A Balanced and Healthy Diet for Children to Follow at Schools by Manishpaull

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Most children have now become a part of their parentâ€™s dull lifestyle, sitting at home for long hours at the computer or watching a film at home. At movies and in front of the T.V at home, the temptation is always to have popcorn topped with butter, when guests come itâ€™s the fizz drinks with junk food like pizzas, burgers and oily chips that children also get to have, and if theyâ€™re at a match or at the movies, again itâ€™s the oily chips and burgers that make their appearance. Infact even at birthday parties, the children are usually fed on the same menu.

Modern children are visiting hospitals more often because of their lifestyle of obesity. Infact it would be wrong to be so biased. There are both categories of children. Those that thrive on junk food and those that canâ€™t eat buttered bread because it has 200 cal of fat. They follow a different regiment of attending the gym, walking long distances and being very careful about what they eat. Infact, the other brand of children crave for junk food because these foods are rich in carbohydrates and tend to increase the serotonin levels in the blood making them feel happy and calm. The moment the levels of serotonin are exhausted and they fall within the normal range; the craving for junk food begins again.

Now the cokes that are drunk at parties are diet colas and the sandwiches and chips that are eaten are all diet oriented. Girls are watching their calories while the boys are busy watching their biceps. The change from impulsive eating to balanced and healthy eating must begin with the parents. The need of the hour is to focus on meeting the nutritional requirements of the child in terms of balancing it with the weight, age and level of physical activity while drawing up a childâ€™s diet plan.

Vegetables can be included in a childâ€™s diet as salads or in the form of rich iron packed Vegetable juice which you can serve as a refreshing drink when your child comes home after playing. Substitution comes in handy when children have already picked up unhealthy eating habits and a switchover to healthy eating habits is required. You could substitute those chocolates and ice cream bars with flavored yogurt and turn baby corn, baby carrots, and baby potatoes into chips with minimal oil.

Children get used a diet when its followed by everybody in the family provided they are taken out on trips or are bought their favorite toy whenever possible, as an incentive to healthy eating. For a healthy body, it isnâ€™t enough to just stuff the children with good food, it wonâ€™t last. Tomorrow when they decide to stay away from their homes for higher studies they will succumb to peer pressure and eat all the things you never wanted them to!. It is important for you to:

â€¢ Set a weight deadline that they must not cross. This should be on the basis of their height and BMI (Body Mass Index).

â€¢ Introduce the concept of a balanced diet an all the options for Proteins, vitamins, carbohydrates etc in terms of vegetables and non-vegetables.

â€¢ Ensure there is a proper spread out of juices and salads throughout the day Ensure they drink at least 8 glasses of water everyday.

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