

# MALNUTRITION

Malnutrition refers to **deficiencies of essential nutrients** that affects the normal life, functioning and growth of the body.

Malnutrition in children is **common between 6 and 24 months of age**. This is the period when children have high nutritional needs, are learning to adapt to the environment and are very sensitive to diseases.



## ! Symptoms

- Weight gain is slower than expected for 3 consecutive months.
- Children are fussy, less playful and less flexible, their bodies are slower comparing to their peers.
- The muscles of the arms and legs are soft and the abdomen is getting bigger. Slow motor development such as slow to roll, sit, crawl, walk and stand. A very common phenomenon these days is the prolonged anorexia of children.

## ! Prevention



Breastfeeding right after birth and continue for **18-24 months**. Suitable substitute of mother milk is needed if breast milk is not sufficient for the baby.



Healthy diet for children.



Monitor the growth chart monthly for early detection of malnutrition and prevent the risk in children.



Only take antibiotics with dose and duration according to the doctor.



Routine vaccinations and deworming.



Instructions for using the growth chart of the Nutrition Institute