

# The Importance of Healthy Eating in Children



Every child deserves the opportunity to experience good health. Through their developing years, they have increased nutritional requirements that are clearly different to adults. As they are growing they are putting down the building blocks for their adult life. Their maturing brain and nervous system, digestion and immune function need specific nutrients that all

too often are lacking in their diets. Often children will develop specific tastes for certain foods to the exclusion of others. These children are often regarded as "picky eaters".

Common issues with "picky eaters" include an addiction to certain foods. This may not be necessarily to sugar or salt but it may be to gluten or dairy. It is not uncommon for children to have a preference for and consume large quantities of refined carbohydrates. Other common issues include low zinc levels, Candida overgrowth in the gut or aversion to certain foods like protein (as they are not able to eliminate ammonia, a byproduct of protein metabolism).

Most people would now be aware of the detrimental affect that artificial food colourings, flavours and preservatives are having on our children's behaviour. Many of the snacks marketed for children are loaded with chemicals that are addictive and high in calories.



40% of Australia's children are now showing signs of Heart disease by the age of 15.

Ref: Heart Research Institute

It is truly frightening what our Western lifestyle is doing to our children and us. The number of children being diagnosed with behavioural disorders (ADHD, autism), diabetes and being overweight is also increasing.

In adults the incidence of cardiovascular disorders (high cholesterol, blood pressure, heart attack, etc.), cancers, diabetes, depression and mood disorders, chronic fatigue, insomnia, arthritis, osteoporosis are all increasing and prevalence of these disorders is becoming evident at a younger age.

Consider the alarming prediction that some health commentators are beginning to make, that for the first time in history we will be seeing a trend of parents beginning to live longer than their children.

I would encourage you to visit Julie Matthews, Nourishing Hope website, which promotes food and nutrition for ADHD, autism and healthy children. Julie has some amazing ideas on how to get children to eat good quality nutritious food as they grow and develop.

  
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