

Does your child need children's vitamins?

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Does your child need children's vitamins?

By Lisa Hyde-Barrett

This question has been tormenting parents all over the world. Yet, there are no easy

answers to it. The American Academy of Pediatrics (AAP) says that "a diet based on the Food Guide Pyramid provides adequate amounts of all the vitamins a child needs." But then, there are a lot of other factors that decide whether your child is getting adequate amounts of vitamins, such as the child's eating habits, composition and quality of the diets, etc.

One important thing to note here is that the quality of most foods available now has declined. The only good ones available now are organically grown food. Just look at these figures: the amount of calcium in broccoli has fallen by a whopping 50 per cent, the iron content in watercress is down by a steep 88 per cent, the vitamin C in cauliflower has fallen by a huge 40 per cent... You may not be giving your child the usual fare of refined food spiked with sugar and fat and carbohydrates. Yet, there is no guarantee that he or she is getting her required daily dose of children's vitamins.

Still experts disagree much on this subject of children's vitamins. The AAP advises giving your child a vitamin supplement only if your pediatrician recommends it. That is because most of the daily foods are fortified. However, the AAP acknowledges that a daily dose of children's vitamins won't hurt your child unless it exceeds the recommended daily allowance for any vitamin or mineral. Also, such a daily dose of children's vitamins help fill in any gaps in a child's nutrition, and also helps children who are sensitive to certain foods. What is to be borne in mind here is that children's vitamins cannot replace good food. They can only supplement your child's food. If your child is not eating well, you should not only give him children's vitamin supplements but also take steps to improve his eating habits and his diet.

Oh yes, there is one more reason why you should be giving your children a proper diet. Recent research says diet and behavior are interlinked. The Appleton Central Alternative High School replaced vending machines with water coolers and started offering fresh vegetables, fruits, whole-grain bread and a salad bar in place of the hamburgers and french fries. The result: No longer does a police officer patrol the school's hallways, there is no vandalism, there is no litter.

Go for food-based children's vitamins

Does your child need children's vitamins?

Now comes the important question. What kind of children's vitamin should you give your child? You should start with a food-based vitamin. No questions about that. Synthetic vitamins are out. Scientists and doctors now prefer to use natural vitamins. This is where glyconutritionals come in. They are foods and nutritional supplements that provide saccharides along with other glycoforms essential to the body. Glyconutritional blends are made from fruits and vegetables and contain the essential vitamins, minerals, and other vital nutrients, and provide support for the body's immune system.

The saccharides in glyconutritionals are necessary for proper 'cell-to-cell' communication and helps keep the body's glands and organs functioning well. They also help the immune system and the endocrine system in top order, and the body in optimal health.

Worried about how you will make your child swallow all those pills? Well, children's vitamins and nutritional supplements now come as delicious, multicolored, flavored, chewable tablets. Your children will eat them up just as they eat up the junk foods and candies!

Lisa Hyde-Barrett, a registered nurse and wellness advocate, knows the value of good nutrition and its relationship with good health. She's become passionate about the new research behind sugars, specifically

. Want the best

for your child? Know more

about food-based children's vitamins at http://www.deadly-health-myths.com/childrens_vitamins.html

Vitamins – Children's and multivitamins

By Martin Smith

Most parents' think their children are eating a fairly healthy and if not they throw their hands up in the air and give up. They then ply their children with multivitamins. No it's not a bad thing however, many children think that vitamins are candies, especially now that they come in gummi candy, gumballs, and cute animal and cartoon character shapes. – This poses a serious issue because if they are in children's reach they could be sneaking extra tablets without you knowing it. Since many children's multivitamins are fortified with iron it could cause an overdose.

If you even suspect that your child has ingested too many call your local poison control center immediately and get your child to an emergency room immediately. An overdose of multivitamins with iron could cause your child to become seriously ill or even die. It's imperative vitamins and all manner of medication be kept out of the reach of children.

Generic multivitamins are fine if you think your child needs it but for the most part, children get most of their vitamins from their diets. If you child has special needs such not being able to drink milk or eat dairy products or not liking them s/he will still need to get the calcium from other sources.

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Consult with your child's pediatrician for advice.

If your child's diet is bad one week, do not give him more than one vitamin a day. Too much of any one vitamin could prevent others from being absorbed by the body. For example, if your child gets too much calcium it could prevent the absorption of other vitamins such as iron. You can expect to give your child vitamins well into the teen years because children are not always going to make healthy food choices.

Before you buy vitamins know that there are opposing opinions regarding iron in vitamins for children. One school of thought is that you in fact should be given vitamins with iron. Another school of thought says under no circumstances should vitamins with iron be given to children. In my own experience my child showed signs of low iron in infancy. At the advice of his doctor we put him on iron fortified vitamins and he is healthy now. Always check with your doctor on this.

Too much iron in the blood can cause a disease called Hemochromatosis. The body becomes unable to utilize the iron and it is not washed out of the body easily. It is a nearly always–fatal disease and can cause serious health issues and even death.

Calcium is a very important part of your child's diet to help them build strong bones and muscles. Calcium is a mineral. Children who eat ice cream, yogurt, and cheese or who drink milk usually get enough calcium from their diets. There are those who do not like dairy products or they don't like them. It is easy to help these children get what they need by giving them calcium–fortified juices, cereals and vitamins.

Most children get enough fluoride from drinking fluoride treated water or fluoride bottled water, and/or toothpaste. Do not give your child fluoride supplements without checking with your child's doctor. Too much fluoride could permanently stain your child's teeth. This totally defeats the purpose of the treatment of water and the use of tooth paste with fluoride that are meant to protect your child's teeth.

Infant multivitamins are usually available in liquid form and given with an eyedropper. These drops usually contain vitamins A, C, and D. They may also have added iron. They may also contain other vitamins and minerals such as thiamin, riboflavin, niacin, and vitamin B–12.

Children's multivitamins also commonly come in chewable forms and the shapes of cartoon characters or animals. They also come now in gummi candy form and gumballs. If it is difficult to get your child to take a vitamin try getting one that is like his favorite character or in gumball form. Monitor your child while he's taking his vitamin. I personally, give my child the vitamin rather than allowing him to do it on his own. He may not take it or he may take too many. Vitamins for children can be a very good thing however too much of a good thing can be fatal. Keep them out of reach of children.

Your child may not always eat what is right and giving him vitamins may offset some of that, however, it is better to err on the side of caution and check with the pediatrician before making any adjustments to your child's diet. Fun shapes are fine but your child could believe they are 'candy' and so they should be out of his reach or locked away in a cabinet.

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Martin Smith is a successful freelance writer providing advice for consumers on purchasing a variety of products which includes

and

, and more! His numerous articles provide

a wonderfully researched resource of interesting and relevant information.



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