YOUTH HEALTH CARE

NUTRITION

26-1-2024

Amsteltaal

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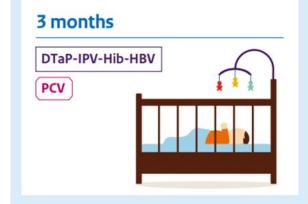




Youth health care = JGZ

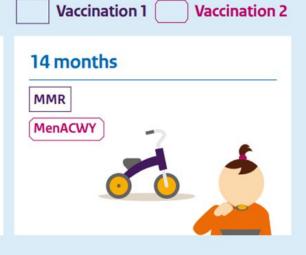
- Responsible for preventive care for children (-9 months 21 years) part of GGD Amsterdam (Public health service).
- The goal and mission of JGZ is that every child can develop in a healthy and safe way, physically and mentally.
- We provide advice and support, invite children for preventive health checks 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

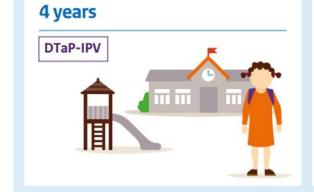
Which vaccines will my child receive?

















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 <u>free</u> for children in the Netherlands



More information

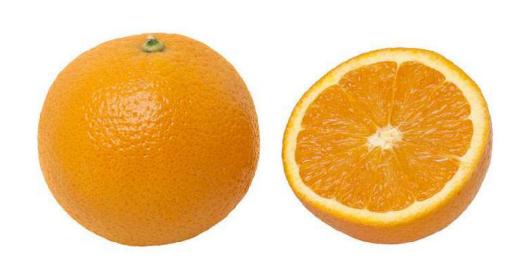
- https://www.ggd.amsterdam.nl/jeugd/
- <u>Nutrion: https://www.voedingscentrum.nl/nl/zwanger-en-kind/eten-4-12.aspx</u>
- <u>Nutrion: https://www.voedingscentrum.nl/nl/thema/ik-ben-g-13-jaar.aspx</u>
- Vaccinations: https://rijksvaccinatieprogramma.nl/english
- Contact details
- Helen de Ruiter, youth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

Recommended amount of additive sugar per day

- o-1 jr => non
 - 1-3 jr => $2\frac{1}{2}$ cubes
 - 4-8 jr => 4 cubes
 - 9-13 jr => 6 cubes
 - > 14 jr => $6 \frac{1}{4}$ 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



aanbevolen dagelijkse hoeveelheden voor kinderen en volwassenen

	1-3 jaar jongen en meisje	4-8 jaar	9-13 jaar		14-18 jaar		19-50 jaar				
		jongen en meisje	jongen	meisje	jongen	meisje	man	wouw	vrouw zwanger	vrouw borst- voeding	
gram groente	50-100	100-150	150-200	150-200	250	250	250	250	250	250	
porties fruit	1,5	1,5	2	2	2	2	2	2	2	2	
bruine of volkoren boterhammen	2-3	2-4	5-6	4-5	6-8	4-5	6-8	4-5	4-7	minimaal (
opscheplepels volkoren graan- producten of kleine aardappelen	1-2	2-3	4-5	3-5	6	4-5	4-5	4-5	4-5	4-5	
porties *	1	1	.1	1	1.	1/	1	1	1+	1+	
gram ongezouten noten**	15	15	25	25	25	25	25	25	25	50	
porties zuivel	2	2	3	3	4	3	2-3	2-3	2-3	2-3	
gram kaas	+	20	20	20	40	40	40	40	40	40	
gram smeer- en bereidingsvetten	30	30	45	40	55	40	65	40	40-50	50	
liter vocht	1	1-1,5	1-1,5	1-1,5	1,5-2	1,5-2	1,5-2	1,5-2	1,5-2	2	

^{***}Voor kinderen jongendan 4 jaar adviseren we notenpasta zonder toegevoegd suiker en zout in plaats van nootjes in verband met het risico op verstikking.

* Binnen	dit vak i	s variéren	de boodschap.	Kies elke	week bijvoort	peeld:
					2.00	277

gram vis	50	50-60	100	100	100	100	100	100	100	100
opscheplepels peulvruchten	0,5	1-2	2	2	2-3	2-3	2-3	2-3	2-3	2-3
gram viees	max. 250	max. 250	max. 500	max. 500	max. 500	max. 500	max.500	max,500	500-625	max. 625
eieren	1-2	2-3	2-3	2-3	2-3	2-3	2-3	2-3	2-3	2-3