

Dr. Varsha, MSc. PhD. RD. CNIS

Consultant, Clinical Nutritionist
Certified Nutrition Injury Specialist

Founder Chair, Indian Institute of Nutritional Sciences
Trustee, Parvatiben Trikamji Bhatt Gujarati Sahayakari Hospital
Sr. Consultant, Kanchi Kamakoti CHILDS Trust Hospital

Dear Parent,

Please note every child must grow and achieve their milestones in both height and weight. Height is a measure of long term nutrition and weight is a measure of short term nutrition. If height is not achieved it means your child is malnourished chronically and is considered stunted. If weight is below standard the child is malnourished acutely and considered wasted. Increase in height and weight has to be serial and must reflect a continuum.

This growth is supported by what the child eats on day-to-day basis. There are two components to daily eating – the meal schedule, i.e. the time at which food and or beverage is consumed and the meal composition.

The universal meal schedule is

Bed Time Morning	: 6am	: The <u>Activator</u> Beverage	
Breakfast	: 8am	: The <u>Energizer</u> Meal	DO NOT SKIP
Mid Morning	: 10am	: The <u>Elixir</u> Beverage	
Lunch	: 12noon	: The <u>Sustainer</u> Meal	
Mid Noon	: 2pm	: The <u>Rejuvenator</u> Beverage	
Teatime	: 4pm	: The <u>Supporter</u> Meal	DO NOT SKIP
Dinner	: 7pm	: The <u>Revitalizer</u> Meal	DO NOT IMBALANCE
Bed Time Night	: 9pm	: The <u>Relaxer</u> Beverage	

Every child is gifted a biological clock by the mother when she conceives and this is synchronized with the circadian rhythm i.e. the rhythm of the sun. Hence every parent must strive to wake up the child at sunrise, follow the universal meal schedule and ensure the child is asleep by 9pm. Late sleepers and wakers will be adversely affected on their growth pattern.

With respect to meal composition, note that everyone eats food and it is defined as follows: *Food is anything solid or liquid which when ingested nourishes the body at all stages of life, in health and in disease.* A well-balanced diet, means that it contains proper array of nutrients and since Foods vary in the kinds and amounts they provide it means that a well-balanced diet is possible only when a wide variety of foods are consumed each day from the “Food Groups”. The food groups are:

1. Cereals & Millets
2. Pulses, Legumes, & Lentils
3. Milk & Milk Products
4. Vegetables - green leafy, roots, tubers, other
5. Fruits - yellow & orange, citrus, other & dry
6. Nuts & oilseeds
7. Herbs, condiments & spices
8. Fats & Oils
9. Meat, Poultry & Sea-foods & Processed foods

Note the first 8 groups are mandatory the 9th group is additional and should not replace the first 8. When that happens the health is ruined.

Healthy Habits are acquired right from birth and remain till the end. It is said, the mother who rocks the cradle and rules the world of her child, must inculcate right meal schedule and meal composition in your child and ensure that your child not only grows normally but remains healthy.

Seek Assistance to regularize your child's food beverage intake and ensure growth and good health.



“Shri Shraddha” #5 Third Street Dr Thirumurthy Nagar Nungumbakkam Chennai 600034
Res # +91 44 28221106 Mobile: 9841082244 Email: drvarsha@eth.net

