

Talk I Nutritionists I Healthy Diet For Growth Of Children

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SUMMARY

Dr. Eileen discusses the importance of balanced nutrition and sleep for children's growth and development, emphasizing that Indian food is among the most balanced diets. She highlights the nutritional needs of children at various ages and suggests practical solutions for busy parents to ensure their kids receive adequate nutrition.

- *Children require varying amounts of sleep based on their age, with newborns needing 18-20 hours and toddlers needing 10-12 hours.*
- *A balanced diet for growth includes proteins, carbohydrates, fats, vitamins, and minerals, alongside emotional support and physical activity.*
- *Active teenagers need a diet with 65% carbohydrates and up to 20% protein, with careful attention to the quality of fats.*
- *Nutritional supplements can be beneficial for children who are picky eaters or do not consume enough fruits and vegetables.*
- *Indian cuisine is highlighted as a nutritionally balanced option amidst various popular diets.*
- *Quick snack options like cheese cubes and yogurt can help busy parents provide nutritious food for their children.*
- *Parents are encouraged to focus on fresh, unprocessed foods and maintain regular meal times to support their children's health.*

there was a very famous quote from a very famous international nutrient nose nutritionist recently that I was reading and so she said that contrary today's the era where we are talking about lots of foods I determined lot of different nutritional plans whether it is the Atkins diet or a ketogenic diet and and n number of diets right but I what she said was the Indian food it is kind of most balanced I have spoken to Gatsby TV and today we

have with us dr. evil force level in our pediatrician and a nutritionist of the Irene candy thank you so much for being with us today we have some quick questions the girls were obviously talking about immigration right here doctor in 2000 you watch and how many hours is ideal for a child to sleep because sleep is a very important for influence how much sleep does a child need Larry's from age to age so like a newborn baby in the first one month of

life with sleep about 18 to 20 hours but by the time the baby is between 3 to 6 months sleep has come down to about 12 to 15 hours and at 1 year it is anywhere between 10 to 12 hours a interesting you see what is the ideal growth mix like a perfect honey for growth for kids what will be a perfect for picnics how much of nutrition is how much of sleep and what are the other ingredients in it

just like air like how will you eat food you need your proteins your carbs your paths you will minerals your vitamins similarly for growth you need a mix of many things so you need sleep of course you need the ideal sleep for your age you need the correct mix of food which has to be nutritionally balanced you need a good emotional support as you need physical fitness and exercise and so I think we need all this player from

absolutely and dr. Eileen powders for all of this so she's poking Bugsy house in you should requirement for a high was extremely active teenagers are outdoors playing enjoy nutritional requirement for that okay so we go by the guidelines on what you know the RDA for kids at that age is so according to the RDAs the kids require a good amount of energy that's carbohydrates coming from at least 65%

of the entire four that they eat or when we look at fats and proteins the even protein requirement is quite high in that time so they require weed right up to even 20 20 % of proteins from the diet when we when we if they are very active then we do not restrict fat too much we look at the quality of fat so we give them more of FIFA or sorry mu ha and omega-3 fatty acids we look at the

EPA DHA we look at all those aspects when we are giving fat at the same time we do not restrict it to you know we do not give them more than 35% so less than 30% or fat or other things is is too much for a common model you just like just like array observe right like have to give this have to give is I also have to go to work absolutely how do I find that one solution that kinda just says

okay you know like sometimes I just wish there's like a magic injection give us okay right that's the heart of the common mom know that okay this is my balanced diet so when we look at all the nutrition supplements that you know provide all kind of nutrients you can a mother can opt for certain supplements if she feels that a child is not eating well and he's not consuming adequate fruits vegetables so you know carbohydrates and insufficient amount

that's when the mother can introduce in between as snacks they both so supplement it's not either/or no you see it has it is so basically if you need a particular RDA and if you do not reach that energy you have to provide it for solvent right and you have to provide it from the as one is from the fourth search week and second is for any nutritional supplements that will give you these kind of nutrients and

especially the essential nutrients what I would say is about you know there was a very famous quote from already famous international nutrient note nutritionist recently that I was reading and so she said that today's the era where we are talking about lots of foods I this women lot of different nutritional plans whether it is the Atkins diet or a ketogenic diet and and in number of guys right but I what she said was the Indian food it is kind of most balanced type so

we're so you should look at the failure to instruct a mother so you have to tell her that you please give your home okay now if I if you hail from the north of the country where corn is grown and their wheat is grown you are genetically more likely to die just absolute the best so eat fresh food but I don't eat processed food the challenge is not you know this is never to have an either-or

situation yes it's not I said that you know the three mainly as a breakfast lunch dinner will always be her caveats so that's the should is between times and you know that that sometimes running out will bus in the morning they don't know you feel like you don't have enough time that is that is very critical so I give those two times what would you recommend that people get stuck in something like that so there are some

foods where you can actually win back in a distance say for instance eating a cube of cheese yeah okay so that children even take it as as a snack with their life instead of giving in packaged foods things like cheese things like a yogurt based meal it's pretty good and in those kids who are very picky or you know a supplement like like video shot if you added into their milk and milk milk consumption is extremely important

it gives them the regular calcium intake a right after adolescence then should be given you can add a PDA Shore into it if the child is a little fussy and not anything that could be a really quick easy snack for fairies thank you so much guys and no absolute pleasure thank you so much it was a pleasure sir for more recipes conversation DIYs for kids don't get a subscribe to our Channel and hit the bell icon so you never miss a video

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