

Pooja Makhija | Nutrition For Sick Children

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SUMMARY

Pooja Makita, a nutritionist and entrepreneur, emphasizes the importance of food in nurturing health, especially for children. She advocates for a holistic approach to nutrition, encouraging parents to focus on protein and hydration to help their children recover from illness while also making food enjoyable.

- *Food is essential for nurturing and healing; it can help reduce reliance on medication.*
- *Indian mothers often feel pressured about food, especially when their children are unwell.*
- *Key nutrients, particularly proteins, are crucial for building antibodies and aiding recovery.*
- *Hydration is vital; creative ways to encourage water intake include using fruit ice cubes.*
- *Sneaking nutrition into meals (e.g., adding egg whites to dosa) can help maintain protein levels.*
- *Vitamins from fruits play a significant role in boosting the immune system.*
- *The conversation includes practical recipes and DIY tips for making nutrition fun for kids.*

hello welcome to KSP TV extremely excited because we have a very very enterprising woman right here she's a mom she's an author she's an entrepreneur these work on puja Makita and Buddha I'm gonna ask you to do your introduction yourself because it's too much to fit in but my biggest introduction is that I'm allowed and proud mother of two beautiful daughters and I think that's the biggest feather in my cap I then am also a nutritionist

my prime aim and goal is to make people believe in food again fall in love with food because food is what makes you food is what nurtures you food is what makes you glow with pride so fall in love with food so that you never need doctors in your life again you know mums especially Indian moms are so obsessed with the food right like the kitchen is like our universe and and especially when the child is sick or unwell our universe

just collapses right and we feel awake which Carnera I could can hear but we need to understand and that's the first sign right that your k/d son is going to fall sick that's why he's perhaps not eating so what is one supposed to do then or what's the right level of nutrition that you should be maintaining see what has to happen is that any disease hunger wreck it hits your appetite and that happens to us so you don't feel

like eating many things but if you want to recover from it faster your medicine is your food and if you don't eat right you're gonna take longer and you're going to have a longer list of medicines to give your child so you have to just pay attention to the essentials then so proteins are most the poder your antibodies therein are your fighting soldiers make sure the protein quality is taken care of chuck job and uncle Nadia at that point in time using your

sneaking techniques they're not a bad idea here so put on those McHale dosa and put some egg white in the dosa

lighter for example okay you give your child protein so that they can fight the disease give you a child water it was a D body is never going to recover faster so whether it's often over FEMA or any stronger disease shouldn't really tons of water check them by the devatas maker gave fruit in the shape of an ice cube

and put that in so that they drink the water check them with that there are tons of these tricks with the book as well but why the child is not well focus on protein focus on hydration sneaked in a filter to make maybe a little custard if you have to but given the fruit because those vitamins are antibodies I help you improve faster for more recipes conversation DIYs for kids don't forget to subscribe to our channel and hit the

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