



Do Not Put Child In The Diet

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IN THE DIET

For children, almost every dieting approach can be problematic:

- ▶ If it supplies too few calories, even a balanced diet can stunt growth and development; for girls, that could mean delaying or temporarily stopping menstruation.
- ▶ A diet that skimps on protein may hamper muscle growth, while too little fat can block absorption of vitamins A, D, E, and K.
- ▶ Low-carb diets discourage foods like potatoes, which provide iron, potassium, B vitamins, and vitamin C, all essential for the body to work at its maximum ability. Moreover, some studies suggest that low-carb diets may affect learning, concentration, and school performance since carbs provide energy and help people think clearly.
- ▶ Early dieting can also promote chronic body image problems, yo-yo dieting, and eating disorders. Anorexia or bulimia can affect both stunt growth and cause serious illness, even death.



What is more, nutrition experts worry that restrictive or fad diets do not teach children healthy eating skills they can rely on for a lifetime. "They are not learning how to integrate healthy foods into their daily menu," Johnson says. "They are just going on a diet, and when they go off it, they are going to return to their original eating patterns."



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Parent encouragement to Diet not only physically and emotionally affects the person experiencing encouragement to Diet but also potentially shapes the values, beliefs, and weight-related practices that [the person] engages in and/or passes on to [his/her] own family through direct communication and parental modeling.

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Stressing dieting over healthy eating in teenagers can cause lifelong weight and diet problems that can extend for generations. Researchers polled parents who, as teenagers themselves, had been encouraged by their parents to Diet and found that not only were those parents more likely to be obese and have eating disorders, but they also were more likely to make the same mistake of stressing dieting over healthy eating with their children.



One of the most common issues is a vitamin and nutritional deficiencies. Stunted growth, delayed puberty, and osteoporosis becomes real concerns when kids follow restrictive diets that do not meet their nutritional needs.

Bones proliferate during childhood, for example, typically reaching peak mass by age 20. Kids who skimp on calcium are inviting brittle bones that break easily.

Dieting in childhood can lead to physical problems that may prove challenging to reverse, even years later.