



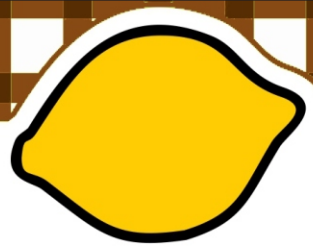
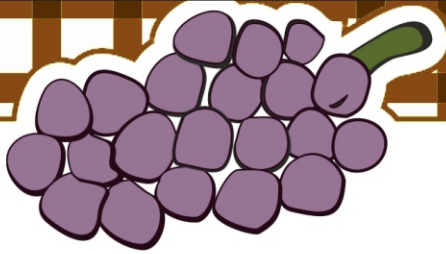
## We at Indo American Montessori Pre School

Believe that Good nutrition is fundamental to healthy living. Good nutrition is also associated with :

- Increased focus and attention, improved test scores, better classroom behavior, and a better understanding of healthy eating behaviors.
- Improved cognitive function (especially memory) and improved mood.

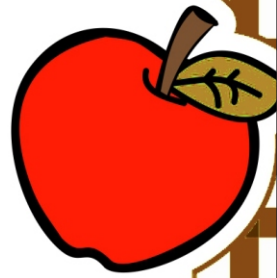
Moreover, with the summer vacations beginning, your kid is going to spend more time in the sun, engaging in physical activities, leaving him/her tired and hungry. In fact, an international study conducted last year tracking 5,380 children through kindergarten and first grade found that the Body Mass Index (BMI) accelerated at a faster rate during the summer break than the school year. While it is essential to inculcate healthy eating habits in your kid through the year, it becomes even more important during the summer time. Here's your guide to creating a healthy summer diet plan for your kid.



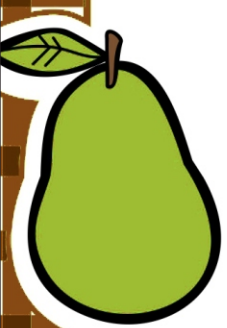


## Balanced Diet Chart for Children

A balanced diet is essential for children of all ages. Parents must ensure that children eat meals consisting of all food groups to ensure healthy children. Therefore, some balanced diet charts for children are listed here.



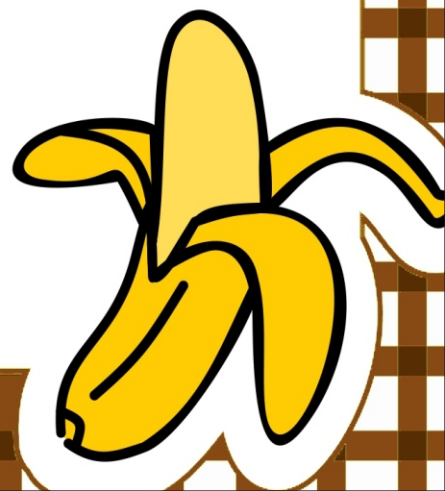
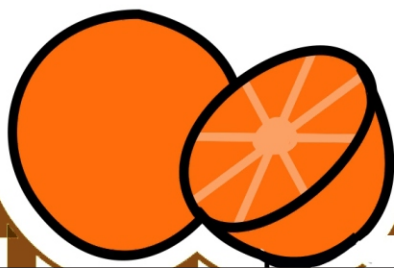
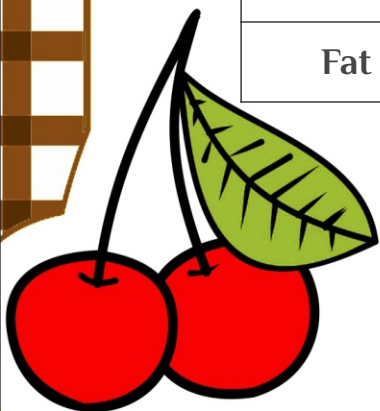
A balanced diet consists of carbohydrates, proteins, vitamins and minerals and also meets the daily caloric needs of the body. This means, 50% of your calorie needs should be derived from carbohydrates, 20% from protein and 30% from fats. Children should be provided daily, with a diet consisting of all the above mentioned vitamins and minerals. This chart indicates what percentage from each food group you should be providing to the children.

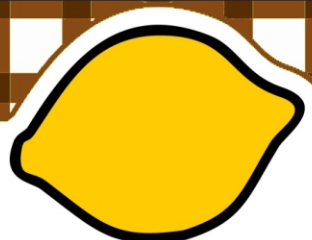
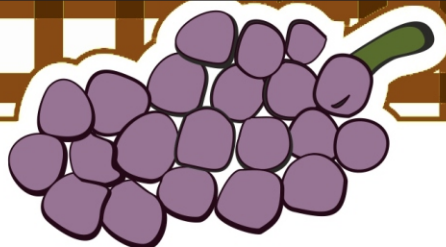


**Table 1 - Nutrition Needs for Children**

Table 1 provides a summary of the food chart for a clearer idea of nutrition for children.

Nutrition	Food Group	Recommended %
Carbohydrates	Cereals and grains, etc.	33%
Vitamin & Minerals	Various fruits and vegetables	33%
Meat Proteins	Fish, meat and eggs	12%
Milk Proteins	Dairy products	15%
Fat & Sugar	Fatty foods, sugary sweets etc	7%



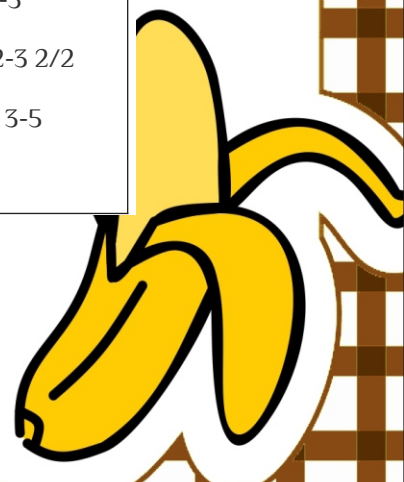
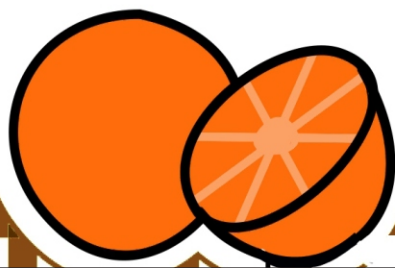
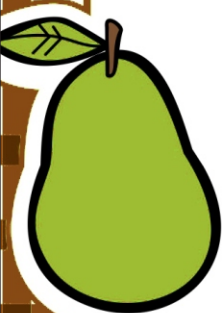


**Table 2 - Food Examples for Children**

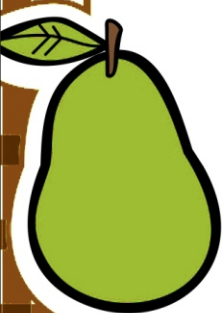
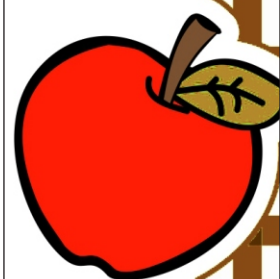
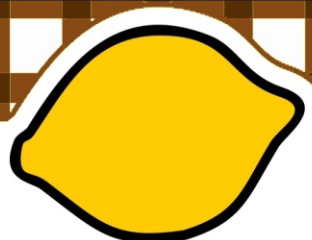
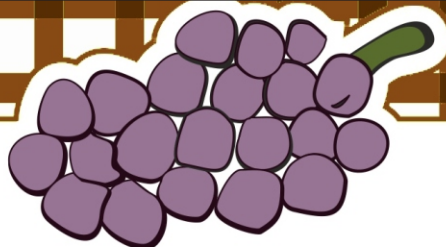
Table 2 displays some foods examples with appropriate serving size and amount of serving per day. Parents can choose one food or two with smaller portion from each food category for their children.



Food Group	Foods Example	Serving Size	Daily Serve
Grains	Rice Pasta Cereal Bread Rolls Wheat Biscuit Noodles	1 cup 1/2 -1 cup 1/2 -1 cup 1-2 slices 1/2 -1 roll 1 1/2 cup	Age 2-5 years, 4 servings For school children, 5-9 servings
Vegetables	Cooked vegies Cauliflower Medium potato Carrot (sliced) Spinach Broccoli Tomato Salad	Half a cup cooked vegetables or one cup raw, leafy vegetables.	Age 2-3, 2 servings Age 4-7, 2-4 servings Age 8-11, 3-5 servings Age 12-18, 4-9 servings
Fruits	Dates Berries Apricots Grapes Bananas Peaches Oranges Mangoes Melons Pineapples	Half a cup frozen for raw fruits, or 6 ounce fruit juice, or 1/4 cup dried fruits	Age 2-3, 2 servings Age 4-7, 1-2 servings Age 8-11, 1-2 servings Age 12-18, 3-4 servings
Dairy Products	Milk Yogurt Cheese Custard	250ml 200g 40g 250ml	Age 2-3, 1 serving Age 4-7, 2-3 serving Age 8-11, 2-3 2/2 servings Age 12-18, 3-5 servings





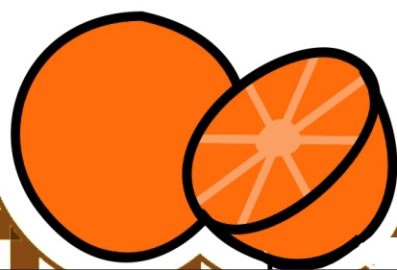


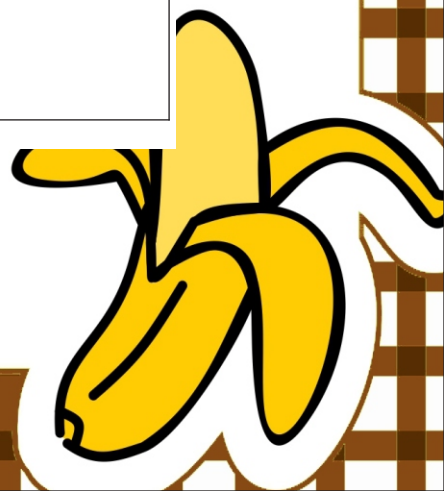
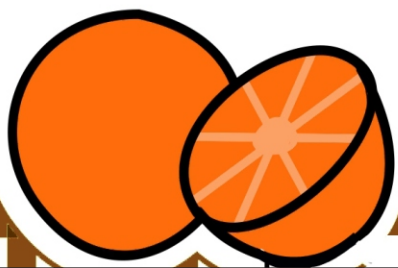
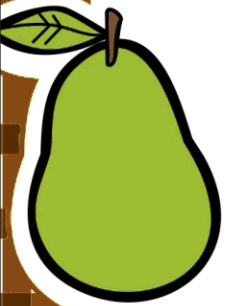
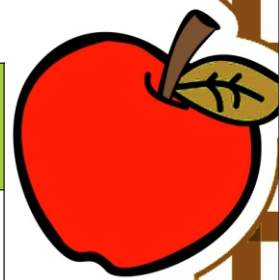
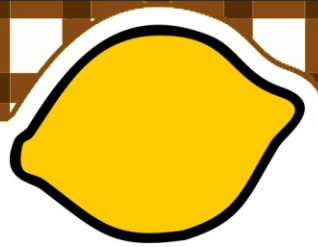
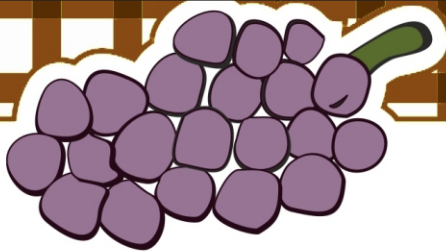
<b>Lean Proteins</b>	Meat	100 g (2 slices), cooked	Age 2-3, 1/2 serving
	Beef	3/4 cup, chopped	Age 4-7, 1/2-1 serving
	Chicken	1 chicken leg	Age 8-11, 1-1 2/2 servings
	Fish	1 medium fillet	Age 12-18, 1-2 servings
	Eggs	3/4 cup canned or	1 tablespoon
	Dried beans	cooked beans, lentils	
	Peas	or peas	
	Lentils	1 tablespoon	
	Peanut butter		
<b>Fats, Sweets and Oils</b>	Low-fat	1 tablespoon oil or	1 serving
	mayonnaise	mayonnaise	
	Light salad		
	dressing		
	Soft margarine		
	Vegetable oil		
	(canola, safflower,		
	olive or corn)		

**Table 3 - Meal Plan for Children**

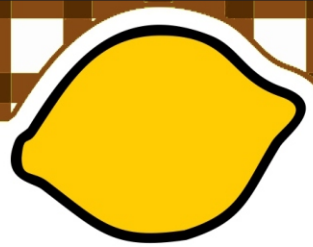
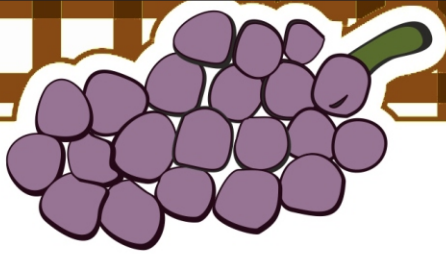
Table 3 gives examples of meal plan with proper meal time and menu for children.

Time	Meal	Menu
7.30	Breakfast	Medium bowl of semi-skimmed milk with wholegrain cereal A glass of fresh orange juice A banana
9.30	Morning Break	A small box of raisins A bottle of unsweetened fruit smoothie

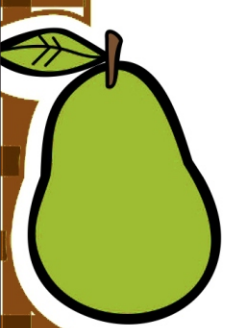




Time	Meal	Menu
12.30	Lunch	Cheese, salad, jacket potato  An apple  A bottle of water
16.30	After School Snacks	A glass of semi-skimmed milk  A small packet of low-fat crisps
19.30	Dinner	Salad Whole wheat pasta Spaghetti Bolognese (without oil, more vegetable, less meat)  A glass of juice (with canned fruit and one scoop ice cream)
21.30	Evening Snacks	A slice toast (wholemeal) with peanut butter



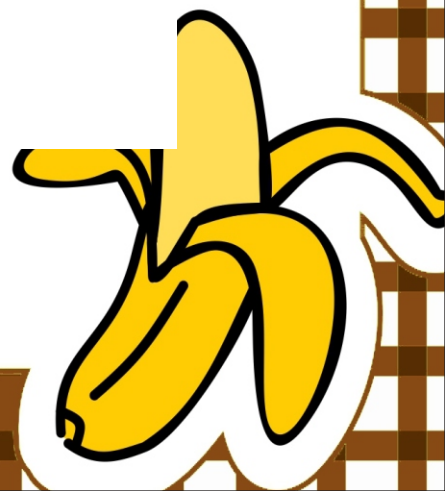
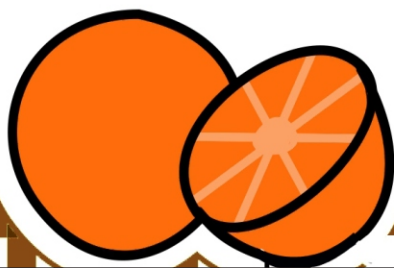
Age	Water (Serves)
4 - 8	1 - 1.2L (approx. 5 glasses)
9 - 13	1.4 - 1.6L (approx. 5 to 6 glasses)
14 - More	1.6 - 2L (approx. 5 to 8 glasses)
* A glass is 250ml	

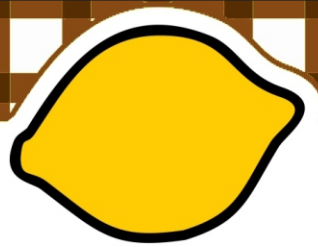
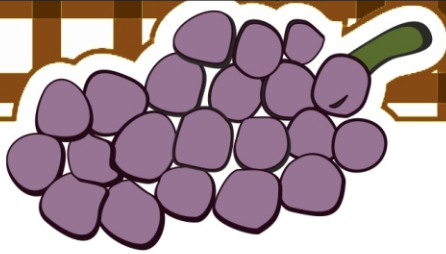


## Balanced Nutrition for Children

The nutrition shown below is essential for the healthy growth of a child, include:

- **Carbohydrates** - Children require the right amounts of carbs for energy. Therefore, their daily intake of carbohydrates can be derived from wholegrain foods, such as, pasta, bread and cereals.
- **Proteins** - Meat, eggs and fish and dairy products are high in protein, and, therefore, ideal and necessary for your child's diet. Protein is essential for muscle building and repair and growth and building antibodies.





- **Calcium** - Calcium is essential for strong bones. Dairy products like cheese or yogurt, vegetables like collard greens, cauliflower, spinach, broccoli and celery are rich in calcium. If a child doesnot consume enough calcium, it can lead to osteoporosis later his life.

- **Vitamins** - A child needs vitamins for the body to function properly. They help boost the immune system, support growth and development and help cells and organs function properly. Vitamin A is essential for vision and a deficiency can lead to blindness. Vitamin C, a definite immune system booster, helps with brain function and prevents problems that occur with free radicals. Vitamin D is essential for calcium absorption.

- **Other Nutrition** - Apart from carbohydrates, protein, calcium and vitamins, your child requires the proper amounts of iron, Omega-3 and 6 fatty acids, and amino acids to ensure good health.

**NOTE:**

The above stated facts are just for reference purpose. Modifications can be done depending upon the taste and habit of your child. Kindly consult your family doctor/ dietician before strictly following the diet for your kids.

