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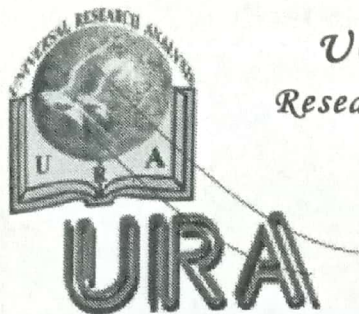
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Research Journal Related To Higher Education for all Subjects

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RESEARCH ANALYSIS



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Nutrition for Child

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Research Paper - Home Science

ABSTRACT

Children need a balanced and healthy diet to fuel the amazing rate of growth and development that occurs during early childhood. For better or for worse, after age 2, young children eat many of the same foods adults eat. As a result, it is important that we provide children with a menu that includes a variety of nutrient-dense choices from all important food groups. We should also take care to minimize children's access to "junk foods" that are low in nutrient value and high in sugar, fat, and salt.

Keywords: Healthy diet, Junk food, Nutrients.

Introduction :

According to the United States Department of Agriculture, adults and children over the age of two need to eat a daily diet that consists of whole grains, fruits, vegetables, lean protein, calcium-rich dairy products, and some oils. Whole grains are important because they retain dietary fiber, and naturally occurring oil, vitamins and minerals that have been removed from more refined grains like white flour. For example,

bread made with 100% whole wheat flour is more nutritionally sound than bread made with refined white flour because the latter has had the healthy bran fiber and natural wheat oil removed during the refining process. In general, whole-grain selections, such as bread, crackers or pasta made with 100% whole wheat, brown rice and oatmeal, will be significantly higher in fiber and important nutrients than white bread, white rice and other refined grain products. Because young children are still learning to perfect the biting, chewing, and swallowing process, we need to take care to serve fruits and vegetables that have cut into small pieces, to prevent choking. As well, slightly cooking or steaming vegetables softens them and reduces choking risk.

FEEDING

Selecting vegetables and fruits that are "in-season" is the best way to minimize cost and maximize nutrition. During the winter or "off-season" months, flash frozen fruits and vegetables can be another healthy option. Canned fruits and vegetables are convenient, but, again, tend to be more processed (and therefore less healthy) than fresh or frozen fruits and vegetables. We should take care to monitor children's intake of canned and other highly processed fruits and vegetables, as they are often high in salt and sugar, preservatives, and flavor enhancers (e.g., Monosodium glutamate, or MSG).

Protein menu selections can include lean meats (e.g., chicken, turkey, or fish) as well as chickpeas, beans, and nuts. As with fruit and vegetables, caregivers need to carefully prepare protein-rich foods by cutting items into small pieces to minimize choking risk. As another choking precaution, very young children should avoid eating whole nuts and eat nut butters instead. A thin layer of low-fat nut butter on whole-grain toast is an excellent kid-friendly protein selection.

Young children should get two to three servings of milk products each day. Milk selections can include two percent or skim milk, non-fat or low-fat yogurt or cheese. Milk products are filled with calcium, which is especially important in the early childhood stage, as bones are rapidly growing.

Lastly, children benefit from a little healthy oil or fat every day. Eaten in moderation, polyunsaturated fats (found in safflower, sunflower, sesame, corn, and soy oils; and nuts and seeds) and monounsaturated fats (found in olives, avocados; and olive,

canola, and peanut oils) can help reduce blood cholesterol levels and protect against heart disease. Omega-3 fatty acids (found in fish such as mackerel and salmon, flaxseed, and walnuts) can help lower blood pressure, control inflammation, and protect against irregular heartbeat.

NUTRITION

Many articles present the dangers of trans-fats and their link to an increased risk of heart disease. Trans-fats are a variety of saturated fat that created in food laboratories by adding hydrogen to unsaturated fat (which are usually liquid at room temperature). The addition of hydrogen to unsaturated fat makes it solid at room temperature (like margarine). Because trans-fats appear to be a health risk, we should make certain that children do not eat a steady diet containing them. Families should avoid commercially prepared fried foods, baked goods, and stick margarines, and any foods that have the words "partially hydrogenated" on their labels..

Young children need plenty of water to stay hydrated. When they are babies, children get most of their hydration from breast milk or formula. As children grow older and move away from breast and bottle feedings, it is appropriate to provide them with a non-spill "sippy" cup (or regular cup when appropriate) filled with water or milk at meals and throughout the day to encourage them to drink.

Many of us turn to fruit juice as a beverage/hydration option, thinking that it is a healthy alternative to soda pop or other sweet drinks. However, that is widespread misconception. Many fruit drinks are not 100% juice and have lots of added sugar (usually in the form of high fructose corn syrup). Even 100% fruit drinks can fill up little bellies too much, which will prevent kids from eating other nutrient-filled foods that they need. Moreover, children drink lots of juice (containing lots of sugar) may develop dental problems such as cavities and weakened permanent teeth. Be cautious about purchasing "healthy" low calorie beverages as well.

Parents should also monitor how much their children eat, and watch portion sizes. Young children's stomachs are relatively small, so they should consume smaller portions (about 2/3 the size of an adult serving). Particularly at restaurants, modern Americans routinely consume servings that are "supersized." Therefore, children should

be taught to listen to their bodies, and eat only until they are full. Encouraging children to clean their plate when they have an oversized portion in front of them is not healthy. We can help by not placing too much food on a child's plate.

Because young children do not eat as much as adult at one sitting, they frequently need to nibble on snacks between meals. We should treat snacks as nutritious mini-meals, rather than as an excuse to fill up on sugary and/or fatty items. As with all food choices, the least processed foods are generally the healthiest to serve. Cut up fruit or veggies will be healthier for children than a piece of candy or a pile of chips. There are many menu options and ways to prepare healthful foods appropriate for children. Here is a sample menu for one day:

Breakfast

- " whole-grain toast with a thin layer of peanut butter (cut into small pieces)
- " a cup of low-fat milk
- " strawberries (also cut into small pieces)

Mid-morning snack

- " a few whole-wheat crackers
- " a slice of cheese

Lunch

- " brown rice
- " pinto beans
- " lightly steamed carrots
- " unsweetened applesauce
- " a cup of low-fat milk

Afternoon Snack

- " sliced skinned peaches

Dinner

- " ground turkey burgers on a whole-wheat bun
- " baked sweet potato slices
- " steamed broccoli chunks
- " smoothies made from nonfat yogurt and frozen berries

RESULTS AND DISCUSSION

If young children learn to like healthful foods and to make wise eating choices early on, they will be more likely to continue healthy eating behavior in adulthood and consequently to become healthier adults. Healthy eating, combined with adequate exercise, can protect young children from developing obesity. According to new research, nearly 25% of American children are obese, which means that their body weight is 20% more than what it should be for their age, gender, and physical build. As a result, more and more school-age children are being diagnosed with chronic diseases such as Type II diabetes, where the body cannot respond properly to insulin (a hormone that is involved in breaking down sugars in food). Type II diabetes was once known as "adult-onset diabetes", because this disease was relatively rare in children. However, the rising numbers of overweight or obese youth have changed the use of this term.

Children suffering obesity run the risk of developing social and emotional problems. For example, obese children often ostracized or become the targets of bullies. These children may feel isolated and lonely, develop low self-esteem, and become anxious or depressed. In addition, children who are obese run a high risk of staying obese as adults. Adult obesity can lead to a host of additional health problems such as diabetes, cancer, stroke, and heart disease.

CONCLUSION

Experiment and mix match healthy choices within the different food groups to create meals that are appealing and nutritious. People tend to develop their attitudes and habits around food at an early age, so this developmental stage is a perfect time for us to mold preschoolers' eating patterns. We should continue to model and encourage their children to engage in positive eating habits by making healthy choices at the store, restaurants, and friend's homes. Neither children nor adults should be eating salty fried snacks, fat and sugar-loaded sweets, caffeinated soft drinks, or greasy fast food as part of their daily menu.

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