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# Nutrition Guide for Children

01

## Immune System Support

**Targeted Nutrition:** For children with a weakened immune system, their diet should be rich in antioxidants and nutrients that support overall health.

**Recommendation:** Increase the intake of fruits and vegetables, especially those rich in vitamin C (oranges, kiwi, broccoli) and vitamin A (carrots, sweet potatoes, spinach). These vitamins aid in skin regeneration and strengthen the body's defense against infections.

02

## Avoiding Allergens in Diet

**Importance of Avoiding Allergens:** The most common allergens that can worsen skin conditions in children with atopic dermatitis include certain foods such as milk, eggs, gluten, peanuts, and seafood.

**Recommendation:** Monitor the child's allergic status. If a known food allergy exists, completely eliminate that food from the diet. If unsure, keeping a food diary is the best way to track reactions and identify potential triggers.

03

## Proper Skin Hydration

**Importance of Hydration:** Keeping the skin properly hydrated is essential to prevent dryness, which can worsen skin conditions in children.

**Recommendation:** Ensure that the child drinks at least 1.5–2 liters of water daily, depending on their age. Proper hydration not only supports skin health but also improves digestion.

04

## Natural Dietary Solutions

**Omega-3 Fatty Acids:** These healthy fats are essential for reducing inflammation and maintaining the proper function of skin cells.

**Recommendation:** Include fish (especially salmon and sardines), flaxseeds, walnuts, and avocado in the diet. These foods support the immune system and help reduce inflammation in the body.

05

## The Role of Probiotics in Prevention

Probiotics help maintain a healthy microbiome and can assist in alleviating gastrointestinal discomfort.

**Recommendation:** Use probiotic-rich foods such as yogurt, kefir, or probiotic supplements, if recommended by your pediatrician.



## Natural Alternatives to Dairy Products

06

**Replacing Dairy with Casein Allergy:** Some children are allergic to milk proteins (such as casein), which can cause inflammation in the gut and skin.

**Recommendation:** Provide alternatives such as soy milk, oat milk, or almond milk. These can help reduce the inflammatory response.

07

## Avoiding Processed and Fast Food

**Importance of Avoiding Processed Food:\*\*** Processed foods contain high amounts of sugars, salts, and artificial additives, which can exacerbate symptoms of dermatitis and allergies.

**Recommendation:** Support a diet based on fresh and natural foods (fruits, vegetables, whole grains, and natural proteins).

08

## Additional Recommendations:

**Regular Meals and Snacks:** Provide regular meals and snacks that include healthy fats, proteins, and fiber to maintain the child's energy levels.

**Minimize Stress:** Stress can worsen skin conditions, so create a calm and relaxed environment for the child.

- *Proper nutrition is crucial for controlling and improving immunity, increasing energy and concentration, and helping in the prevention of chronic diseases, including common conditions such as dermatitis and allergies. Following the above recommendations will help maintain overall health and improve the quality of life for your child. For more information or any questions, always consult your doctor or pharmacist.*



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