



Expert Nutrition Tips for Your Toddler

foreword by

Ayala Laufer-Cahana M.D., Pediatrician

A collection of science-based, real-life tips from pediatricians and dietitians



Expert Nutrition Tips for Your Toddler

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Disclaimer

Information published in this eBook is intended to give you general guidance on questions related to toddler nutrition. It is not meant to be treated as medical advice. You are welcome to contact these experts for a detailed consultation on your specific situation to determine what actions, if any, you should take regarding nutrition and health of your toddlers. We do not recommend you to take any action based solely on the information presented in this eBook. Experts have agreed to provide their professional opinion on toddler nutrition related questions on a voluntary basis and no compensation is offered to them by Littlestomaks.com.

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FOREWORD



Becoming a parent is perhaps the most exciting and transformational time in many people's lives. Many new parents see the transition into parenthood as a good time to rethink goals, priorities and even habits, and experience it as a new beginning in which *everything* is possible.

Feeding our kids is a fundamental nurturing act we perform daily; it is extremely basic and simple, yet many parents are challenged with what and how to feed their kids in our current food environment.

The two nutrition questions frequently asked are **does what my toddler eat really matter**, and if so, **how do I optimize my toddler's diet for best health and wellbeing?**

The answer to the first question is a resounding yes! Medical research has shown time and time again that *what we eat affects our health in profound ways*. Eating a healthy diet is even more important for young kids, who need excellent nutrition for optimal growth and development, and early childhood is when eating habits are set, enabling lifelong healthy nutrition.

On the other hand, unhealthy eating habits contribute to higher disease risk.

The most worrisome nutritional crisis facing our kids today is obesity: A third of American kids are overweight or obese and the kids who are fat are getting fatter faster. Overweight and obesity tend to persist into adulthood so these kids have a higher risk of becoming overweight or obese adults, and therefore more at risk for obesity associated health problems, including heart disease, type 2 diabetes, stroke and several types of cancer. But that is not all—due to obesity, pediatricians are seeing diseases they never saw before. It is indeed heartbreaking to see the chronic ailments of older age in kids. The appearance of type 2 diabetes, which used to be called *adult* onset diabetes, is a good example. Up to fifty percent of diabetes diagnosis in kids and adolescents are now type 2 diabetes, and the main risk factor for this disease is obesity. We are seeing a multitude of obesity related disease in kids: sleep apnea, gallbladder disease, bone and joint problems, asthma and social and psychological problems related to obesity.

The answer to the second question is much more complicated, and touches upon both the evolving knowledge arising from nutrition science and the art of effective, sensible parenting. This collection of tips from experts and practitioners in the field of childhood nutrition—many of them parents themselves-- is a wonderful way to gain from their expertise and experience to address some frequent questions toddlers' parents encounter.

There is no better time to address the issue of good nutrition than in childhood. Childhood is the time when eating habits are formed, and what we do as parents can be a lifelong gift of healthy eating and better overall health for our kids.

But even beyond healthy nutrition, feeding our kids and enjoying family meals with them is what makes for many happy memories and should be really one of life's great joys. I hope that reading this collection leaves you feeling both empowered as a parent and excited that the task at hand is well within reach and is assured to become a delicious journey for the entire family.

Dr. Ayala

HEARTFELT GREETINGS AND THANKS

Thank you for purchasing this collection of expert toddler nutrition tips in support of Share Our Strength, who is committed to ending childhood hunger in America. Can you believe that over 12 million children in our country are at risk of hunger? That is one in six! This is shameful and embarrassing. We are, after all, the wealthiest country in the world.

I believe that no progress can be made on an empty stomach. And when that empty stomach belongs to a growing child, we are facing a lifetime of poor health and lost opportunity. Childhood hunger is an invisible drag on our great nation's future potential.

On the other side of the coin is the problem of childhood obesity, which too is slowly stealing away our children's future from both the poor and the affluent. Poor nutrition in early childhood, unhealthy eating habits and abundance of cheap junk food has created this enormous challenge for us.

That is why I am so excited about this eBook. Here is an opportunity to learn about childhood nutrition from the very best and help out with the problem of childhood hunger at the same time. I am deeply grateful to the dietitians, pediatricians and public health professionals on my panel of experts who have graciously shared their expertise on a voluntary basis. This eBook is a fruit of their love and labor; all I have done is asking the questions.

I hope you will find the science-based practical advice included in this collection helpful as you try to meet the needs of your growing child. Please use the advice after careful consideration and consultation with your doctor. I would love to have you spread the word and encourage your friends to purchase it for themselves or as a gift for others.

With your help, we can make both childhood hunger and childhood obesity a problem of the past!

Enjoy the Holidays.

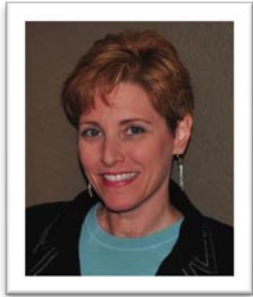
With great thanksgivings,

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