

## Childs Mental Development and Healthy Brainy Foods

Y. D. Haritha

Ph.D Scholar, Human Development and Family Studies, College of Community Science, ANGRAU, Guntur (A.P.)

### SUMMARY

Eating well supports your child's healthy growth and development into adulthood and may even play a role in lowering their risk of suicide. If your child has already been diagnosed with a mental health problem, a healthy diet can help them to manage the symptoms and regain control of their health. It's important to remember that your kids aren't born with a craving for French fries and pizza and an aversion to broccoli and carrots. This conditioning happens over time as they're exposed to more and healthier food choices. However, it is possible to reprogram your children's food preferences so that they crave healthier foods instead. The sooner you introduce wholesome, nutritious choices into a child's diet, the easier they'll be able to develop a healthy relationship with food that can last them a lifetime. And it can be simpler and less time-consuming than you imagine.

### INTRODUCTION

Mental growth and development imply changes in the mental process taking place from birth to death. The overall development of abilities in children such as memory, reasoning, language, thinking, intelligence, etc is called mental development. Foods containing essential nutrients are important for children's brain development and function. Low glycemic index (GI) foods can also support brain function by balancing blood sugar. These foods can help improve concentration and focus while at school.



### Role of nutrition in brain development:

All nutrients are important for brain growth and function. However, according to a 2017 review Trusted Source, the following nutrients are essential during early development:

- Protein
- Carbohydrates
- Long-Chain Polyunsaturated Fatty Acids
- Choline
- Iron
- Copper
- Zinc
- Vitamin A
- B Vitamins
- Vitamin C
- Vitamin D
- Iodine
- Selenium

The authors of the review point out that the first three years of a child's life are critical for brain development. They suggest that failure to optimize brain development during this period can result in long-term consequences to their education, job potential, and adult mental health. Nutrition is one way to optimize early brain development. Other factors are social support and attachment, and reducing toxic stress and inflammation, say the authors. Children's diets may also impact the brain in the context of behavior and concentration. A 2019 systematic review and meta-analysis suggested that a diet high in refined sugars and saturated fat may increase

the risk of hyperactivity and attention deficit hyperactivity disorder (ADHD). However, the authors point out that scientists need to conduct more studies.

### Healthy Brainy Foods to children

- Salmon
- Flax Seeds
- Blueberries and Strawberries
- Peanuts/Nuts/Seeds
- Whole Grains and Lean Beef
- Colorful Veggies
- Milk/Yogurt/Dairy
- Greens
- Leafy greens such as collard greens, spinach, cabbage, romaine lettuce, and kale are a good source of folate and very rich in vitamins.



### CONCLUSION

By eating healthy brainy foods to children helps in keeping skin, teeth, and eyes healthy, Supports muscles, Helps achieve and maintain a healthy weight, Strengthens bones, Supports brain development, Supports healthy growth, Boosts immunity, Helps the digestive system function.

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