

How can eating habits make your child's skin healthier?



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Many kids have dry skin or even eczema, and their parents work hard to find the right moisturizers and other skin care products for them. In fact, in addition to topical skincare products, we should also pay attention to children's diets. The most direct way, of course, is to drink more water. How much water should be drunk?

In fact, our body's need for water is deeply influenced by the weather. For example, in dry weather, we need more water, as well as to account for children's activity levels and how much they sweat. The water content in food also affects their need for water. If a child urinates every 3 to 4 hours and the urine is light yellow with no strong odor and the stool is not very hard and does not cause difficulty during bowel movements, it usually means that their water intake is sufficient.



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For children aged 2 to 5, they need about 4 to 5 cups of fluid a day, and water should be the main source. Unsaturated fatty acids, like omega-3, are also important for maintaining the integrity of cell membranes, which keep harmful substances out and keep the skin moist and flexible. Omega-3 fatty acids can also help calm immune responses that are too strong in people with skin allergies or eczema.

We should also avoid certain foods, such as candies, cookies, and white bread, which are refined foods. Instead, we should choose low-glycemic index foods, such as brown rice and whole wheat bread, which are important for controlling sensitive conditions. Antioxidants, including common vitamins A, C, and E, are also important and can be found in fruits, vegetables, and nuts of different colors, making them great sources of antioxidants.



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In summary, to have healthy skin, in addition to having enough water, you should eat high-fat fish such as salmon or yellow croaker twice a week. You can also replace some cookies and candy with plain nuts, fruits, and so on, and it is ideal to eat a variety of vegetables and fruits.

By the way, if a child's chewing ability is not well developed, there is a chance of choking when eating nuts. Therefore, we should choose some smaller nuts, such as pine nuts, which are also a good option.