Child nutrition process and habits of a food doctrine for a lifetime

Advanced specialization in clinical nutrition - traininghouse course – Portugal

DOI: 10.46932/sfjdv1n4-004

Received in: August 1st, 2020
Accepted in: September 30th, 2020

Fabiano de Abreu Rodrigues
Master and PhD in Health Psychology from Université Libre des Sciences de l'Homme de Paris
Master and PHD in Health Sciences with emphasis on Psychology and Neuroscience by Emil Brunner World University
Master in Freudian and Lacanian psychoanalysis by the Gaio Institute and Faculty
Specialization in Clinical Nutrition by TrainingHouse Neuroscientist, Neuropsychologist, Psychologist, Psychoanalyst, Journalist and Philosopher
Member of SPN - Sociedade Portuguesa de Neurociências – 814, of SBNEC - Sociedade Brasileira de Neurociências e Comportamento – 6028488 and of FENS - Federation of European Neuroscience Societies - PT30079.
Address: Costinha Street, Bairros, Castelo de Paiva, Aveiro, Portugal
E-mail: deabreu.fabiano@gmail.com

ABSTRACT
Food defines, helps and influences our quality of life as well as our longevity. A Poor nutrition in childhood can reflect in problems later in adulthood with consequences in old age, just as a poor diet in adulthood can reflect in problems in old age, an adequate nutrition can increase longevity as well as quality of life. Taking into account the increase in the age group of the elderly, the need for adequate nutrition to prevent and combat age limitations, deficiencies and typical diseases of aging also increases.

The objective of this work is not to create an idea that we have to live a whole life since childhood as machines that feed in an indoctrinated way to have a better old age, but to present types of diets as options, where nutrition is favorable and fun. It is the habits that we introduce since breastfeeding and childcare that educate the child to become an adult with good eating habits.

Based on the knowledge of neuroscience, neuropsychology, psychoanalysis and clinical nutrition, present diets, preventions, examples and explanations that favor the understanding of the need and results of good nutrition. Some key points will assist us in this nutritional summary in this work:

• Child nutrition options to help in a good childhood.
• Habits and techniques for a fun and enjoyable nutrition.
• How nutrition helps in mood and learning.

Keywords: Longevity, longevity dietary patterns, infant nutrition, adult nutrition, nutrition in neuroscience, infant nutritional habit

Journalist CCPJ 7842-A, Bachelor of Neuroscience from Emil Brunner World University, Postgraduate in Neuroscience from Harvard University, Postgraduate in neuropsychology from Cognos and Master in Psychoanalysis and Neuropsychoanalysis from the Gaio Institute of UNESCO.
INTRODUCTION

In search of the reason for our behaviors and better mental and physical health, philosophy has made me arouse interest in psychoanalysis to better understand the human being and his personality. To go deeper, neuropsychoanalysis brought me an organic knowledge, which goes beyond the psychic, that tried to explain these behaviors. Still in the span of my curiosity, in neuropsychology I understood how some behaviors are not only traumatic and historical factors, but may also be related to injuries. It was in neuroscience that I came closer to reason, through the knowledge of the functioning of our nervous system, neurons and how hormones and neurotransmitters are the essential fuels to achieve the long-dreamed fullness. Both in relation to behavior for better well-being and longevity. But the search for reason would not be complete only in these formations. It is necessary something that improves the production of this fuel and also that keeps the intestinal microbiota in harmony helping in mood. Humor that reflects in our behavior, are our habits that guarantee who we are and one of the essential habits is the type of food we choose. This work consists in revealing, through nutrition, how can we have a healthy aging and also promote through food a greater longevity. Nutrition not only prevents, but feed our lives not only for survival, but also so that we can have a better and long live, as it is also essential in the disease, both to help in the cure, as well as to help in the treatment.

In this search for the reason for the behavior, there is the search for a better quality of life, especially with the increase in the age group of the elderly. It is crucial that we have a profitable old age as we have spent a lifetime of studies and work and finally can enjoy what life offers us and the observations we have not had before due to the troubled daily life we have throughout our lives. It is also important for our mental health that in old age we can feel productive, active, so that the consequences of age do not affect us. According to the Europol2010 demographic projection for Portugal, the elderly population (65+) increases from 18% in 2010 to 20.7% in 2020 and 32% in 2060 (Center for the study of Portuguese-speaking peoples and cultures, 2012), based on this study, the need to be concerned with our habits that begin in childhood, whether in behavior, as in nutrition so that we can have a better adulthood and old age, to contribute in this old society, whether productively or healthy, reflecting in the type of society we will live and to a better quality of personal life. It is in the food and nutrition education given by parents and guardians that we have begun to build, since we were babies, our good old age.

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Parents play an essential role in promoting a healthy diet that starts from breastfeeding and serves as a nutritional stimulus for the baby to grow not only with the necessary nutrients, but also prepared for a food doctrine in childhood. The nutritional experience at the beginning of life has lasting consequences reflecting in all stages of life since it is not only essential to absorb the necessary nutrients, but also to create eating habits throughout life.

3 NUTRITION IN BREASTFEEDING

During pregnancy, 3 to 4 kg of fats destined for breastfeeding are accumulated, since the protein being necessary for consumption has no reserves. Protein can be from animal or vegetable origin such as lupins, legumes, fatty fruits, seeds, some cereals and meats.

In the first two years of life there is the need for the consumption of fatty acids due to the rapid growth of the baby's brain. These acids are found in fish such as salmon, sardines, tuna, mackerel and cod or in vegetables such as purslane, walnuts, flaxseed and flaxseed oil.

Varying foods is important to also vary the taste of the milk that the baby receives thus getting used to the variety of flavors to create a nutritional habit with varieties in childhood. (Cardoso, 2020)

4 NUTRITION AND HABITS IN CHILDHOOD

It is important to promote nutritional habits for children, not only to get used to eating in the correct and nutritious way, but also to promote a better development and supply high energy expense.

Offer daily healthy and nutritious foods such as fruits and vegetables, if the child has difficulty in certain foods, create strategies such as mixing in food when cooking with recipes that can adapt the food you do not like to what you like without feeling the palate that makes you have rejection by food. Be aware of signs of hunger and satiety to serve age-adapted servings not eating too much. Teach chewing effectively for better digestion as well as recognize the signs of satiety. Create a pleasant meal time without stress or distractions. Avoid exposing children to screens (tv, computer, cellphone) and create a routine since baby. Encourage children to do physical activities and activities whether leisure or sports that can get them off the couch, bed, or floor where they are staying with games and mobile phones. Doctrine has to happen since baby, to be educated children. (Faculty of Medicine of Ribeirão Preto, 2011)

A healthy diet contains the nutrients needed in adequate amounts to ensure a proper development and functioning of the child's organism.
See the eight important food groups in childhood (HCFMUSP, 2012)

1. **Cereals, breads, tubers and roots** – Carbohydrate-rich foods that are needed to maintain energy and harmony in the intestinal microbiota. Examples: brown rice, brown flour (for breads, cakes and pies), whole meal, corn flour, corn, tubers and roots such as potatoes, cassava, yams, yams, etc.

2. **Fruits, greens and vegetables** - This group provides most of the vitamins and minerals needed for good health. Remember: the more colorful, the more nutritious!

3. **Animal protein** - Meat and eggs. They are foods composed basically of proteins, necessary for the production of enzymes and compounds of the defense system of our body. They are also rich in iron, vitamins B6, B12. They help preventing anemia.

4. **Milk and derivatives** – They are suppliers of calcium, mineral involved in the formation of bones and teeth, muscle contraction and the nervous system.

5. **Vegetable protein** - (beans, lentils, peas, soybeans, seeds, nuts, nuts): are protein and iron sources.

6. **Fats** - Fat is considered the most energetic fuel in our cells because it has nine calories in each gram. There are three types of fats: saturated fats, monounsaturated and polyunsaturated fats. The balanced and intelligent menu uses more unsaturated fats (mono and poly-unsaturated), such as olive oil, soybean oil, corn, sunflower, canola, fish fats and little saturated fats contained in fat red meats, chicken with skin, butter, whole milk, etc.

7. **Oils** - Use minimal amounts of vegetable oil when cooking. Choose those of soybeans, corn, sunflower, canola. Prefer the forms of preparation that use little amount of fat, such as roasted, cooked, stewed and grilled. In salads: use olive oil or other vegetable oil in small amounts. Recommended use of oil is from a can or bottle of 900 ml per month for a family of four people.

8. **Sugar** - Sugar is a simple carbohydrate found in natural foods such as fruits and milk. It is already present in most of the foods we eat on daily life, such as cookies, cakes, pastries and even bread. Warning: Excess sugar causes a number of problems, from caries to more serious diseases such as obesity, diabetes, liver fat and high triglycerides. Tip: Avoid using sweeteners if your child does not have this need.

**5 HABITS AND TECHNIQUES FOR A FUN AND PLEASURABLE NUTRITION**
What draws the child's attention in a meal is **mainly the form of presentation and color.** Adults, on the other hand, allow themselves to be captivated more by their taste, smell, texture, convenience, price and nutritional quality. How about throwing colors, textures and shapes into nutritious foods to encourage the child to eat? We can start the strategy with foods that are in need of consumption for children as we have already mentioned.

1. Cut the fruits, greens and vegetables cut in an image format that resembles a cartoon or create a fantasy on the figures to amuse the child. (Solinca, 2019).
2. Nature landscapes and animals with arugula, cherry tomatoes, cheese, grapes... (Solinca, 2019)
3. Skewered with combinations like meat, vegetables, fruits... (Solinca, 2019)
4. There is a wide variety of nutrients that we can put in a cake nutrients such as oats, spinach, banana, eggs, flour, etc. (Solinca, 2019)
5. Cook the mixed foods. Including vegetables in disguise, for example, put vegetables mixed with meat-balls, in the soup the better are the foods that the child does not like crushed with others that the child likes. (Solinca, 2019)
6. Many children like cereals and many are fun and with plenty of vitamin. This food is recommended for breakfast.
7. The best doctrine comes from shopping. Do not buy foods that may be harm and then neither the child will see something that does not do well to eat, as well the adult will avoid consuming this type of food. If you take the child to the supermarket, do not do all his wishes and do not forget that education comes from knowing how to say no.
8. Always try to give water when the child is thirsty and do not allow it to replace with other liquids so as not to let create a habit of drinking liquids other than water to quell the seed and avoid even the custom of drinking water.

**6 HOW NUTRITION HELPS IN MOOD AND LEARNING**

New neurons and new synapses are formed in children's brains, brain plasticity is constant at this stage and so food is extremely important for this whole process. Laziness, attention deficit, lack of memorization capacity due the lack of interest is common in children and we need to understand that their brain is developing. That is why nutrition is so important at this stage of life, not only in the matter of nutritional habits, but also for good development.
There are foods that can help "turbocharge" the brain and bring a better memorization condition to learning. Among them are omega 3 fatty acid, folic acid (or vitamin B9), vitamin C and vitamin E (both with strong antioxidant action) and phospholipids. Green seeds, grains and leaves are rich in yet another very important group: mineral salts (zinc, selenium, iron and phosphorus), which are fundamental for the nervous system to communicate properly.

Yellow fruits, nuts, bean sprouts, fish with omega 3s such as salmon, sardines, fruits such as avocado, green leaves, soy, spinach, broccoli, cocoa or chocolate with higher cocoa concentration, are foods that can help in brain development in intelligence. (Jasmine Food, 2017)

The child in good mood helps us to this food education, therefore, foods such as fruits, milk, yogurt, nuts, bananas, honey, eggs, fish and water act both in the harmony of the intestinal microbiota and in the production of neurotransmitters responsible for mood. (Viva Bem UOL , 2018)

The foods mentioned above and carbohydrates are the ones that give energy to the child to be willing to not let laziness affect this dietary education that we suggest in this work.

7 CONCLUSION

It is in breastfeeding that we begin nutritional education for a good old age. It is important the availability of parents and guardians in this education from the types of foods that the mother eats when breastfeeding, to nutritional monitoring in childhood, to create a habit and behaviors that favor a good development avoiding not only diseases in adulthood or old age, but also a better quality of life and longevity. Parental education also involves the food customs and the doctrine since baby phase, until the infant phase, so that in youth and adulthood the person can practice good eating as a common and traditional habit.

BIBLIOGRAPHY


