1-2-3 Years Milestones
Article

Why is my preschooler not getting the proper nutrients?

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Meeting a young child’s nutrient requirements can seem like a real battle at times. Moms get a real workout feeding their kids, who are more interested in painting the walls and eating the grass than sitting down at a table and having a proper, nutritious meal.

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