

WEDNESDAY  
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# Half & Hearted

## HI-FIVE TO UNDER-FIVE NUTRITION!

Taking care of the nutrition of children under five years of age is important as improper diet and lack of nourishment can lead to stunting and wasting in children, making them prone to diseases. Nutritionists and doctors guide us on what to include in the diet for under-five children



### Balanced diet is the key

According to Dr Lata, the nutrition intake for this group must include a balanced diet that has a combination of carbohydrates, proteins and fats along with adequate vitamins and minerals to boost immunity



SHRIMANSI KAUSHIK

**E**VERY year, Nutrition Week is celebrated from September 1 to 7 in order to raise awareness about proper diet and nutrition for children and adults. As per the findings of *National Family Health Survey Report - 5* for the year 2019-2021, about 35.5% of children below five years of age in India have stunted growth. Stunting refers to low height with respect to age and weight caused by severe malnutrition. Also, wasting occurs in about 19.3% of children in the same age group, which means children have low body weight with respect to their height. Improper nourishment over a longer period of time causes wasting in children. This condition also leads to a high morbidity and mortality rate. Around 32.1% of children under the age of five are underweight.

It is evident that the specific age group is more vulnerable to malnutrition as opposed to others. Taking care of children's feeding habits, proper diet and nutrition is extremely important. "As nutritionists, we always find the under-five age group as the most challenging one. When we look at statistics too, we see that under-five mortality is actually picking up. In fact, it's not improving. The nutrition for this group should be from the point when they are weaning off and getting onto solid food by one year of age. But three to five years of age is the phase where they are so active that they lose interest in their food and are more into activity. That is the age group where we need to take care of their food habits," said Dr Lata, Chief Nutritionist and head of the Department of Clinical Nutrition & Dietetics, Fernandez Foundation.

According to Dr Lata, the nutrition intake for this group

must include a balanced diet that has a combination of carbohydrates, proteins and fats along with adequate vitamins and minerals to boost immunity. "The basic food for this age group is milk and milk products. We always target three major meals and at least two snacks for this group. Each meal can be provided with dairy products in some form," she adds.

She points out that toned milk should be used unless the baby is not gaining weight after three years, then full cream milk can be used. She also said that region-specific cereals or grains should be provided to children. "After the first year of life, children should be eating from the family pot. They need to get used to eating all that is prepared at home. The breakfast, lunch and dinner would be in portions but in the right combinations. Ensuring that there is a cereal-pulse combination to keep the quality of

the food good. We need to include adequate whole legumes like chickpeas. I would include vegetables at lunch and dinner such that there is a green leafy vegetable every day in any form in the child's diet. Greens can be added to the dal or into the roti," she said.

"For non-vegetarian meals, egg is essential. And it needs to be a whole egg with a yolk. It's not necessary we need to give it boiled. It can be a whole-boiled egg or a soft scramble or a soft omelette," she added.

"Children feel better when they eat well. Parents should make sure that there is limited intake of processed foods, fast food and sugary drinks. Sugary drinks include soda, lemonade, juice and sports drinks. They can lead to cavities and unhealthy weight gain. The best drinks for children are water and milk. Milk provides calcium and vitamin D to build strong bones. Whole

fruit is better than juice. If you are providing juice then it needs to be 100% fruit juice without additives, served with meals," said Swathi Gogineni, Consultant Gynaecologist, Apollo Cradle, Jubilee Hills.

Dr M Gayathri, Senior Clinical Dietician, Apollo Hospitals, Hyderabad provides some dishes that can be served to children. "Carrot halwa or carrot rice, curd rice with pomegranate seeds or curd rice with *boondi*, sweet *khichdi* prepared using jaggery and added dry fruits or *khichdi* with multicoloured veggies. *Idli* or *dosa* can be made interesting by adding colourful veggies, *puri* with *chhole* or *palak puri*. These foods can be prepared and provided to children so that they get all the nutrients," she said. "Some children are lactose intolerant. Alternatives for them can be soya milk, almond milk or coconut milk," she concluded.

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## HYDERABADDIGEST

Advanced GroHair & GloSkin Clinic launches in Gachibowli

Advanced GroHair & GloSkin Clinic, proudly introduces its 23rd branch in Gachibowli, marking a significant milestone in meeting the surging consumer demand. Renowned as a leading brand in Hair Regrowth & Skin Treatment, the Clinic places paramount importance on delivering superior service, cutting-edge technology, and accessible wellness solutions for hair regrowth.



### Suryakumar Yadav joins PGI in style

Platinum Guild International (PGI) India's Men of Platinum introduces a new chapter of their extraordinary narrative. Capturing the essence of a true man of character, the brand welcomes leading cricketer "SKY" — Suryakumar Yadav into their fold. Selected as the face of their latest campaign, Suryakumar's journey mirrors the enduring rare qualities that platinum stands for.



### Inorbit Malls and Nirmaan Organisation unite for Project Dhanush Shakti

In the run up to National Sports Day, Inorbit Malls (India) Private Limited, a K Raheja Corp group company is thrilled to announce its latest initiative, Project Dhanush Shakti in partnership with Nirmaan Organisation. The project is aimed at providing unwavering support to the promising young archer, Taniparthi Chikitha's flourishing sports career by aiding her with the necessary archery equipment for success. The event was conducted at Inorbit Mall, Cyberabad in presence of Shrawan Kumar Gone, COO (Telangana & AP), K Raheja Corp; Sharat Belavadi, Center Head, Inorbit Mall Cyberabad; and Mayur Patnaia, Founder & CEO, Nirmaan Organisation and team.

### Lifestyle Stores launches A/W'23 collection



Pioneering the trendsetting journey, Lifestyle Stores is thrilled to announce the launch of its latest collection. Teaming up with Stockholm-based stylist Tereza Ortiz for curating the campaign looks, Lifestyle's eagerly awaited Autumn-Winter Collection sets the stage for a season of unparalleled style and sophistication, reimagining the way we approach cooler months. Lifestyle's latest collection is a testament to the brand's commitment to stay at the forefront of fashion trends. Drawing inspiration from global influences and encapsulating the essence of the changing seasons.



### KL Deemed University's programmes march ahead

KL Deemed to be University, India's leading University is thrilled to announce that its esteemed MBA Fintech program has been granted provisional membership with both the Fintech Council and the Cyber Crime International Investigation Council. This prestigious recognition underscores University's commitment to fostering innovation, collaboration, and excellence in the fields of financial technology and cybersecurity.

### Virat Kohli features in new TVC for Duroflex

Duroflex has unveiled its latest ad film featuring national brand ambassador, Virat Kohli showcasing their exceptional research-backed mattresses. Set on the theme of #GreatSleepGreatHealth, the campaign advocates the power of quality sleep in fostering an active lifestyle at any stage of life.



## ADDRESS YOUR ANGER



Psychotherapy from trauma-informed professionals, deep breathing exercises, and avoiding behavioural and chemical addictions can help, along with professional help acts as an effective solution

Dr Namita Singh, Consultant Psychologist

VENNAPUSALA RAMYA

**A**NGER, like sadness, hunger, and happiness, is a common feeling, yet people have long believed that it does not contribute to good behaviour. As a result, people began to bottle up their feelings. A study that focused on this area discovered that "trauma influences problem anger."

According to the research, problem anger is mostly prevalent in trauma victims. As we all know, trauma is an emotional and physical response to a terrible event. It can cause shock and denial, leading to unpredictable emotions and anger issues. Individuals impacted by trauma may experience flashbacks, relationship issues, behavioural and memory issues, and be more prone to addictions. And problem anger is an unhealthy form of anger in which people experience it too frequently and for prolonged periods of time, which can have an impact on their work and relationships. Though anger is a normal response to trauma in

its own right, problem anger is sometimes far more common than well-known diseases such as depression and PTSD.

Parental anger, on the other hand, can cause trauma in children due to various factors, including unprocessed interpersonal and intrapersonal communication styles and value systems. The environment in which a child grows forms an internal map, which results in atypical thinking processes. This pattern of thought becomes a cue to revisit memories and relive the same emotions, which is known as the amygdala-hippocampus limbic system. Because it comes from a deeper place, feeling the same emotion produces disproportionate anger when they grow up.

Many adults are unaware that childhood trauma can influence anger-related challenges in adulthood, as it can lead to self-deception and trauma. They believe that getting furious is natural. However, anger can have an impact on their daily lives and those around them. Anger can be conveyed in a variety of ways. It is not

Unhealthy anger is not limited to reactions but also encompasses violence. People who hold their anger for a prolonged period of time may develop psychosomatic disorders. When anger isn't expressed in the appropriate manner, the body suffers. Because the body and mind are inextricably linked.

Trauma can impact individuals, children, and family members, leading to intergenerational trauma. Parental issues cause trauma in children, as many individuals carry the impact of their own trauma responses from childhood. This cycle often repeats, and breaking it requires realising, recognising, and responding with support from trauma-informed mental health professionals. Through the cognitive behaviour therapy approach, one recognises behaviour patterns. Returning to the underlined cause of the anger might help to some extent. Psychodynamic treatment assists in delving deeper into issues that have constricted the person's view. By doing so, we can prevent re-traumatisation and prevent it from being carried into the next generation.

Dr Harini Atturu, Consultant Psychiatrist, Care Hospitals, says that along with psychodynamic therapy, psychoanalysis therapy helps analyse the root cause. "Family therapy is necessary if the child is facing anger issues. Counting numbers, saying stop to yourself, and sipping a glass of water can be instant behavioural saviour in order to calm down. The long-term side effect of not recognising trauma-based anger issues is that it affects the body, causing head aches, gastric problems, etc.," she adds.

Dr Namita Singh, Consultant Psychologist, Apollo Hospitals, Jubilee Hills, shares coping strategies for managing trauma-related anger. "Psychotherapy from trauma-informed professionals, deep breathing exercises, and avoiding behavioural and chemical addictions can help, along with professional help acts as an effective solution," concludes Dr Namita.



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Dr Harini Atturu, Consultant Psychiatrist

necessarily aggressively displayed; it can be passive aggression, in which they do not speak. Some of them internalise their feelings through self-harm. Having and expressing anger is not improper, as long as it is done in a healthy way.