

# J for JUNIOR

## Healthy Kids: How Children's Habits Affect Their Health & Growth



### ADEQUATE AND QUALITY SLEEP IS IMPORTANT FOR GROWTH & IMMUNITY

Children's and teenagers' bodies produce growth hormone during sleep, thus enabling their bodies to restore and grow. Adequate sleep is also important for optimal immune function and healthy weight. Studies indicate that too little sleep can negatively affect hormones like leptin, ghrelin, and cortisol which increase children's appetite and weight.

#### Sleep requirements:

6–13 year-olds: 9 to 11 hours,

14–17 year-olds: 8 to 10 hours.



### SUN EXPOSURE DURING CHILDHOOD CAN HAVE LONG TERM HEALTH EFFECTS

We know children who exercise improve their academic performance and immune system. However, they usually are not aware of the harmful effects of UV radiation when playing outdoors. Studies show that UV damage occurred during childhood and teenage years can have long term skin health issues like early sign of skin aging and increased risk of skin cancer. Apply a good sunscreen like **Sunright 35** which offers high UVA/UVB protection when they are outdoors



### NUTRITIONAL STATUS OF CHILDREN AFFECT PHYSICAL AND MENTAL DEVELOPMENT

Growing children need the best nourishment with all essential nutrients. Nutrition affects all aspects of a children's growth and health, including optimal immune function, physical growth, brain development, digestive health, and healthy weight. Children who are picky eaters or eat nutrient-poor foods can lead to nutrient deficiencies and affect their growth. Some of the nutrients most often lacking in children's diet are:

#### Ca

Beans, greens, nuts, seeds

#### Iron

Beans, meat, whole grains, greens.

#### Zn

Beans, meat, whole grains, fish.

#### Vit A

Fruits, vegetables

#### Vit C

Fruits, vegetables

#### Vit D

Fish, eggs, dairy, sunlight.

#### Vit Bs

Whole grains, beans, fruits, vegetables

#### Iodine

Sea vegetables, fish.

If a child isn't getting enough nutrients from his diet, supplementing with vitamins, minerals can be useful. One of the simplest solutions is supplementing the child's diet with multi-vitamins like **JungaMals** that provides vitamins A, B, C, D, E and K and minerals such as calcium, iron, zinc and iodine.

