

Pediatrics Nutrition Guide

The nutritional needs and demands for the pediatric population differ from the adult population, making it necessary for health professionals and caretakers to consider age-specific nutritional products and meal plans. With high-quality and great-tasting products, Orgain provides the nutritional support that kids need, in a range of delicious flavors that kids love.



Food Allergies

Managing pediatric food allergies and sensitivities can be challenging and ensuring that children receive adequate nutrition becomes even more vital. Food allergies commonly manifest within the first three years of life¹ and the top-nine most common food allergens include soy, milk, egg, wheat, peanuts, tree nuts, fish, shellfish, and sesame.² Since there is no current pharmaceutical treatment to prevent allergic reactions, the recommended intervention for individuals with food allergies is to avoid allergenic foods.

Since many foods containing allergens are also high in nutrients that children need for growth, it is important for parents and caregivers to provide nutrient-dense foods and nutritional supplements to support the growth and development of children with food allergies.³ Children with food allergies are at increased risk of consuming inadequate vitamin D, vitamin E, iron, calcium, and zinc.¹ Proper nutrition from foods and oral supplements, under the guidance of a dietitian, is extremely important for children with food allergies.⁴ Orgain® is proud to offer several nutrient dense products, with a taste kids enjoy.



"In general, I recommend these for my food allergy kiddos that need additional calories, protein, vitamins/minerals, and they are super helpful for my patients with a milk allergy!"

- Jordan, Pediatric Dietitian

Nutrition In Pediatrics

E Durkheim



Nutrition In Pediatrics:

The Enigmatic Realm of **Nutrition In Pediatrics**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Nutrition In Pediatrics** a literary masterpiece penned by a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of people who partake in its reading experience.

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Nutrition In Pediatrics Introduction

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