

Child Nutrition



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Nutritional requirements vary among individuals because of genetic and metabolic differences. These requirements are expected to accomplish certain objectives, in children obvious goals include satisfactory growth and lack of deficiency states. Good nutrition contributes to the prevention of acute and chronic illness and the development of physical and mental potential, and should provide reserves for stress.

The Food and Nutrition Board has developed directory allowances for a number of substances, that prevent deficiency states. Except for mother milk, no one food appears to supply all essentials for any age group.

BASIC COMPONENTS OF NUTRITION

1. Carbohydrates, 2. Proteins, 3. Vitamins, 4. Minerals, 5. Water, 6. Fat.

After birth every new born should be given breast feeding as soon as mother is ready i.e. as early as 1-2 hours after birth. Other foods like, water, honey, top milk, tea and other liquids are neither required nor desirable. So exclusive breast milk is sufficient for first 4 to 6 months of life, then it needs to be supplemented with other food materials.

Mother's milk should not be stopped or substituted.

Supplementary or weaning food initially should contain liquid foods like vegetable juice, fruits, rice, water, liquid dal.

After 1-2 months, semi solid food like meshed Banana, potato, rice, pudding, Dalia, should be started.

At the age of 9-12 months baby should be given easily chewable food like unmeshed Banana, egg yolk, boiled potato, soft bread, Khichri, rice, dal.

Along with this food, mother's milk should be continued for at least one year or if sufficient milk is being produced it can be even prolonged.

After the age of two years diet of the child should contain all constituents of adult diet like Milk, fat, butter, fruits, bread, Dal, rice, green leafy vegetables, egg, meat etc. The required quantity of food is increased with the age and body size but quality should remain always good and alike to provide necessary nutrients, as mentioned below:

NUTRIENTS	FUNCTION	SOURCES	
		ANIMAL	VEGETABLE
1. Proteins	To Build Body	Meat, Egg	Pulses, Milk
2. Carbohydrates	Readily Available Source of Energy to keep Active & Alert		Potato, Sugar Fruits, Milk, Honey
3. Iron	Vital for Blood Formation	Fresh Liver	Green Leafy Vegetables
4. Calcium	For growth and strength of Bones and Teeth		Milk, Fruits, Pumpkin
5. Vit. A	To give clear vision and Healthy Eyes	Fish Eggyolk, Meat	Milk, Carrot Cheese, Papaya Yellow & Green vegetables.
6. Vit. C	Protects Against Disease		Fresh Fruits, Citrus Fruits Cabbage, Amia.
7. Vit. D	Makes Bones and Teeth Stronger	Fish	Dry Fruits, Sunlight Exposure
8. Vit. E	Good for Blood Circulation System		Germinated Cereals Wheat Husk
9. Fat	Concentrated Source of Energy	Meat Eggyolk	Milk, Butter, Ghee, Oil Dryfruit G. Nut.
10. Vit. B. Complex	Required for proper Utilization of Proteins, Carbohydrates & Fats	Red Meat, Egg Yolk	Fresh Green Vegetables

Finally in the words of a famous English Poet :

*Seasons may come and Seasons may go,
Everything withers in due course, ye know,
But there is one thing, that is as fresh as dew,
That is Regard and Affection, I shall always have for you:*