

DOWN SYNDROME NUTRITION THERAPY

Childhood & Preadolescence:
Ages 6-12



NUTRIENT NEEDS

Calorie needs ages 6-12:

Males = 16.1 cal per cm
Females = 14.3 cal per cm

Ex: a boy who is 48 inches
should have ~1960
calories/day
1 inch = 2.54 cm

While these minerals are important for all children, they are especially important for those with Down Syndrome as they have a higher risk of deficiency.

	Age 6-8	Age 9-12
Iron	10 mg	8 mg
Zinc	5 mg	8 mg
Calcium	1000 mg	1300 mg

TIPS & SKILLS

Meal timing

Keep meals ~20-30 min & snacks ~15 min to limit "grazing" throughout day



Eat the rainbow!

Try to eat foods with every color of the rainbow. Colorful foods are full of vitamins, minerals, & antioxidants

Help in kitchen

Kids of this age can help food prep with tasks like cracking eggs, preparing sandwiches, measuring liquids, and cutting soft fruits with a dull knife



NUTRITION CONCERNS

This age group is crucial to instill habits of healthy eating and physical activity to avoid becoming overweight or obese.

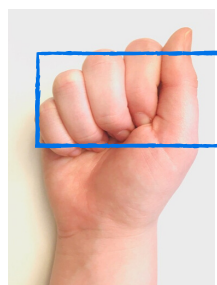
PORTION CONTROL IS



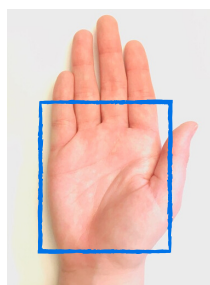
You can use your hand as a portion tool!



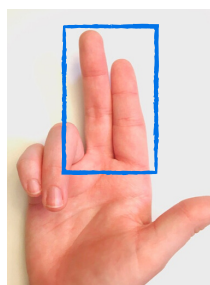
1 cup -
cooked
vegetables



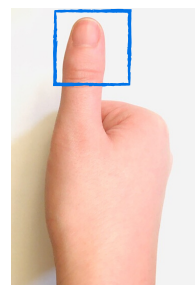
1/2 cup -
rice or
pasta



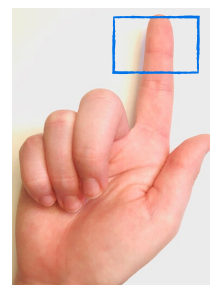
3 oz -
meat /
protein



1 ounce -
cheese



1 Tbsp -
dressings,
peanut
butter



1 tsp - oil,
butter

STAY ACTIVE!

Aim for 1-2 hours of physical activity per day

Try things like riding a bike, walking a pet, jump rope, & swimming

Limit screen time (tv, computer) to less than 2 hours per day

To help sleep quality, increase social skills, & avoid behavioral issues