

Guide Explores Nutrition for Foster and Adoptive Families

Research has shown malnutrition has a significant effect on brain development and cognitive functioning. Sadly, a large number of adopted and foster children, especially those adopted internationally, have suffered from malnourishment. Produced by the SPOON Foundation and Joint Council on International Children's Services, *Adoption Nutrition: A Starter Guide for Foster and Adoptive Parents* provides information for caregivers and professionals to assess children's post-adoption nutritional needs and nurse this population back to optimal health and well-being.

Topics covered include:

- Common nutrient deficiencies, their symptoms, and specific foods used to boost nutrition
- Risk factors for malnourishment
- Recommended nutrition lab tests for internationally adopted children, children adopted domestically, and children in foster care if deficiencies are suspected
- Tips for caregivers on transitioning a child's diet
- Understanding and responding to feeding challenges, such as children who will not eat, have difficulty eating, or display overeating or food hoarding behaviors
- Fortifying and fun food ideas and recipes to increase key nutrient intake

Download the Guide:

http://www.spoonfoundation.org/adoptionnutrition/PDFs/SPOON_NutritionStarterGuide.pdf

