



## Food for children

*Eliseeva Tatyana*, editor-in-chief of the EdaPlus.info project

*Tkacheva Natalya*, herbalist, nutritionist

*E-mail: eliseeva.t@edaplus.info, tkacheva.n@edaplus.info*

**Abstract.** They say that parenting is the hardest job in the world. And it's hard to disagree with this. After all, a whole series of problems fall on their shoulders overnight, each of which seems more terrible than the previous ones. The success of their solution often depends on experience and existing knowledge in the field of medicine, nutrition, pedagogy, ethics and other sciences, and the result directly affects the future of the baby. And all this on an ongoing basis without breaks or weekends. To somehow make this difficult work easier, we have collected recommendations from well-known practicing specialists in baby nutrition.

**Key words:** food for children, recommendations, benefits, harm, beneficial properties, contraindications

## What you need to know about baby food

Dr. William Sears, a pediatrician with more than 35 years of experience, has written about 30 books, the main purpose of which is to teach parents the principles of healthy eating and thereby prevent children from developing problems with blood pressure, high blood sugar and cholesterol levels. According to him, you need to eat only the right carbohydrates (fruits, vegetables, cereals, legumes) and fats (vegetable oils). And also give preference to home-made products and always start the day with a good, nutritious breakfast. For children under 5 years old, the ideal breakfast is cereals with vegetables and lactic acid products. The best ways to prepare children's dishes are boiling, stewing, baking and steaming. [1]

Not many people know that the so-called food plate exists. It is a complex of all products that a person at any age should eat in a day. Half of them come from vegetables and fruits. And the other half consists of grains (cereals, pasta, bread) and healthy proteins (meat, fish, nuts or legumes). In addition, you need to drink plenty of fluids and add some vegetable fats (olive oil, for example).

By adhering to these principles, you will provide your child with a healthy diet and prevent the occurrence of many diseases. However, when choosing products for his diet, it is important to remember that food, first of all, should be varied and must include 5 main groups:

1. vegetables;
2. fruits;
3. cereals;
4. dairy products;
5. eggs, meat or fish.

However, according to Dr. Tilden, you shouldn't force children to eat a food they don't like. Since "they can get all the beneficial substances that are in it from other foods that they like."

### **Top 20 products for children**

1. Oatmeal is not only an ideal breakfast for all children, but also an excellent source of energy. Plus, it contains fiber. And this is an excellent remedy for normalizing intestinal function, preventing cardiovascular diseases and preventing atherosclerosis. [2]
2. Lentils. By including it in your diet, you provide the body with protein, fiber and iron and thereby prevent the risk of constipation and heart disease in children. [3]
3. Eggs. Both the white and the yolk contain protein, amino acids, vitamins A, D, E, calcium and choline, without which normal brain function is not possible.
4. Milk. This drink is necessary for the body at any age. It is a source of calcium, phosphorus, zinc, magnesium, vitamins A, D and B12. Pediatricians advise children to drink at least one glass of milk a day. This will keep your teeth white and your bones strong.
5. Spinach. It enriches the body with iron, magnesium, antioxidants and vitamins B6 and E. It is best consumed in a salad with vegetables and olive oil. [4 ]
6. Raisin. It is a source of calcium and potassium. It ensures strong bones and teeth and helps fight anemia and heart disease. In addition, raisins have anti-cancer properties. Pediatricians recommend replacing sugar and unhealthy sweets with them.
7. Walnuts. They contain omega-3 fatty acids, B vitamins and magnesium. By including them in your children's diet, you will take care of the health of their nervous, cardiovascular and muscular systems. They can be added to baked goods or eaten raw in the morning. [5]
8. Brown rice It is not only a source of fiber, but also a healthy low-calorie product that contains antioxidants. It can improve immunity, reduce blood cholesterol, prevent the risk of developing asthma and heart disease, as well as excess weight.
9. Yogurt. In addition to calcium and protein, it contains probiotics that improve the functioning of the gastrointestinal tract. It is better to eat it with various fruits. [6]
10. Broccoli. It contains vitamins, minerals, calcium, potassium and carotenoids, which are important for eye health. The product is incredibly useful for a growing body, since, although low in calories, it still provides it with energy. [7.8]
11. Salmon. Source of omega-3 fatty acids [9], which improve brain function.
12. Blueberry. A storehouse of vitamin C and antioxidants. You can replace it with blueberries [10], strawberries and cherries.
13. Legumes. This is a unique cocktail of fiber, protein, healthy carbohydrates, vitamins and minerals.
14. Beef. Source of iron, zinc and protein. It has a positive effect on all brain processes and enriches the body with energy.
15. Bran. This is fiber [11]. And a great alternative to vegetables and fruits in winter and spring.
16. Pomegranate. It is rich in fiber, antioxidants, potassium, vitamins C, E, B, iron and folic acid. The product minimizes the risk of cancer, hypertension, anemia and cardiovascular diseases. [12]
17. Chicken. Source of protein.

18. Banana. A hypoallergenic product that enriches the body with potassium and maintains the health of the cardiovascular system. [13]
19. Apples. In addition to complex carbohydrates and iron, they contain beneficial substances that improve brain function and help children fall asleep easier. [14]
20. Natural juices. [15] It is a storehouse of vitamins and nutrients. However, pediatricians advise diluting them with water.

### **How to improve children's appetite**

It probably goes without saying that this is one of the biggest problems for many parents. Pediatricians and mothers offer ways to solve it. So,

- You need to talk about the upcoming meal in advance, giving the child the opportunity to finish all his business and just get ready.
- Go to three meals a day and limit snacks.
- Offer your child only freshly prepared food, the aroma of which will spread throughout the house and slowly stimulate his appetite.
- Whenever possible, allow your child to buy groceries, prepare meals, and set the table with you. He will want to try something that he participated in the creation process.
- Talk enthusiastically about food, read books about it and talk about the benefits of certain products.
- Teach your child to healthy eating by example from an early age.
- Create a menu for the week with it, decorating it with pictures of colorful dishes from magazines.
- When offering a new product, start with small portions, giving the baby the opportunity to get used to it.
- Feed on demand, especially for children 1-4 years old. This will help you avoid weight problems in the future.
- Limit your intake of sugar, salt, spices and carbonated drinks.
- Remain calm in any situation, even if the child is capricious and does not want to eat. Sometimes it's better to just wait half an hour until he has an appetite.
- Don't forget about the presentation. Even the most capricious child will surely eat a beautiful and interestingly decorated dish.

### **Literature**

1. Shelestun, A., & Eliseeva, T. (2017). Methods of cooking - from the most harmful to the most beneficial. *Journal of Healthy Eating and Dietetics*, 1(1). DOI: 10.59316/j.edpl.2017.1.7
2. Yampolsky, A., & Eliseeva, T. (2021). Oatmeal. *Journal of Healthy Eating and Dietetics*, (15), 43-60. DOI: 10.59316/.vi15.97
3. Yampolsky, A., & Eliseeva, T. (2021). Lentils (lat. Lens culinaris). *Journal of Healthy Eating and Dietetics*, (16), 2-11. DOI: 10.59316/.vi16.100
4. Tarantul, A., & Eliseeva, T. (2020). Spinach (lat. Spinacia oleracea). *Journal of Healthy Eating and Dietetics*, (12), 48-59. DOI: 10.59316/.vi12.74
5. Eliseeva, T., & Yampolsky, A. (2019). Walnut (lat. Jùglans régia). *Journal of Healthy Eating and Dietetics*, 4 (10), 2-14. DOI: 10.59316/.vi10.53
6. Tkacheva, N., & Eliseeva, T. (2022). Yogurt: health effects and benefits proven by scientists. *Journal of Healthy Eating and Dietetics*, 1 (19), 28-33. DOI : 10.59316/.vi19.155

7. Eliseeva, T., & Yampolsky, A. (2020). Broccoli (Brassica oleracea Broccoli Group). *Journal of Healthy Eating and Dietetics*, 1 (11), 12-25. DOI: 10.59316/.vi11.62
8. Eliseeva, T. (2022). Benefits of broccoli: Top 10 proven beneficial properties. *Journal of Healthy Eating and Dietetics*, 2 (20), 24-28. DOI: 10.59316/.vi20.172
9. Shelestun, A., & Eliseeva, T. (2019). Omega-3 - description, benefits, effect on the body and the best sources. *Journal of Healthy Eating and Dietetics*, (7), 88-93. DOI: 10.59316/j.edpl.2018.7.10
10. Tarantul, A., & Eliseeva, T. (2020). Blueberry (lat. Vaccinium uliginosum). *Journal of Healthy Eating and Dietetics*, (13), 14-25. DOI: 10.59316/.vi13.80
11. Shelestun, A., & Eliseeva, T. (2019). Fiber - description, benefits, effect on the body and the best sources. *Journal of Healthy Eating and Dietetics*, (7). DOI: 10.59316/j.edpl.2018.7.11
12. Yampolsky, A., & Eliseeva, T. (2019). Pomegranate (lat. Punica). *Journal of Healthy Eating and Dietetics*, (10), 50-62. DOI: 10.59316/.vi10.57
13. Eliseeva, T., & Tarantul, A. (2018). Banana (Musa). *Journal of Healthy Eating and Dietetics*, 3 (5), 31-43. DOI: 10.59316/.vi5.24
14. Tkacheva, N., & Eliseeva, T. (2021). Apples - benefits and harms proven by nutritionists. *Journal of Healthy Eating and Dietetics*, 3 (17), 84-88. DOI: 10.59316/.vi17.130
15. Eliseeva, T., & Shelestun, A. (2019). Catalog of drinks (60+) – description, useful and dangerous properties of each. *Journal of Healthy Eating and Dietetics*, (8). DOI : 10.59316/j.edpl.2018.8.8

[The HTML version of the article](#) is available on the edaplust.info website.

### Food for children

*Eliseeva Tatyana*, editor-in-chief of the project EdaPlus.info

*Tkacheva Natalia*, phytotherapist, nutritionist

*E-mail:* eliseeva.t@edaplust.info, tkacheva.n@edaplust.info

*Received 06/18/2020*

**Abstract:** They say that parenting is the hardest profession in the world. And it is hard not to agree with this. After all, on their shoulders overnight falls a whole range of problems, each of which seems to be scarier than the previous ones. The success of their solution often depends on experience and available knowledge in the field of medicine, nutrition, pedagogy, ethics and other sciences, and the result directly affects the future of the baby. And all this on a constant basis without breaks and weekends. To somehow facilitate this hard work, we have collected the recommendations of well-known practitioners of pediatric nutrition.