



Planned Meals For Children

PLANNED MEALS
FOR CHILDREN

1 Dr. Majid Ghayour Mobarhan

Nutritionist from the UK

▶ Salt ◀

There is no need to add salt to your baby's food. The maximum amount of salt depends on their age.

- ▶ One to three years - 2 grams of salt per day
 - ▶ Four to six years - 3 times a day salt
- ▶ Up to 10 years a week - 5 grams of salt per day
 - ▶ 11 years and up - 6 grams of salt per day

▶ Sugar ◀

High sugar intake can help weight gain and tooth decay.

- ▶ 4-6 years - not more than 19 grams per day
- ▶ 7-10 years - not more than 24 grams per day
 - ▶ From 11 years and up - not more than 30 grams per day

▶ Malnourished people ◀

- ▶ Never force feed your baby.
- ▶ Offer small amounts of food at meals.
- ▶ Try to suggest foods that are tampered with.
- ▶ Crispy snacks, chocolate, biscuits and cakes can also fill the baby.
 - ▶ Try to eat in a calm environment.

▶ Vegetarian diet for children ◀

Vegetarian or vegan diets can be healthy, provided you eat a variety of foods. They should be given vitamin B12 and riboflavin supplements.

▶ Get enough protein ◀

- ▶ Soy protein



▶ Nuts

- ▶ Legumes, such as lentils, white beans, red beans, green beans or peas
 - ▶ Milk
 - ▶ Cheese
 - ▶ Egg

▶ Get enough iron ◀

- ▶ Whole grains
- ▶ Green leafy vegetables like spinach
 - ▶ beans
 - ▶ Dried apricots or figs
- ▶ Tea and coffee reduce the amount of iron that the baby absorbs.

▶ Packed lunches ◀

It is important to include a balanced meal in your baby's lunch box so that they get all the nutrients they need to reach full growth.



Planned Meals For Children

Planned Meals For Children

- ▶ Whole-grain breakfast cereals and oatmeal - Choose low-salt and low-sugar cereals.
- ▶ Try peeled potatoes instead of fried ones.

▶ Fruits and vegetables ◀

- ▶ The child should receive five servings of fruits and vegetables daily.



▶ Planned Meals For Children ◀

What children crave and drink in the early years can affect their health in later years.

General eating habits are formed in the first few years of life, so it is important to encourage children to get healthy nutrients.

▶ Planned meals ◀

Children need each food group to have a healthy and balanced diet, so they receive a wide range of nutrients. Children's appetites vary depending on their age, growth spurts, and level of activity.

▶ Starchy carbohydrates ◀

- ▶ Try different types of bread, such as high-fiber white bread, whole grain breads, and whole grains.



▶ Beans, legumes, fish, eggs and other proteins ◀

- ▶ Beans, legumes and lentils are good alternatives to meat.

- ▶ It is recommended that children eat two servings of fish a week.

- ▶ Eggs are very rich and are a good substitute for meat.

- ▶ Meat is a good source of protein, vitamin B12 and iron.

▶ Dairy products and alternatives ◀

- ▶ Dairy products are a good source of calcium, vitamins A and D, protein and fat.

- ▶ When buying dairy substitutes, look for unsweetened, calcium-fortified varieties.

- ▶ Whole milk should be given to children up to two years old.