

YOUTH HEALTH CARE

NUTRITION

26-1-2024

Amsteltaal

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- [Feeling at home: a video introduction to the Netherlands \(amstelveen.nl\)](https://www.amstelveen.nl)

Youth health care = JGZ

- **Responsible for preventive care for children (-9 months - 21 years) part of GGD Amsterdam (Public health service).**
- **The goal and mission of JGZ is that every child can develop in a healthy and safe way, physically and mentally.**
- **We provide advice and support, invite children for preventive health checks and offer vaccinations.**
 - We check the child's health, growth, development and mental wellbeing
 - Parents can ask questions about development and parenting
 - If necessary we refer to a medical specialist, physiotherapist, speech therapist, psychologist or parenting support

Which vaccines will my child receive?

Vaccination 1 Vaccination 2

3 months

DTaP-IPV-Hib-HBV

PCV



5 months

DTaP-IPV-Hib-HBV

PCV



11 months

DTaP-IPV-Hib-HBV

PCV



14 months

MMR

MenACWY



4 years

DTaP-IPV



9 years

DT-IPV

MMR



10 years

 (vaccination 2: half year later)

HPV

HPV



14 years

MenACWY



Importance of healthy nutrition

- **Growth**
- Reduces chance of:
 - **Obesity**
 - **Obstipation**
 - **Diarrhea**
 - **Caries.**



Breakfast

- First meal of the day
- Stimulates digestion
- Gives energy for concentration and playing
- No breakfast; more chance of becoming overweight



Lunch

- Dutch lunch: bread 😊 (brown or wholegrain)
- Gives energy for the rest of the day



Variation:

1. Water
2. Fruit and vegetables
3. Whole wheat products/bread/potatoes
4. Meat/fish/legumes/nuts/ eggs/ dairy products
5. Oil/ fat



Dinner

- Vegetables
- Wholegrain Rice/potatoes/pasta
- Meat/fish/eggs/beans



10 tips for developing a healthy food pattern

- Set a good example
- Have a healthy environment
- Have fixed eating and drinking moments
- Make agreements about food
- Teach about healthy food
- Taste-taste-taste
- Reward good behavior
- Make eating fun
- Let them help with the preparation
- Comfort with attention not with food



How much sugar in drinks?



Snacks

- Many snacks are **high in calories, too salty, or they are high in sugar or saturated fat.**
- **Choose a healthy snack:**

Wat geef jij tussendoor? voor kinderen in de basisschoolleeftijd



Dental Care

- Healthy nutrition reduces chance of caries
- **Brush your teeth 2x a day with toothpaste with fluoride**
- **Max 7 eating sessions /day**, you limit the impact of food on your teeth

- Dental care is free for children in the Netherlands



More information

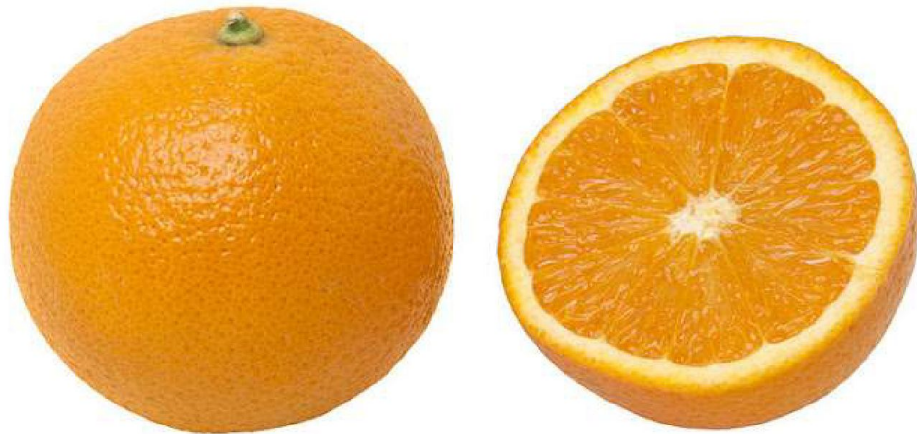
- <https://www.ggd.amsterdam.nl/jeugd/>
 - Nutrion: <https://www.voedingscentrum.nl/nl/zwanger-en-kind/eten-4-12.aspx>
 - Nutrion: <https://www.voedingscentrum.nl/nl/thema/ik-ben-9-13-jaar.aspx>
 - Vaccinations: <https://rijksvaccinatieprogramma.nl/english>
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- **Contact details**
 - Helen de Ruiten, youth health care doctor for Amsteltaal:
hdruiten@ggd.amsterdam.nl
 - Rescheduling an appointment; please call: 020-55555679

Recommended amount of additive sugar per day

- 0-1 jr => non
- 1-3 jr => 2 ½ cubes
- 4-8 jr => 4 cubes
- 9-13 jr => 6 cubes
- > 14 jr => 6 ¼ cubes
- MAX per day = x2

True or false?

Eating an orange is healthier than drinking a glass of orange juice



True or false?

You need to eat meat every day



