



มหาวิทยาลัยราชภัฏนครปฐม



# Promoting nutritional status in children



**Asst.Prof. Nuttaya Angkhasertkul**



# Objectives

- **To understand that Promoting nutritional status recommendations for children.**





## Assesment of nutritional status

- Normal growth is a sign of good health in children.
- Monitoring growth allows early detection of the causes of poor growth.
- Early recognition of poor growth allows early intervention optimizing the possibility of achieving good health and a normal adult height.





# Nutritional assesment

- **Growth assesment (anthropometric measurements)**
- **Dietary**
- **Physical examination**
- **Laboratory tests**





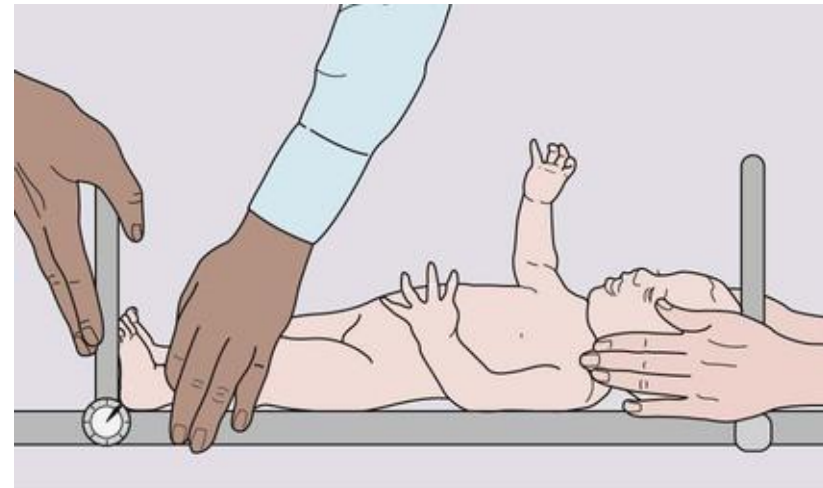
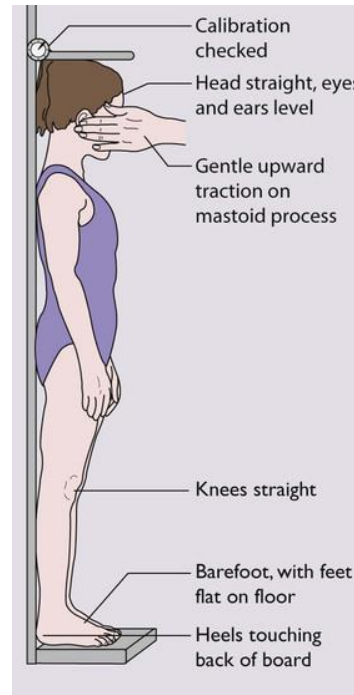
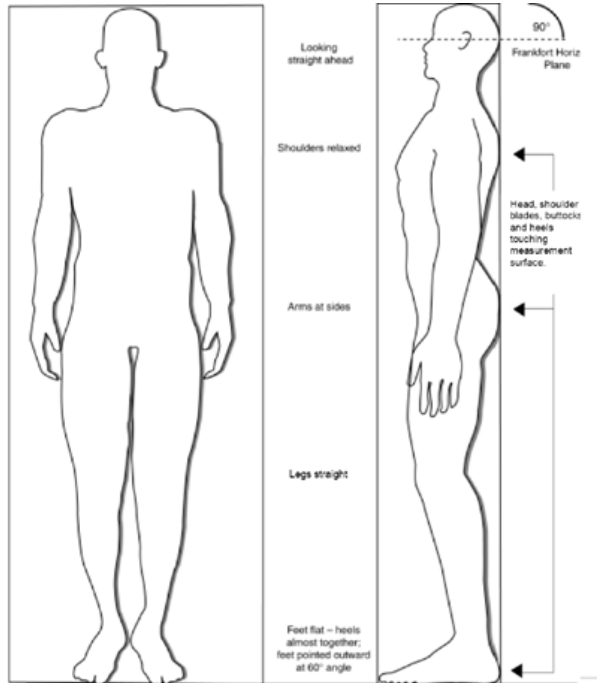
# Growth evaluation

- obtaining, plotting and interpreting
- weight,
- length,
- head circumference





# Height/ length





# Growth charts

- WHO (Growth standards < 5 yo, growth reference: 5-19 yo)
- OLA/OLAF (3-18 yo) –Polish population
- Specific groups of patients (cerebral palsy, premature infants, Down syndrome)

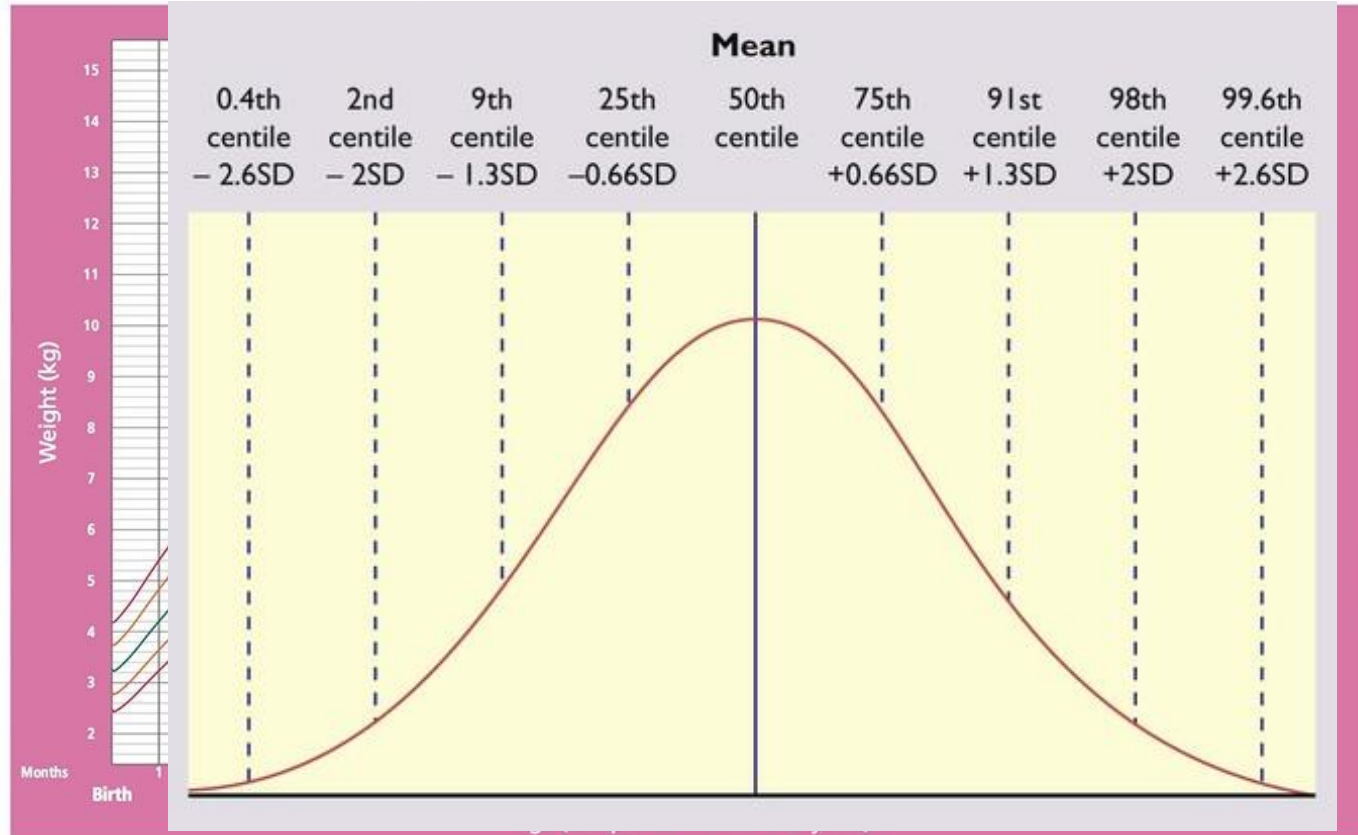


# Weight-for-age GIRLS

Birth to 2 years (percentiles)



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# BMI in children

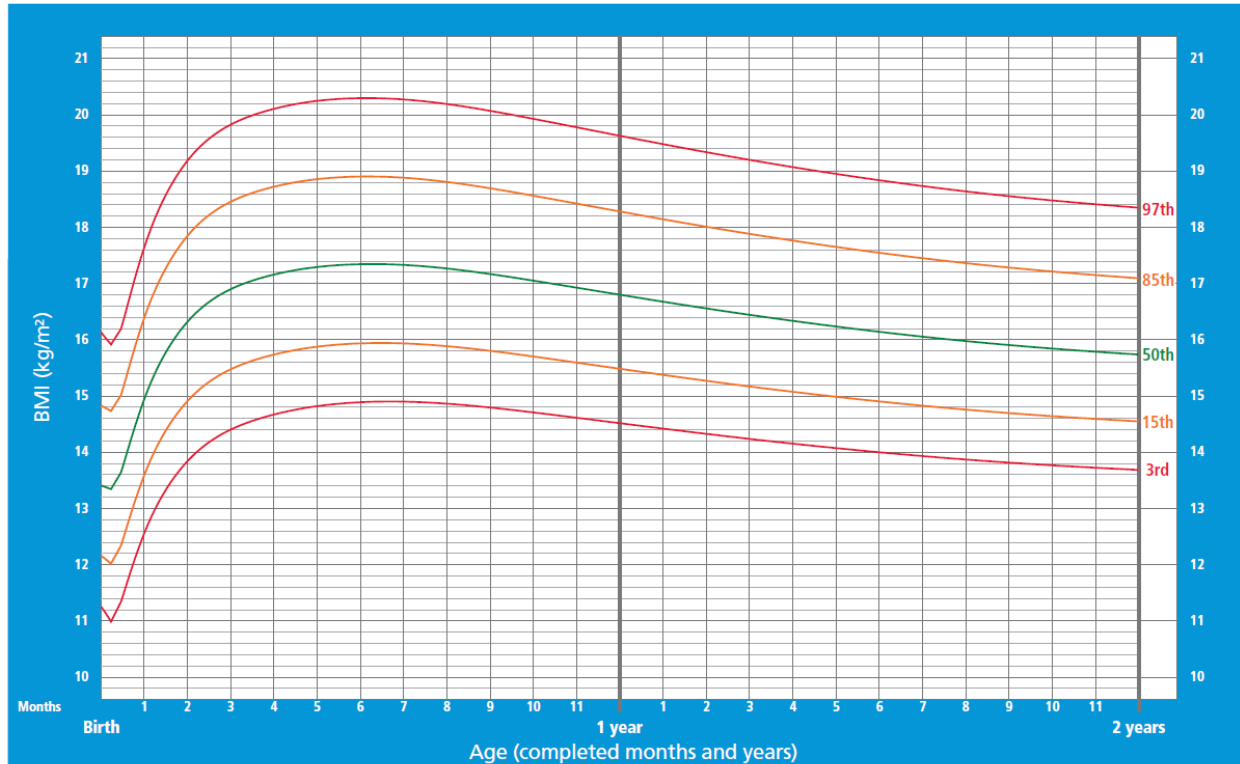


## BMI-for-age BOYS

Birth to 2 years (percentiles)



World Health  
Organization



# Why is good nutrition important for children?



- Good nutrition is crucial to **brain growth** and development, especially in a child's first few years.
- Children need **nutrients** found in healthy food and drinks to grow.
- Obesity, heart disease, liver disease, tooth decay, some kinds of cancer and other diseases are linked to an unhealthy diet. **It's easier and less costly to prevent these diseases.**
- So let's start when **children are young!**



# Infant Feeding



Breastmilk is the **healthiest** source of milk for infants.

- Contains all of the nutrients infants need and is easiest to digest.
- Protects infants from common illnesses, allergies, and, obesity
- Promotes good health for mothers

# How to Support Breastfeeding in Child Care



- Let parents know you support breastfeeding.
- Provide a quiet, comfortable, private place for mothers to breastfeed.
- Learn how to safely handle and store breastmilk.



# Principles



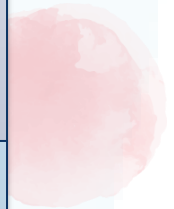
- Start weaning when child is free from any Gastrointestinal trouble.
- One food item is introduced at interval of 4-7 days to allow for identification of food allergies and to allow the child to get used to it.
- New foods are fed in small amounts from one teaspoon to few tablespoons.
- Food should not be mixed in bottle and feed through nipple.





# Methods of Complementary Feeding

age	Food items to be given
6 months	<ul style="list-style-type: none"><li>• Banana, fruit soup,</li><li>• Green leafy vegetable soup</li></ul>
7-9 months	<ul style="list-style-type: none"><li>• vegetable soup</li><li>• Egg yolk/ fish</li><li>• Potato or mashed carrot</li><li>• mashed rice</li></ul>
10-12 months	<ul style="list-style-type: none"><li>• Chicken, liver</li><li>• Rice, bread, egg.</li></ul>





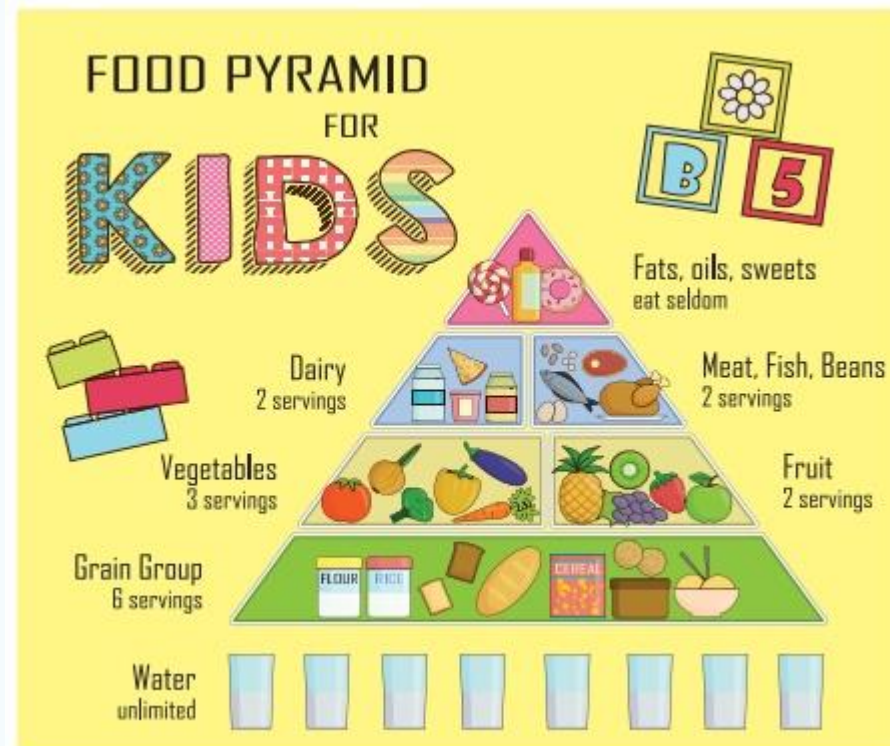
# Dietary need

	Toddler	preschool	School age
Calories (kcal)	1200/day	1500-1600/day	2000-2500/day
Protein	1gm/wt/day	1gm/wt/day	1gm/wt/day
Fluid	1100ml/day	1500 ml/day	2100 ml for boys; 1900 ml for girls
Type	Small frequent chopped food	Food in various colours and shapes	All types of food increased quantity





# Food pyramid





# Foods to be avoided for children

- Fast food and junk food like chips, popcorn etc
- Processed meats
- Canned fruits and drinks
- Honey
- Dipping sauces



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