

## Child Nutrition

Healthy nutrition is what helps people develop and improve their overall health, which ensures efficient and effective daily activities.

### Child weight management:

There are many ways to help your child lose weight without affecting his growth; as they are aimed at making sure the child's weight is suitable for his height.

Those ways include:

- Being mindful of the child's psychological state when dealing with his weight, and encouraging him to play and exercise.
- Engaging your child in an ongoing, preferably group, sports activity of average intensity.
- Ensuring that your child has high-fiber and low-sugar breakfast meals.
- Providing your child with options that are as healthy as possible (such as vegetables and fruits) while maintaining attractive presentation of them.
- Calculating the needed daily calorie intake and training students to monitor the nutritional value of their food.
- Dividing the child's daily meals to five small meals to be served on fixed time.
- Increasing whole-grains in your child's meals, such as: Oats, wheat grains, brown rice and chickpeas.
- Ensuring that your child drinks two cups of water before eating.
- Gradually reducing the amount of sugar added to your child's beverages.
- It is preferred to provide your child with low-fat dairy products.
- Making sure that your child's meal does not include more than one type of carbohydrates.
- Avoid having your child eat fruits or sweets right after eating their meals.
- Serving natural juices rich in fiber, and educating students about the dangers of soft drinks and energy drinks, as well as the need to refrain from them.

- Avoiding the use of terms like “diet”.
- Making sure that those who surround your child follow the same healthy habits.
- Using healthy cooking tools (like electric fryers) to provide the child's favorite foods with the lowest calories.
- Allowing your child to eat whatever he desires once or twice a week. It is preferred that he eats such meals in the morning time.
- Measuring your child’s weight on the weighing scale once every 10 days. It is preferred to find different exciting ways to encourage them to hop on the weighing scale.

#### **Diseases that affect the growth of your child:**

- Malnutrition.
- Genetic diseases.
- Hormonal disorders.
- Anemia.

The treatment of these diseases varies based on the case.

- **Malnutrition:**

This is the most common cause of growth problems in the world, and it occurs mainly because of lack of protein and other nutrients in the body.

#### **Clinical Health Education Department**

For further questions kindly contact us via email:

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