

- **Let kids choose.** When you're shopping, let your child pick what produce sounds good to them. They know what they are more likely to want to eat.
- **Hide veggies in other food.** Your child will never know he or she is eating vegetables if you hide them in other foods. Shredding them and adding them is an easy way to get them in. You can shred or grate veggies such as carrots, beetroots..etc. or you can bake them in breads.
- **Use your imagination.** To get your little ones to try more fruits and veggies, make it fun. Create a scene on their plate made up of produce. You can use broccoli for trees, cauliflower for clouds and a slice of yellow squash for a sun. Be creative and make it appealing to them.

6. Limit sugar: Sugar occurs naturally in many foods. These include fruits, vegetables, grains and dairy products. We get all the sugar we need from these foods. Many foods have added sugar. At best, all this extra sugar just adds empty calories to our diets. At worst, it can contribute to hyperactivity, mood disorders, obesity and type 2 diabetes.

Here are some tips for reducing the amount of sugar in your and your children's diets.

- **Don't ban sweets.** Saying your child can't have doughnuts or cake ever again can create cravings. When they do have a sweet treat, they tend to overindulge. Just make these kinds of foods a special treat instead of a regular part of their diet.
- **Modify recipes.** Many recipes taste just as good with less sugar added. Try reducing the amount of added sugar by half and see how it comes out.

- **Avoid sugary drinks.** It is recommended that children should have no more than 12 grams of sugar a day (3 teaspoons). Yet 1 can of regular soda has 40 grams (10 teaspoons) of added sugar. Cutting out sodas and juices is an easy way to reduce sugar.
- **Eat more fruit.** Fruit has plenty of natural sugar. Eat more to satisfy your sugar cravings. Make desserts that are centered around fruit. Try a fruit smoothie instead of a milkshake.

7. Be smart about fat: Healthy fats are an important part of our diet. They help us get and stay full. They also benefit our brains, improving memory and lifting mood. The key is to make sure your kids are eating the right fats.

Healthy fats are unsaturated fats. These can be:

- Monounsaturated: olive oil, avocados, nuts (almonds) and seeds (pumpkin or sesame).
- Polyunsaturated: flaxseed, walnuts or omega-3 fatty acids found in fish such as salmon.

Unhealthy fats are trans fats. These can be found in:

- Vegetable shortening: Fried foods and Baked goods.
- Processed foods made with "partially hydrogenated" vegetable oils.
- Packaged foods such as crackers, cookies or snack foods.



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Nutrition for Kids



Children have their own unique nutrient needs and meeting those needs is vital for a child to grow up big and healthy.

1. Let your actions lead the way: When it comes to talking to your kids about good nutrition, you're wasting your breath if you don't back up what you say with what you do. Being a good role model is your long game. Growing up in a household where choosing and enjoying healthy food is the norm sets the stage for building healthy habits when it comes to choosing foods that feed the body well.

2. Make Meals a Priority: Sitting down at the table as a family is an important part of establishing healthy eating habits. But it's more than just eating together. Mealtimes are also a chance to:

- **Provide your kids comfort.** Children thrive on routine. Knowing they have dinner or other meals with their family regularly helps them feel safe.
- **Talk with your kids.** Show interest in what's going on in their lives. Tell them what's going

on in yours. Build stronger connections among your family members.

- **Monitor their eating habits.** Older kids and teenagers spend more time eating at school or at friends' houses. Use this time to watch what and how they eat. See if there is anything you can do to encourage better habits.
- **Set an example for your child.** If you prepare and eat healthy foods yourself, your child will eat healthier too. Avoid obsessive calorie-counting. Don't talk negatively about yourself. Your child could adopt the same attitudes. This could lead him or her to develop body image issues or negative associations with food.

3. Grow the Good Stuff: Home-grown food tastes better. Show your kids how fun and satisfying it is to grow their own healthy grub. Foods like tomatoes, lettuce and herbs are all easy to grow and you don't need acres of land to bring the goodness of fresh food to the family table. Pots, window boxes and small plots are enough to bring out the farmer in your child.

4. Get kids involved: The more you can involve your kids in the different aspects of eating a

nutritionally healthy diet, the more likely they'll make it a habit for themselves. Include them in meal prep, washing and cutting fruits and vegetables, stirring food as it cooks - it's a good time for in-the-kitchen safety lessons too - and setting the table. You're not only teaching them valuable skills, they're earning a sense of accomplishment from playing a part.

5. Make fruits and veggies more appealing:

The first step to making fruits and veggies appealing is to get rid of unhealthy sweet and salty snacks. Your child might want a salty snack, such as potato chips. But if there aren't any in the house, he or she will be more likely to enjoy carrots with hummus. After that, try some of these ideas:

- **Keep fresh fruit on hand.** Keep whole fruit out where your child can see it. Just a bowl with apples and bananas on the kitchen table serves as a reminder. Plus, whole fruit is an easy snack to grab on your way out the door. This is helpful with older children.

RECOMMENDED DIET CHART

Age	1-4 years	5 – 8 years	9 – 12 years
Energy	1200 – 1300 calories	1500 – 1600 calories	2000 calories
Proteins	25 grams	35 grams	55 grams
Ideal Body Wt	12 – 14 kgs	20 – 25 kgs	30 – 35 kgs
Fats	25 grams	25 grams	22 grams
Pre-break fast	1 cup milk + 1 tsp honey	1 cup milk + 1 tsp honey	1 cup milk + 1 tsp honey
Break fast 8.30 am	2 veg stuffed parathas with curd /1 bowl of upma or poha with sprouts/2 or 3 idlis /2 dosa with chutney.	2 veg stuffed parathas with curd/1 bowl of upma or poha with sprouts/3 idli /2 dosa or 2 mini uttappam.	2 veg stuffed parathas with curd / 1 bowl of upma or poha with sprouts / oats & ragi flour or idli/dosa with chutney.
Mid Morning 10.30-11.00 am	1 fruit + dry fruits/ nuts	1 fruit + dry fruits/ nuts	fruit + milk shake (use jaggery)
Lunch	1 chapati+1/2 cup rice dhal +veg curry + curd 1 cup each	2 chapati + 1 bowl rice, 1cup vegetable curry +1 cup dhal + 1 cup curd or buttermilk.	Small cup of salad, 3 chapati + 1 bowl rice, 1 cup veg. curry, 1 cup dhal + green leafy veg + butter milk
Evening Snack 4.30-5.30 pm	Fruit milk shake/ Egg omelette/ Veg/Chicken soup.	1 cup fruit milk shake / poha/ makhaana/sprouts chat / nuts laddu with jaggery	1 cup fruit milk shake/ poha/sprouts chat / nuts laddu with jaggery
Dinner	Veg khichdi with curd or choose any one from breakfast or lunch	Veg khichdi with curd or 1 bowl of homemade soup with any 1 food choice from breakfast or lunch	Similar to lunch or breakfast or mixed veg khichdi.
Bed time	1 cup milk	1 cup milk	1 cup milk