

Nutritional Requirements – Children

0-12 months

- **Avoid high GI carbohydrates** as their main source of energy. These foods will not support a healthy immune system or assist with growth and development. Avoid white refined carbohydrates such as white flour, white sugar, white rice and white potato.
 - *Low GI sources:* quinoa, amaranth, millet, buckwheat, brown rice, wholemeal spelt and rye and sweet potato.
 - *Natural sugars:* rice malt syrup, coconut sugar, xylitol, stevia, raw honey or agave.
- **Supplemental DHA and ARA** from the first week of life to 1 year is critical. It is required for neurological and visual development and associated with a reduced risk of:
 - Wheezing (in the first 3 years)
 - Atopic dermatitis
 - Upper respiratory tract infections
 - Allergic rhinitis
- **Protein intake** is essential as your child is developing at a rapid rate. Your child needs more protein to ensure optimum growth, development and repair while fighting off illnesses at this early age.
 - *Food sources include:* lean cuts of meats (chicken, turkey and beef), eggs, fresh fish and seafood, vegetarian sources (beans, chickpeas, lentils, raw nuts and seeds).

Toddlers 12-36 months

- **DHA and ARA** is still essential.
- **Protein intake** – approximately 0.88g/kg to 1.2g/kg as your child is still growing quickly.
- **Low GI carbohydrates** that are nutrient dense.
 - *Food sources include:* quinoa, amaranth, millet, buckwheat, brown rice, wholemeal spelt and rye.
- **Fibre** is essential for establishing good bacteria in the intestinal tract. Also important for healthy and regular bowel movements.
 - *Food sources include:* fresh fruits and vegetables, raw nuts and seeds and coconut.
- **Iron, iodine and zinc rich foods** are essential for neuronal development.
 - *Iron rich sources:* meat, fish, poultry, eggs, fresh fish and green leafy vegetables.
 - *Iodine rich sources:* saltwater fish (salmon, tuna, snapper and cod), kelp and other sea vegetables, pineapple, artichokes, asparagus and green leafy vegetables.
 - *Zinc rich sources:* red meat, pulses, chicken, fresh fish, raw nuts and seeds and ginger.

Handy Tips

- Keep portion sizes realistic. Just because your child is growing quickly doesn't mean their plate needs to be overflowing with food.
- Try and eat meals at the dinner table to create a relaxed environment.
- Try and encourage everyone to eat the same meal if possible.
- Just because your child doesn't like something don't stop offering it. Children's taste buds are changing constantly and rapidly.
- Never force your child to eat.
- Provide a variety of different foods and try not to repeat foods too often.
- Only keep healthy foods in the house.
- Get the kids involved in cooking. May mean more mess but they will have fun and are more likely to try new things.
- Eating in different environments may help i.e. family dinners at different houses or having a picnic.
- Tea parties using herbal teas.
- Make healthy smoothies to incorporate lots of nutritious foods or ice-blocks.
- Make food look interesting i.e. lots of different colours, textures and shapes.
- Grow your own vegetables at home.
- Serve foods in different containers i.e. colourful containers, different shapes and sizes, mini muffins tins, egg cups, paper patty cake containers and glasses.

Tailor made food plans along with nutrient/herbal supplements can be taken safely by children if required to address any deficiency or just something as simple as boosting their immune system or gastrointestinal health.

If you require support in ensuring that you are providing your children with the best nutrition please visit www.good4younutrition.com.au