

The role of dairy in childhood development

One of the best things a parent can do for a child, is to establish good eating habits. Children who do not learn to make healthy food choices when they are young, will make the same unhealthy choices when they are teenagers or adults.

The best form of feeding you can give a baby, is breast milk. From there on, one normally switches to rice and baby cereal, vegetables and fruits, water, juice, finger foods and whole milk. A toddler should receive:

- High fibre foods such as wholewheat bread, potatoes and fruits
- Protein-rich foods such as meat and pulses (lentils, beans)
- Iron-rich foods such as spinach
- Calcium-rich foods such as milk and other dairy products
- Water with fluoride (our South African tap water contains sufficient amounts of fluoride, which is good for young childrens' teeth)
- Vitamin C (found in fresh fruits and vegetables such as green peppers and onions)
- Food high in potassium (bananas are an excellent source).


Dairy in the diet

Dairy forms a very important part of the young child's diet, as it is an excellent source of calcium. Calcium is critical for teeth, as baby teeth need calcium to develop fully. Later in life, adult teeth also need calcium to protect teeth from decay.

Dairy is also very important for bone formation. Between the ages of 2 and 12, children can double their body weight. Their bones must be strong enough to carry this weight. Milk contains 20 essential minerals and vitamins that the body needs for overall good health and strong bones.

Approximately two cups of milk per day, should be sufficient to give the child all the calcium, minerals and vitamins he or she needs for good development. Once the child is older than 8, he/she will need about three cups of milk per day to sustain good growth.

If your child struggles to drink milk, you can try to present the milk in different ways:

- Offer a glass of milk with each meal.
- Make a smoothie, by adding some blended fruit to ice cold milk.
- Make frozen milk and fruit lollies by adding fruit and freezing the milk in ice-cube holders or suitable containers.
- Use milk in your cooking and make soup creamier by adding some milk. 

Dairy is good for growing children

Dairy is a good source of calcium for bone formation, to develop strong teeth and prevent tooth decay.

Babies

- Breast milk is the best.
- The first food for babies: Rice and baby cereal, vegetables, fruits, water, juice, finger foods and whole milk.

Toddlers need: Protein, fibre, iron, calcium, water with fluoride, potassium and vitamin C.

Children should drink 2-3 glasses of milk per day.



Suiwel is goed vir groeiende kinders

Suiwel is 'n goeie bron van kalsium vir bene, sterk tande en die voorkoming van tandbederf.

Babas

- Borsmelk is die beste.
- Eerste kos vir babas: Rys- en babapap, groente, vrugte, water, sap, vingerkos en volroommelk.

Kleuters benodig: Proteïene, vesel, yster, kalsium, water met fluoried, potassium and vitamien C.

Kinders behoort 2 tot 3 glase melk per dag te drink.



Izinto ezenziwe ngobisi (Ideri) zibalungele abantwana abakhulayo

Izinto ezenziwe ngobisi (ideri) yimvelaphi elungileyo yekhalsiyam yokwenzeka kwaamathambo, ukuphuhlisa amazinyo aqinileyo nokunqanda ukubola kwamazinyo.

Iintsana

- Ubisi lwebele lolona lungileyo.
- Ukutya kokuqala kwabantwana: Irayisi kunyenesiriyali yabantwana, imifuno, iziqhamo, amanzi, ijusi, ukutya kunye nobisi olugqibeleleyo.

Abantwana abasakhulayo badinga: Iprotini, ifayibha, i-ayoni, ikhalsiyam, amanzi anomchiza othile wefluorine, potazyiam kunye noVitamin C.

Abantwana mabasele iikomityi zobisi ezimbini ukuya kwezintathu ngemini.

**Imikhiqizo yobisi izilungele izingane ezisakhula**

Imikhiqizo yobisi iwumthombo omuhle we-calcium esiza ekwakhekeni kwamathambo, ekubeni namazinyo aqinile nokuvimbela ukubola kwamazinyo.

Abantwana

- Ubisi lwebele lungcono kakhulu.
- Ukudla kokuqala kwabantwana: irayisi nokusanhlamvu kwabantwana, imifino, izithelo, amanzi, ijuzi nokudla okudliwa ngesandla nobisi olungenazithako.

Ojahidada badinga: Amaphrotheni, i-fibre, okusansimbi, ikhalsiyamu, amanzi ane-fluoride, iphothazyiamu noVitamin C.

Izingane kufanele ziphuze izinkomishi ezimbili kuya kwezintathu zobisi ngosuku.

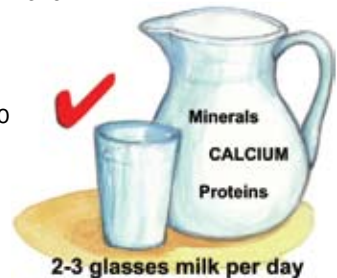
Dihlahiswa tsa lebeso di loketse kgodiso ya bana

Dihlahiswa tsa lebeso ke mohlodi o motle wa calcium bakeng sa ho thehwa ha lesapo, ho ntshetsapele meno a tiileng le ho thibela ho bola ha meno.

Masea

- Lebeso la letswele le lokile.
- Diyo tsa pele bakeng sa masea: rice le diyo tsa bana, meroho ditholwana, metsi, lero, finger foods le lebeso.

Bana ba kgasang ba hloka: Protheine, diyo tsa koro, tshepe ya mmele, calcium, metsi a nang le fluoride, potasiamo le Vithamine C.



Bana ba hloka ho nwa dikopi tse 2-3 tsa lebeso ka letsatsi. 