



Why is my preschooler not getting the proper nutrients?

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1-2-3 YEARS MILESTONES

ARTICLE

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Your preschoolers are unpredictable and inconsistent, and their eating habits change on a daily basis. Now's the time when they develop strong food likes and dislikes, and they're now influenced by their new friends. Often, you'll find that meals are left untouched, half-eaten, or on the floor.

With such complicated eating habits, it is hard to track what they're eating, and even harder to make sure that your preschooler is getting all the right nutrients. (TIP: Create a nutritional safety net for your preschooler!).

So, if you're worried about your preschooler's eating habits, you shouldn't, as long as you make sure they get the proper nutrients through other means, such as S-26 ProKids GOLD, which provides the calories and nutrients that are often missing in the diets of preschoolers, such as iron, calcium, vitamin A, vitamin D, iodine, zinc, AA and DHA.

Reference:

<http://www.getreadytoread.org/early-learning-childhood-basics/early-childhood/understanding-physical-development-in-preschoolers>