

Nutrition of Preschool Children in the Aspect of Nutritional Status

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Abstract : Background. Nutrition plays an important role in the psychophysical growth of children and has effects on their health. Providing children with the appropriate supply of macro- and micro-nutrients requires dietary diversity across every food group. Meals in kindergartens should provide 70-75% of their daily food requirement. Aim. The aim of this study was to determine the vitamin content in the food rations of children attending kindergarten in the wider aspect of nutritional status. Material and Methods. Kindergarten menus from the spring and autumn seasons of 2015 were analyzed. In these meals, fat content and levels of water-soluble vitamins were estimated. The vitamin content was evaluated using the diet calculator "Aliant". Statistical analysis was done in MS Office Excel 2007. Results. Vitamin content in the analyzed menus in many cases is too high with reference to dietary intake, with only vitamin D intake being insufficient. Vitamin E intake was closest to the dietary reference intake. Conclusion. The results show that vitamin intake is usually too high, and menus should, therefore, be modified. Also, nutrition education among kindergarten staff is needed. The identified errors in the composition of meals will affect the nutritional status of children and their proper composition in the body.

Keywords : children, nutrition status, vitamins, preschool

Conference Title : ICPIMHS 2019 : International Conference on Pediatrics, Internal Medicine and Health Sciences

Conference Location : Toronto, Canada

Conference Dates : June 17-18, 2019