

Healthy Eating

Nutritional Advice for Growing Children



Introduction

Proper nutrition is essential for the growth and development of children. This quick guide provides basic nutritional advice to ensure children get the necessary nutrients for healthy growth.

Key Nutritional Components

1. **Proteins:** Vital for growth and repair of body tissues. Sources include meat, fish, eggs, beans, and nuts.
2. **Carbohydrates:** Provide energy. Opt for whole grains like brown rice, oatmeal, and whole-wheat bread.
3. **Fruits and Vegetables:** Rich in vitamins, minerals, and fibre. Aim for a variety of colors.
4. **Dairy:** Important for bone health. Include milk, cheese, or yoghurt for calcium and vitamin D.
5. **Healthy Fats:** Essential for brain development. Include sources like avocados, nuts, and olive oil.

Balanced Diet Tips

1. **Regular Meals and Snacks:** Offer three meals and two healthy snacks per day.
2. **Portion Control:** Serve age-appropriate portion sizes.
3. **Limit Sugary Foods and Beverages:** Reduce intake of sugary drinks, candies, and desserts.
4. **Hydration:** Encourage drinking water instead of sugary drinks.
5. **Involve Children in Meal Planning and Preparation:** This can help them learn about nutrition and encourage them to try new foods.



Encouraging Healthy Eating Habits

1. **Lead by Example:** Eat healthy foods yourself to set a positive example.
2. **Make Meals Enjoyable and Relaxed:** Avoid pressuring children to eat and make mealtimes stress-free.
3. **Offer Choices:** Give children a say in what they eat within a range of healthy options.
4. **Educate About Nutrition:** Teach children the importance of each food group.

Support Organisations

International Organisations:

- **World Health Organisation (WHO):** Offers guidelines on child nutrition and healthy eating.
- **UNICEF:** Provides comprehensive information on child nutrition, including global perspectives.
- **African Nutrition Society:** Focuses on advancing the nutritional status of people in Africa.
- **Scaling Up Nutrition (SUN):** A global movement working to eliminate malnutrition in Africa and worldwide.

Online Resources:

- [Food a fact of life](#): Provides information on balanced diets and portion sizes for children.
- **KidsHealth from Nemours:** Offers practical advice on children's nutrition and healthy eating habits.

Remember, every child's nutritional needs are different. It's important to tailor dietary choices to their health requirements and consult with a healthcare provider or a nutritionist for personalized advice. The organisations listed can provide additional resources and support for healthy eating in children.

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