim).



Two more helpful don'ts

Don't over-season food with salt. Don't add unnecessary sugar.



Baby Weight record chart (in Kg)

Name of Child:

Date of Birth:

Age	Reference weight range		Actual weight	
	Weight in kg (boy)	Weight in kg (girl)	Weight in kg (boy)	Weight in kg (girl)
At Birth	2.5 - 4.3	2.4 - 4.2		
3 months	5.1 - 7.9	4.6 - 7.4		
6 months	6.4 - 9.7	5.8 - 9.2		
9 months	7.2 - 10.9	6.6 - 10.4		
12 month	7.8 - 11.8	7.1 - 11.3		
15 month	8.4 - 12.7	7.7 - 12.2		
18 month	8.9 - 13.5	8.2 - 13.0		
21 month	9.3 - 14.3	8.7 - 13.8		
24 month	9.8 - 15.1	9.2 - 14.6		
27 month	10.2 - 15.9	9.6 - 15.4		
30 month	10.7 - 16.6	10.1 - 16.2		
33 month	11.1 - 17.3	10.5 - 17.0		
36 month	11.4 - 18.0	11.0 - 17.8		

*Source: WHO

The information given is for education purpose.

It is advisable to consult a doctor and dietician

Visit

www.windowtonews.com/consultation

For any consultation/guidance/advice related to kid Nutrition.

We will fix an appointment with concerned specialist and help you.

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