



ARTICLE

Top Nutrients Every Toddler Needs for a Strong Immune System

5 mins read

Micronutrients are essential components to promote adequate growth and development in the pediatric stage. Various micronutrients play key roles in the immune system, helping to lower resistance to infection. A correct diet in the first years of life will have a positive impact on the neurodevelopment of children.

Vitamins are necessary for energy production, immune function, blood clotting, and other functions. Meanwhile, minerals play an important role in growth, bone health, fluid balance, and several other processes.

Micronutrients: The Building Blocks of Your Toddler's Immune System

It is commonly known that nutrition affects the immune system. According to studies, the innate and adaptive immune systems are supported by vitamins A, B6, B12, C, D, E, folic acid, and trace minerals (zinc, iron, selenium, magnesium, and copper). These micronutrients keep the immunity healthy.

A shortage of micronutrients will negatively impact the immune system which can also impact resistance to infections. Thus, intake of these nutrients in adequate quantities is very much essential for the proper functioning of the immune system and general health.

What are the top micronutrients you need to make sure in your toddler's diet?

Vitamin E:

Children are better equipped to fend off infections and illnesses because vitamin E strengthens immune responses. In their early phases, while immunity is still low, this becomes even more crucial. Red blood cell rupture is one type of anemia that can result from a vitamin E deficiency. Slow reflexes, trouble walking, lack of coordination, loss of position sense, and muscle weakness. It keeps your child's skin nice throughout the year by preventing diseases like eczema. Given how much time children spend staring at screens these days, vitamin E is extremely important for healthy vision.

You can avoid your child developing eye issues by adding vitamin E to their diet at a young age.

Sources: Nuts and Seeds, Avocados and kiwis, Spinach, broccoli, and sweet potatoes, Eggs, Fish, Fortified foods etc.

Vitamin C:

Since your baby's immune is still developing, vitamin C is extremely important for their overall health. It aids in the restoration of bones, tissues, and red blood cells, strengthens blood vessels, encourages healthy gums, increases a baby's immunity and facilitates the absorption of iron from the diet.

It is essential for both psychological health and cognitive growth. Vitamin C is an antioxidant that helps shield the brain from oxidative stress, which can affect behavior and cognitive function.

Vitamin C is also connected to mental health and mood management. A vitamin C deficiency can cause mood swings and irritability, which can impact a child's general well-being and social connections. Vitamin C deficiency impairs the production of bone tissue, which results in bone lesions and inadequate bone growth in children. Gums that are severely deficient may swell, turn purple, become spongy, and become friable; they also bleed readily.

Sources: Citrus Fruits like Oranges, mandarins, and grapefruits. Berries, Mangoes, pineapples, kiwis, Melons, Red bell peppers, broccoli, tomatoes, Leafy Greens, Potatoes, and none other than Fortified foods.

Zinc:

Zinc is necessary for children's growth and development. Zinc is an essential mineral for wound healing, immunological response, and taste and smell perception.

It is well-recognized that zinc is essential for several biological functions, such as metabolism, cell division, and growth. Weight increase, lean body mass accretion, and linear development are all restricted by zinc deficiency. Zinc plays a part in DNA repair and oxidative damage prevention.

A disorder known as zinc deficiency impacts the body's immune system and cell formation.

Infants may experience diarrhea, behavioral abnormalities, and neurological disorders as a result.

Sources: Beef, chicken, and turkey, Seafood, Dairy Products, Eggs, any legumes, Oats, quinoa, and whole-grain breads, Tofu, Peas, mushrooms, and spinach and Fortified Cereals.

Selenium

The production of thyroid hormones, DNA synthesis, and the immunological response are all significantly impacted by selenium, an essential trace mineral that is vital to human health.

Immune inefficiency brought on by a selenium shortage may make your toddler more vulnerable to infections. It protects your child from illness by acting as an antioxidant. The health of your toddler's immune system is significantly influenced by selenium.

Some research indicates that selenium may help lessen the symptoms of asthma because of its capacity to lower inflammation.

Deficiency, on the other hand, has been demonstrated to impair immune cell activity and could result in a delayed immunological response.

Sources: Seafood, Chicken, Turkey, Eggs, Dairy Products, Brazil Nuts, Whole Grains, Sunflower seeds, Vegetables, Legumes, and fortified foods.

Key Takeaways for Supporting Your Child's Immune Health

- For children to reach their greatest potential, Parents should make sure their child has the appropriate meals at the appropriate times.
- Inadequate nutrition throughout early life can result in vitamin and nutrient deficiencies, which impair immunity, raise the chance of blindness, and cause common childhood illnesses like fatal diarrhea.
- A healthy toddler is more capable of learning, playing, and thriving in all facets of life.
- A healthy diet boosts immunity, promotes physical development, and improves cognitive function.

Why Nestlé NANGROW™ ?

Nestlé NANGROW™ is blended with special attention to meet specific nutritional requirements for growing toddlers. It is fortified by zinc, selenium, vitamin C, and vitamin E and generally should give support to the immune system, thus making it all the better for tackling infections.

NANGROW™ has high-quality protein for muscle development and calcium for strong bones and teeth. With DHA inclusion for brain development, along with other essential vitamins and minerals to aid their overall growth, it is good value for little movers and shakers. It has no added sugar, which is very conducive to healthy development.

Nutrition is made easier for your toddler every day through NANGROW™, giving the building blocks of settlements and development.

References

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