

BLOG

Written for New Dimensions Chiropractic Center, the blog was created to help parents with some tips on healthy eating and lifestyle habits for their children.

The blog was featured on their website and Facebook.

Nutrition 101: Improve Your Child's Health

February 17, 2017



Assuring that your child maintains a structured daily routine is crucial to their overall health. In order assist his patients in accomplishing this goal, Dr. Lewis has provided a few suggestions that will help your child to both eat better and live healthier:

- Eat healthy meals: Make sure that your child is consuming a well-balanced diet and not skipping meals. Avoid foods filled with unhealthy fats, such as candy bars and fast food. While at home, provide your child with healthy snacking alternatives. For example, when craving sweets such as cookies, provide them with a tasty fruit. Vegetables also serve as a great replacement for potato chips.
- Drink water: Hydration is a key element to optimal fitness. Teenage athletes should drink a minimum of eight 8-ounce glasses of water per day. Younger athletes should aim to drink five to eight 8-ounce glasses of water.
- Calcium: This mineral is a key component in maintaining strong bones. Drinking milk and eating dark leafy veggies will assist in providing your child with the recommended daily calcium intake. For children over 2 years of age, ACA recommends one percent or skim milk, rather than whole milk. Milk also reduces the risk of joint and muscle related injuries.
- Avoid sugar-loaded, caffeinated and carbonated drinks: After physical activity, sports drinks suffice for replenishing young athletes by restoring necessary electrolytes.
- Flexibility is key: Stretching and warming up before physical activity will reduce the risk of torn or ripped muscles. Flexibility is key in avoiding major injuries!
- Take vitamins daily: A multi-vitamin and Vitamin C are great choices for the young athlete. Vitamin B and amino acids are also smart supplement choices, as they may help reduce the pain from physical activity and reduce muscle soreness.
- Avoid trendy supplements: Children under the age of 18 should avoid the use of performance-enhancing supplements, such as creatine. These highly advertised supplements may prove to be more detrimental than they are beneficial.
- Get plenty of rest: Approximately eight hours of sleep is ideal for children. Lack of sleep and rest can decrease performance at school and on the field in your children while also causing him/her to be sluggish, irritable and fatigued.

For more tips on how to improve your child's health, contact Dr. Lewis at the New Dimensions Chiropractic Center, Inc. Through his new supplemental dispensary, Wellevate, Dr. Lewis is now able to personally recommend supplements to aid both you and your children in your journey towards a healthier life.

Give us a call today for more information at (850) 765-3039 and like us on Facebook for more tips and articles!



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