CHILDREN AND NUTRITION

CHILDREN NEED FIBER IN DIET

SOURCES OF FIBER: Fruits, vegetables, whole grains

HOW MUCH FIBER DOES MY CHILD NEED? According to the American Dietetic Association, for children older than 2 yrs, take the child's age and add five. This is the amount in grams the child should consume of fiber per day.

GOOD SOURCES OF FIBER: Beans, potato with skin, peas, mixed vegetables, broccoli, carrots, raspberries, pears, apples, oranges, bananas, barley, oat bran. Cereals with high fiber: All Bran, Raisin Bran, Shredded Wheat, Quaker Oats.

POOR SOURCES OF FIBER: Lettuce, celery, orange juice, apple sauce, spaghetti, rice, raisin bread, pizza, potato chips, macaroni and cheese, snack bars, cereal bars, pop tarts. Cereals with low fiber: Lucky Charms, Frosted Flakes, Apple Jacks, Golden Grahams, Trix, Fruit Loops, Cocoa Krispies, Special K, Corn Flakes, Captain Crunch, Rice Chex.

REDUCE SUGAR IN A CHILD'S DIET

No nutritional value to sugar

Depletes the body of necessary nutrients.

REDUCE DAIRY:

Two reasons parents give children dairy:

1. **High in fat**
2. **High in Ca**

Cow's milk products are contributing to the childhood obesity problem in the US. Cow's milk is high in fat and large protein molecules in order to make a baby calf a huge cow quickly. It is not meant to be given to humans. Cow's milk is a poor source of calcium. The calcium is bound to a protein that the human body cannot digest. Therefore the calcium is not absorbed. So where should kids get their calcium? The same place the cows do . . . green, leafy vegetables!

*Cheese is a source of dairy!

Drinking Cow's Milk Triggers Childhood Constipation

Intolerance to cow's milk is associated with constipation in children. Investigators split 65 children with chronic constipation into two groups. All subjects were aged 11-72 months, and had been previously unsuccessfully treated with laxatives.

The first stage of the trial involved half the children drinking cow's milk and the other half drinking soy milk, in stage 2 the groups were reversed. Each stage lasted 2 weeks. None of the children experienced a resolution of symptoms while receiving cow's milk. In contrast, symptoms of constipation improved in 68% of the children while receiving soy milk. This response was confirmed by a double blind cow's milk challenge.

Shah N, Lindley K, Milla P.N Engl J Med. “Cow's milk and chronic constipation in children.” 1999 Mar 18; 340(11):891-2.

Summary: Dairy products can lead to constipation

Most Veggie Intake is Junk Food

For many kids, "eat your veggies" means dig into a bag of potato chips or a container of french fries, according to a study presented last week at Emory University and sponsored by the National Institutes of Health. These two "junk foods" account for a large proportion of children's vegetable intake, says the study's author, Dr. Catherine Champagne of Louisiana State University in Baton Rouge.

Champagne and colleagues poured over food-intake data from the US Department of Agriculture. They computed that children under the age of 7 received 27.3% of their vegetables from fries and chips. This figure jumped to 28.9% in children aged 7 to 12, and to 31.2% in children aged 13 to 18. African American children aged 13 to 18 got 40% of their total vegetable intake from chips and fries.

Champagne CM, Allen HR, **French fried potatoes and potato chips as vegetable servings: How much do they contribute to the intakes of children in the United States?** Champagne Pennington Biomedical Research Center, Louisiana State University - International Conference Series on Health Promotion Conference on Childhood Obesity: Partnerships for Research & Prevention. Atlanta, Georgia, May 3-5, 1999.

Summary: Kids are not eating enough fruits and vegetables which is where they get important nutrients. Fries and potato chips DO NOT COUNT as vegetables!!

Artificial Food Dyes May Be Linked to Behavior Problems
(From ACA news/ September 2008)

Yellow 5, Red 40, and six other widely used artificial colorings are linked to hyperactivity and behavior problems in children and should be prohibited from use in foods, according to the non-profit Center for Science in the Public Interest (CSPI). The group formally petitioned the Food and Drug Administration to ban the dyes, several of which are already being phased out in the United Kingdom. The six other dyes are Blue 1, Blue 2, Green 3, Orange B, Red 3, and Yellow 6. A comprehensive 2004 meta-analysis of the medical literature concluded that artificial dyes affect children’s behavior, and two recent British studies found that dyes (as well as the preservative sodium benzoate) adversely affect kids’ behavior.

Americans’ exposure to artificial food dyes has risen sharply. According to the FDA, the amount of food dye certified for use was 12 milligrams per capita per day in 1955. In 2007, 50 mg per capita per day, or nearly five times as much, was certified for use. Artificial dyes are particularly prevalent in the sugary cereals, candies, sodas and snack foods pitched to kids.

“Banning these synthetic chemicals is certainly a far less drastic step than putting so many children on Ritalin or other potentially dangerous and sometimes-abused prescription stimulants,” said CSPI executive director Michael F. Jacobson. “The food industry has known about this problem for 30 years, yet few companies have switched to safer colorings. We hope today is the beginning of the end for Yellow 5, Red 40, and these other dubious dyes.”

Summary: Food dyes are being linked to hyperactivity in children!