

Third class / 2022-2023

Dr.Ameera Jasim

Toddler and Preschool Nutrition

After the rapid growth spurt of the first year of life, the normal decrease in food intake of 2 year-olds associated with a slowed growth rate may cause concern in uninformed parents. Toddlers' intake will vary depending on the timing of their growth spurts. In order to meet the nutritional needs of children between 2 and 5 years of age, small nutrient-rich meals and snacks are needed. It is recommended that a small snack be given between each meal and at bedtime. Parents need to know that a smaller appetite, varying from day to day, is normal for children at this age.

Beverages

The healthiest drinks for young children over the age of 3 years are low-fat milk (1%) and water. Many parents allow children to drink large amounts of fruit juice, fruit-flavored drinks, sweetened beverages, or soda. This practice contributes to excessive weight gain, poor dental health, and inadequate vitamin and mineral intake. The AAP recommends limiting juice to 600-900 ml/day for 1–5 year-olds. Fresh fruits should be recommended, as fruit has added nutrients and fiber.

Nurse Practitioners should discourage parents from offering children sweetened beverages, soda, sports drinks, and any fruit drinks that are not 100% juice. Parents must realize the important role they play in shaping the food habits of their children.

The influence of family eating patterns is seen in children aged 2–4 years and may become more pronounced with increasing age. Eating together as a family is important for many reasons: children learn that mealtime is a structured setting where healthy foods are served and family meals help children to develop both communication skills and healthy eating habits.

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Meals eaten together are the perfect opportunity for parents to serve as role models for good nutrition.

Children who are allowed to drink juice between meals may not be hungry at mealtime. Snacks should be planned, leaving a reasonable time period before meals (2–3 hours). It is important for Nurse Practitioners to convey to parents that children have small stomachs.

Serving Sizes for School-aged Children

School-aged children need to eat three meals and at least one snack each day. Breakfast is important to start every day while lunch is most often the meal consumed outside the home. Snack time is the perfect opportunity to serve fruits and vegetables to help children to achieve the goal of three to four servings per day.

إزرع داخل الجميع شيئا جميلا
إن لم يكن حبا فليكن إحتراما
لا تعامل الناس بالمثل
فتصبح مثيلا لهم
بل عاملهم بطيب أصلك
ولو لم يستحقوا