

Pediatric Nutritional Concerns

If the child is nursing less than 6x/day then the following concerns arise:

1. **Caloric Intake:** is judged by the child's weight and length curves.
2. **Protein Content:** Children need to have 4-6 servings of protein/day.
3. **Vitamins:** My favorite vitamin supplement is fresh vegetable juices. There is more life in vegetable juices than in commercial vitamins. Liquid vitamin supplements or chewables are your next best bet. Your child should have: _____.
4. **Ca++:** Calcium is a mineral I like to specifically address especially since most of the pediatric clients in our practice are off cow's milk dairy. Food sources include goat's milk, soy products, dark foliage, and tahini. Calcium is particularly important in girls since the amount of calcification in the bones prior to menses is directly proportional to the increased or decreased risk of osteoporosis. Your child should have:

5. **Omega 3/6 oils:** The only food sources of Omega 3 are fish and flaxseed oil. Omega 6 oils are found in vegetable oils. Your child should have: _____
6. **Water:** Anyone should get 1/3 of his or her body weight in fluid ounces/day. Therefore, a 30 lb child should drink 10 ounces/day.

Specific supplement recommendations are dependent on your child's health, age, and weight and can be determined at the time of a visit. Our recommended schedule for routine pediatric visits are every 6 months for a child three years and younger. After three years of age, annual visits are recommended. Nutrition will be discussed at every visit.



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