



ARTICLE

## Child is Not a Mini adult

**Right nutrition is very critical for young children, especially during the first 2-3 years of life. Due to rapid growth and development, your child requires more energy and nutrients.**

**2 mins read**

## Importance of nutrition for growth

Child nutrition is a tough sport. The leafier and greener the food, the greater the struggle. Child nutrition is incredibly crucial for their development and well-being.

- a) The benefits of healthy eating in early childhood get reflected in later stages of their lives, so don't cave in and let them eat nothing but sweets and junk food.
- b) The importance of child nutrition comes to play when you include fiber rich foods for kids and look after the protein requirements for children in their diet.
- c) Ensure your child's meals include essential nutrients in appropriate amounts.

**Did you know that your child has higher nutritional requirements than adults\*?**

\*Calculated for per kg body weight basis ICMR 2010



This is due to the high activity levels and growth and development during this phase. But how can all these nutrients be accommodated in their small tummy?



Generally, the stomach of a child is about 500 mL at the age of 2 vs. 2000-3000 ml for an adult. Therefore, ensure that your child eats [nutrient dense foods](#) that will provide the nutrition that they need in a portion size they can eat. This can be achieved by including high-protein and high-fiber food in your child's diet, especially during [breakfast](#).

Homemade food is typically cereal-based with limited amounts of fruits, vegetables, legumes, and pulses. Depending on family practices, little or no animal source-based food is included. Consumption of such a diet may not support your child's optimum growth and can make him/ her susceptible to infections.