Nutrition and physical activity in children from 1-3 years old. Recommendations by the network

Abstract:

Nutrition and physical activity in early childhood influence the healthy development and well-being of children. The network "Healthy in life - Young Family Network", a project by "IN FORM, German national initiative to promote healthy diets and physical activity", has developed recommendations for nutrition and physical activity for children 1-3 years old. Regular mealtimes should be alternated with periods of abstinence from eating. Communal mealtimes in a friendly atmosphere are desirable. Paying attention to signs of hunger and satiety from children contributes to development of a healthy eating behavior. A balanced family diet rich in variety can fulfill the needs of infants. Nuts, almonds and hard pieces of food represent a danger due to aspiration. Raw animal meat and uncooked meals prepared from it should be avoided. A confirmed medical diagnosis is necessary before food can be excluded from nutrition due to incompatibility. The physical activity of infants should be actively supported and the natural urge for movement should not be restricted. Inactivity should be limited.

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