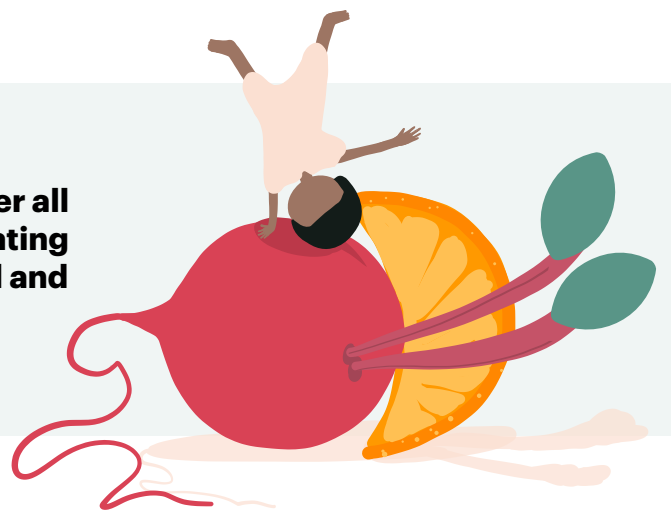


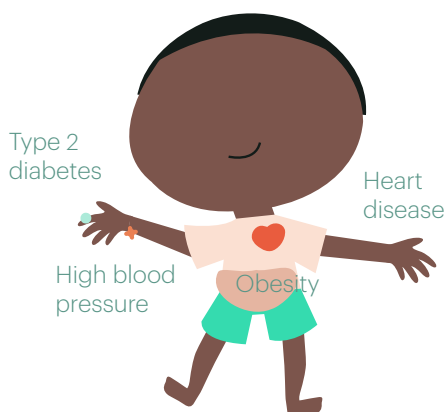
Why is healthy nutrition important for children?

A balanced diet can positively affect young children throughout their lives. During their early development, children are highly impressionable, so it is particularly important to implement good routines and eating habits at an early age, so they carry it with them into adulthood. Children who do not get the proper nutrients during their early development may suffer from malnutrition and from several diseases. Some of the most common of which are obesity, osteoporosis, decreased muscle mass, changes in hair density and texture, fatigue, irritability, and type 2 diabetes.

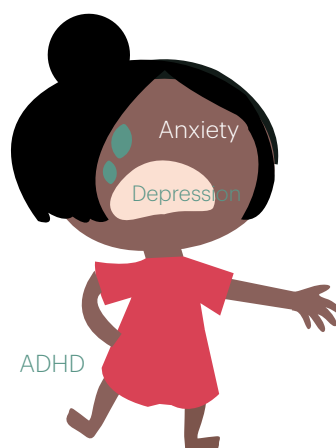
In Takween We have worked to put together all information that help you create proper eating habits for children to ensure an integrated and healthy development for all children.



Why Children need to develop healthy eating and physical activity habits from their early years?



Healthy eating can help prevent many chronic diseases

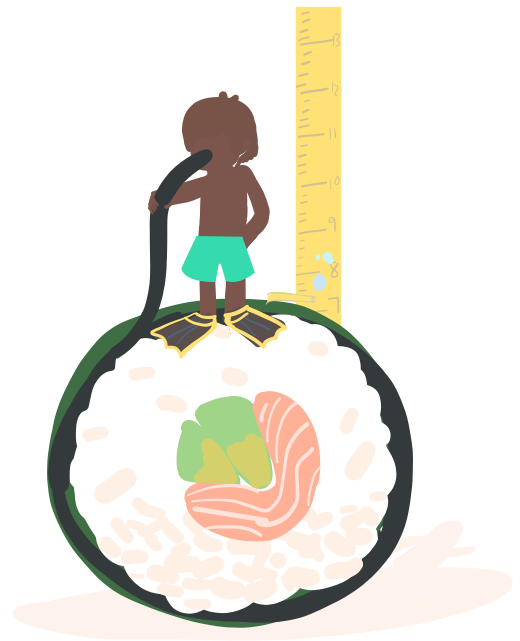


It helps prevent mental health conditions



It helps children stabilize their energy and improve their mood

The five essential micronutrients for a balanced diet for your child are:



Vitamin A

Is one of the most crucial micronutrients for early childhood development. It supports healthy immune system functions, reduces the risk of blindness and stunted growth, and reduces death from life-threatening childhood infections such as diarrhea and measles. Vitamin A can be found in dairy products, pistachio, and carrots.



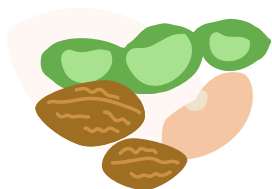
Iron

Children are particularly vulnerable to iron deficiency anemia because of their increased iron requirements in the periods of rapid growth, especially in the first five years of life.



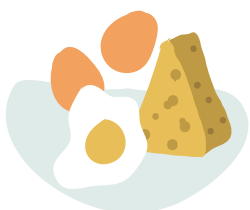
Iodine

Is an essential mineral, as the body needs it to make thyroid hormones, which are important for development and growth. It can be found in seafood and dairy products.



Zinc

Is essential for immune support and infection resistance, it is the key mineral for linear growth of children under the age of 5, aiding in immune support, height and weight gain. zinc can be found in beans, nuts, and dairy product.



Vitamin D

Infants and developing children require vitamin D for proper bone metabolism and immune system regulation. It supports: Healthy bones, muscle and nerve functions, immune system resistance to bacteria, and virus and respiratory infections. Vitamin D can be found in eggs, oily fish, and cheese.

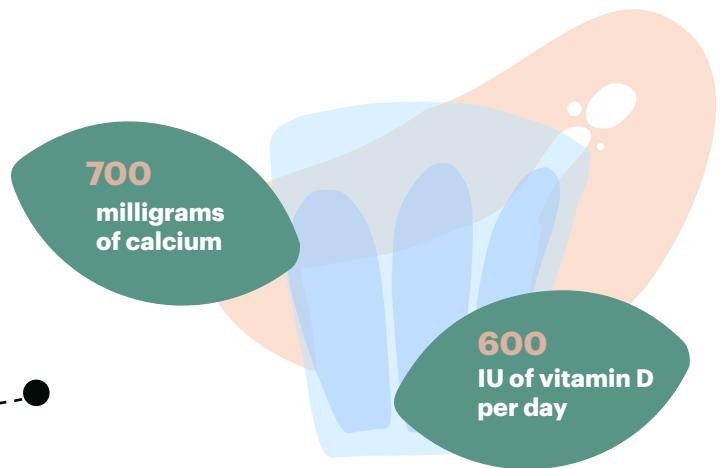
Calories and nutrients intake

A balanced diet plays an important role in the healthy mental and physical development of our young ones, as well as toddlers.

Nutrients intake for toddlers

Milk is an important part of a toddler's diet. It provides calcium and vitamin D to help build strong bones.

Toddlers should have



Children ages 12 to 24 months old should drink whole milk to help provide the dietary fats they need for normal growth and brain development.

IRON

Toddlers should have



After 12 months of age Limit your child's milk intake to about 16–24 ounces a day and serve more iron-rich foods, also include foods that contain vitamin C which improve the body's iron absorption.

Nutrients intake for kids aged 2 to 3

Daily intake for girls and boys

Protein
(55 – 155 grams)

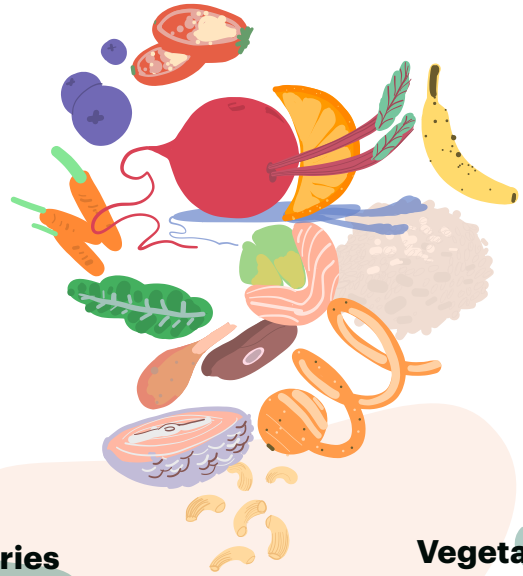
Fruits
(1 – 1.5 cups)

Dairy
(2 cups)

Calories
(1,400 – 1,000)
depending on growth and activity level

Vegetables
(1 – 1.5 cups)

Grains
(85 – 140 grams)



Nutrients intake for kids aged 4 to 8

Daily intake for girls

Calories (1,200 – 1,800 depending on growth and activity level)

Protein (85 – 140 ounces)

Fruits (1 – 1.5 cups)

Vegetables (1.5 – 2.5 cups)

Grains (115 – 170 grams)

Dairy (2.5 cups)



Daily intake for boys

Calories (1,200 – 2,000 depending on growth and activity level)

Protein (100 – 140 grams)

Fruits (1 – 2 cups)

Vegetables (1.5 – 2.5 cups)

Grains (115 – 170 grams)

Dairy (2.5 cups)

