

Chapter 1 : BRAT Diet: Eating After An Upset Stomach or Vomiting - www.nxgvision.com

For sick kids, proper hydration is key. "Sleeping for long periods of time" as well as running a fever can lead to fluid loss," says Evers. To make sure your child sips often, place a water bottle on her bedside stand.

But how do you help your game from the inside out? But you should consider swallowing some healthy food packed with the nutrients you need. The right foods and drinks can help you be a better athlete. Professional athletes know this is true. In fact, many professional teams employ dietitians and nutritionists – people who know a lot about healthy eating – to help players choose the best foods. Read on to learn how kid athletes can use nutrition to their advantage, just like the pros. Covering the Bases All kids need to eat a variety of healthy foods, and athletes are no different. Everybody needs foods that include: Consuming Calories at a Clip So what makes athletes different when it comes to eating? The main thing is that athletes might need more food. They burn more calories by practicing and playing so much. School-age kids ages 6 to 12 generally need between 1, and 2, calories a day. An athlete who is more active than a typical active kid might need to eat more. Calorie needs go up during puberty , so that can make a difference, too. But each kid is different. Attending a soccer practice can be an intense or light workout, depending on a variety of factors. Do you practice 2 hours a week or 12? It will make a difference. Usually, though, kids do fine just eating a balanced diet of healthy meals and snacks. Calcium and Iron Calcium and iron are two important nutrients for kids – especially athletes. Calcium builds strong bones , which are less likely to break under the stress and strain of heavy activity. Other good sources include dark, green leafy vegetables and calcium-fortified products, like orange juice. Without enough iron, kids might get tired more easily. Girls who have gotten their periods lose some iron every month through their menstrual flow and active kids lose iron through their sweat – weird! Coaches or teammates who say you have to go on a diet are probably giving you bad advice. Talk these issues over with your mom or dad and your doctor, if necessary. Some sports emphasize large or small body sizes, but kids can play sports like gymnastics or football without going to extremes to lose or gain weight. A balanced diet can give an active, growing body all the protein it needs. Some strategies, such as high-protein diets or protein supplements, can cause serious problems, like kidney damage. Skipping meals, eliminating certain food groups, or going on fasts not eating at all or eating very little can be harmful to kids. When you can, try to eat dinners at home. Research shows kids eat healthier when they regularly share meals with their families. When people sweat , they lose water through their skin. Sweating cools the body down, but if you lose too much water this way, you could get dehydrated. Drinking before, during, and after exercising or an event is the best way to stay hydrated. Water is the best choice. Fruit juice mixed with water is another refreshing drink. But avoid sodas, especially caffeinated ones. A sports drink is OK once in a while, but remember that these drinks have a lot of sugar and calories. Water is still the best drink for your body and it contains no calories. If you have a full stomach, your body will need to spend energy digesting food, leaving less for you to use in your game or practice. The best pre-game meal includes carbohydrates and protein for energy, but is low in fat and fiber, which can slow digestion. Bring a snack, especially for long practices, competitions, or all-day events. Half a sandwich, fresh or dried fruit, or a small handful of nuts are all good snacks. You can get the same energy from healthy foods. Avoid sugary stuff like sodas or candy bars right before you practice or compete. You might get a little energy boost, but it will fade fast, leaving you feeling drained. But eating and drinking the right stuff will help you play your best. Now, go out there and have a great season!

Chapter 2 : About Your Privacy on this Site

The goal is to get your child back to her regular diet of foods she likes, with some exceptions. For a day or two, avoid sugary drinks, orange juice or other acidic beverages and foods that are high-sugar, spicy or greasy.

However, it is when they are sick that they need to eat well to gain the strength to fight an infection. And, this is exactly why we have put together a list of 21 foods that you can feed your child when he or she is sick. With a little ingenuity, you can make your child lap it up in a few minutes. Feeding a sick child is a daunting task. You need to know his aptitude and understand what his body is capable of absorbing. Children often suffer from fever, cough and cold, diarrhea, vomiting and other ailments. It is necessary to give effective food to your child at this time for comfort and curing the ailments. Not all regular diets are suitable for kids. Check out these eleven foods that you can give to your child when he is sick. If your child is suffering from flu, you can couple up drinks with bits of ginger and feed him. It will cure a sore throat and gastric problems, if any. Ginger is also beneficial in soothing nausea. Eggs Eggs are good for sick children for two reasons. Firstly, they provide lots of proteins to the body. They repair the body and replenish the lost nutrients. The protein in egg can be digested easily. You can provide egg curry or boiled eggs to your child in the meals. Yoghurt Another effective food for sick children, yoghurt is a good source of proteins. They also infuse the body with the necessary probiotics to maintain good health. You can either feed yoghurt to your child with breakfast, or give it to him in the evening along with other meals. Swiss chard When children suffer from headaches, swiss chard works out well. They contain high amounts of magnesium. It has a calming effect on the nerves and helps to soothe them down. Swiss chard prevents children from becoming overexcited. Sunflower seeds, bananas and sweet potatoes also perform a similar function. Honey Honey is known for its abilities to soothe sore throat. During flu or other throat infections, feed your child with honey. It will form a coating in the throat and keep off irritation. You can either drip a teaspoon of honey in the drinks or feed honey separately to the child on a scheduled basis. Popsicles Popsicles are beneficial for hydrating the body. During fever or diarrhoea, a lot of water drains out of the body. You need to replenish this with various fluids. Popsicles are tasty and easily consumed by the children. You can freeze these with fruits and feed it to your child. Boiled rice Boiled food is good for children in case of stomach disturbances. You need to give boiled rice or boiled potatoes, as they do not disturb the stomach. These add bulk to your stool and minimizes the pressure on the digestive system by getting absorbed easily in the body. They also provide a certain amount of fluid to the body. Paediatric electrolytes In case your child is vomiting, you need to provide paediatric electrolytes to him. These are sports drinks, and helps in promoting absorption due to their electrolyte content. However, do not provide sugary juices to your child to increase the fluid content in the body. Toasts Toasts and crackers are good for children during vomiting. These can either be unsalted or slightly salted. These bland foods are easily digested and stabilize their system. You need to provide your child with foods that do not exert extra pressure on the stomach. Bananas During diarrhoea, you can provide bananas to your child. The pectin content in bananas helps to normalize the bowel movements. Moreover, bananas contain potassium, which are beneficial for your child during diarrhoea. You can feed the bananas along with breakfast or individually. Chicken soups Chicken soups are good for sick children as they contain cysteine, an amino acid that helps to get rid of mucus. During cough and cold, the mucus may accumulate in the lungs. It is difficult to eliminate thin mucous from the body. Chicken soup helps to get rid of this mucous. It also adds strength and energy to the body. Children suffering from throat inflammation are also comforted on consuming chicken soup. Oranges Citrus fruits like oranges are necessary for children suffering from various ailments. They contain Vitamin C and antioxidants. Oranges help to cure the children fast, adds strength to their immune system and infuses the body with various minerals. You can prepare orange juices for your child or let them consume the whole food. Even when your kids remain fit, make sure that they consume oranges on a daily basis to maintain the sturdiness of their defence system. Carrots Carrots are one of the best foods for children during illnesses. Particularly, when they suffer from upset stomach or diarrhoea, you need to feed them with light meals and soups. This helps the food to be easily digested by the body. They do not pressurize the digestive system and help to heal the body.

Carrots can be served as soup, as they are tasty and light. During fever, children grow repulsive towards various foods. Carrots can make the difference, as they are easily digestible, tasty and loved by kids.

Unflavoured pancakes At times, your kids suffer from vomiting due to indigestion or other ailments. The body needs healthy yet simple foods at this time. Pancakes can be the ideal choice during these circumstances. These are light and easily absorbed by the body. However, do not give flavoured pancakes to your children during vomiting. The flavouring and colouring agents can further aggravate irritation in their systems. Plain pancakes may taste a bit odd, but these can help their systems get stabilized.

Raisins When your child suffers from constipation, raisins can help them ease up the bowel movements. Most of the kids suffer from constipation during the early years. It is necessary for them to consume high-fibre containing foods that help them to clear the bowel at regular intervals. Raisins are sweet and children love to have them with different preparations. You will have no problem in feeding them to your kids. Either soak the raisins and give them to your child, or use them as toppings on various foods, like oatmeal.

Hot chocolate Hot chocolate may prove to be effective for a sore throat in children. They need a warm fluid to soothe the throats. Liquified chocolates is sure to comfort a sore throat. You can prepare chocolate shakes for your child and let them lap it up. Make sure that the preparation remains warm when it is consumed. It will help the child to get some relief. Chocolate will have no or little effect if the child consumes it at normal temperature.

Raspberry juice If your child is fond of fruit juices, you have a good remedy for comforting him during fever. Raspberry juice helps the system to heal from fever, so you may provide the kids with a glass of this juice every day. In severe conditions, have a word with your doctor before increasing the quantity of raspberry juice. It has a healing effect on the child, reducing the level of discomfort to a large extent.

Prunes This is another reliable food for babies to treat constipation. Their digestive system craves for more fibre-based foods. You may consult with a dietician and include prunes in the diet chart of your child. These help the children to clear off their wastes every day. Constipation is often painful and in severe cases, results in bleeding. You should include prunes either with breakfast or other meals for your child.

Milk contains good amounts of proteins and carbohydrates. You may provide your child with fat-free milk, if recommended so by the doctor, as pure milk may not suit your child during illness.

Chapter 3 : Diets for Sick Children | JAMA Pediatrics | JAMA Network

The Best Foods for Sick Kids By Sarah Robbins for Sniffle Solutions Slip banana slices into a peanut butter sandwich, mix dry milk powder in mashed potatoes or mac 'n' cheese, and blend flaxseed into a fruit smoothie.

These little ones usually have little appetite, especially when they have a bellyache, a fever, or a sore throat. These symptoms are not only hard on the toddler, but on you too. Sometimes, the stomach just needs a little rest to recover from a flu bug or something else. **Keep Toddler Hydrated** It is important to remember that drinking plenty of fluids when a child is ill will help prevent dehydration, especially if she has fever, vomiting or diarrhea. The body also needs water to fight infection. So if your toddler refuses to eat but is able to drink, just let their bodies continue fighting the infection and heal itself. **Slowly Introduce Solids** When your child feels a little bit better, slowly introduce solid food back into her diet. Offer her light and bland foods such as crackers and soup which she can take. It is important to let her begin to eat to get some energy during recovery. Although their eating patterns are more erratic at this time, they will eventually go back to their usual eating habits when they feel better. And if kids do have some appetite for their favorite foods, follow their pace and prepare the foods. However, if the toddler cannot eat solid foods for a longer period than expected, it is best to consult your doctor for advice. Some children maintain a good appetite when they are sick, so just give them nutritious foods they are willing to eat. However, in other children, especially those who are suffering from stomach flu and fever, it may take another day or more before they regain their usual appetite. If your child is vomiting, feeding can make it worse and may lead to dehydration. It is therefore best not to wait, see a doctor immediately. Hold off giving them solid foods or plain water, which they might not tolerate if they have a stomach bug. Here are some foods you can offer a sick toddler: This acronym is easy to remember, and these foods are easy to eat and digest. At the same time, these contain nutrients that can stay down even with an upset stomach. This diet contains more complete and fat content than the BRAT diet. **Chicken Soup** This is a traditional food used by parents as a home remedy for a sick child, and even science shows some evidence that it has its benefits. Chicken soup is not only delicious and soothing, it also has the ingredients that can help reduce inflammation and promote healing. Chicken and some vegetables will also boost their nutrition and increase their energy while recovering from illness. **Fruits and Vegetables** These foods are full of vitamins and minerals that will help your child battle their illness. Fruits that are rich in antioxidants such as vitamin C, including oranges and citrus fruits, support immune function. Vegetables like carrots contain beta-carotene, which their body converts to vitamin A and helps support their battle against viruses and bacteria. When it comes to what to feed sick toddlers, sometimes it is indeed a great challenge. Here are a list of some foods which might be of help when you are struggling for what to prepare for your little sweetie:

Chapter 4 : 12 Good Foods for Sick Kids | CafeMom

But the BRAT diet alone won't help your child get better faster when he has diarrhea. And since this restrictive diet is low in fat, protein, and energy, it might actually make it harder for your child to recover from an illness.

Chapter 5 : 5 Best Foods For Sick Kids

Yoghurt. Another effective food for sick children, yoghurt is a good source of proteins. They also infuse the body with the necessary probiotics to maintain good health. You can either feed yoghurt to your child with breakfast, or give it to him in the evening along with other meals.

Chapter 6 : 21 Effective Foods for a Sick Child

Diets for Sick Children, the title of this book, is very descriptive of its www.nxgvision.com author notes, "It is intended to

give practical assistance to pediatricians, general practitioners, health visitors, dietitians, nurses, and others who may be required to advise on or provide these diets."

Chapter 7 : The Best Foods for Sick Kids

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Chapter 8 : What to Feed Sick Toddler - New Kids Center

When your child doesn't feel well, neither do you. To make things worse, the appetites and eating habits of children change when they're ill (usually for the worse), and parents may struggle to.

Chapter 9 : 3 good foods for sick kids | Living and Loving

The American Academy of Pediatrics now recommends that kids resume eating a normal, well-balanced diet appropriate for their age within 24 hours of getting sick. That diet should include a mix of.