STITUTE FOR
LOPMENT
541115 Kampala – UGANDA
bsite: www.misd.ac.ug
petro station
000@gmail.com
N-TAKE .
s graduation for all
have finished S.6
nt & Supplies
nt
ning
ent
urce
udies
or Saturday.
petro station
1
rogress.

How to feed a child with little or no appetite

By Umar Nsubuga

One-and-half-year-old Shamir Nsubuga has no appetite. His mother is worried that he is not getting enough nutrients, probably the reason he is underweight.

While many babies have good appetite, there are those like Nsubuga, who barely eat.

Cause

Agnes Nakiganda, a paediatrician at MK Medical Centre in Wakiso, says poor presentation of food as well as children feeding by themselves are some of the reasons.

He says when a child is fed on the same food, for example mashed potatoes, he/she will get used to it and end up rejecting to eat.

According to Nakiganda children also need company while eating as this will encourage them.

Anaemia

Aisha Akujju a paediatrician in Gulu, says anaemia can also cause loss of appetite. Poor appetite can cause malnutrition which may result in low immunity among other complications.

However, loss of appetite in babies does not necessarily signify a serious problem.



Children should not be fed on junk food such as ice cream

"Sometimes babies are not hungry," Akujju says adding that a child will eat when they are hungry.

Way forward

Akujju says food preferences are developed early in life and once established, they are hard to break.

"The earlier parents encourage healthy food choices for their child, the better.

"Junk food should never be a part of a child's diet as training a child to eat begins as early as baby age," she says.

Nakiganda says a diet that contains vitamins, minerals, proteins, carbohydrates and fats is good for growth.

"What to feed a child should be on your terms, not theirs, so, steer clear of sugars and junk food such as ice-cream," Nakiganda reveals.

See a specialist

Haspha Nassolo, a nursing officer in Kampala, says if your child's appetite worries you, take him to a specialist.

"See a physician, especially if the child is refusing to eat or drink over prolonged periods", she advises.

Forced feeding

Do not force a child to eat as he/she may choke. "Children aged one to four tend to lose appetite, so parents should give them multivitamins as they wait for the child to regain appetite," Nassolo says.

Scanned with CamScanner