

Pediatric Nutritional concerns

1. Caloric intake: is judged by the child's weight, length and curves.
2. Protein intake: children need to have 4-6 servings of protein a day
3. Calcium: this is especially important to girls prior to menses, as the calcification in the bones is directly proportional to increase or decrease in the risk of osteoporosis. Food sources include: goat's milk, soy products (only non GMO), dark foliage, tahini, and dairy products if you tolerate them. Your child needs:
4. Omega 3/6 oils (essential fatty acids) the only food sources of Omega 3 are fish and flaxseed oil. Omega 6 oils are found in vegetable oils. Your child should have:
5. Water: Anyone should get 1/3 of their body weight in fluid ounces a day. Therefore a 30 lb child should drink at least 10 ounces of water a day.
6. Avoiding GMO foods due to the Glyphosate effect on your microbiome (gut flora).
7. Allergies and food intolerances, avoid as much as possible and talk to us about Low dose antigen therapy to reeducate your regulatory T cells to stop making so many inflammatory reactions.
8. Reducing toxins especially endocrine disrupters like BPA, see handout
9. Stimulation of digestive juices, hydrochloric acid levels and digestive enzyme abilities.

Specific supplement recommendations are dependent on your child's health, age, weight, and can be determined at the time of your office visit. If your child is 3 years or younger we want to assess this at least every 6 months. After 3 years old we recommend annual visits to make sure nutritional needs are being met.