Nutrition deficiency is a key determinant of an immune deficient body state. There is scientific evidence that plant species effective in disease management confers both nutritional and medicinal benefits to the people using them. The main objective of this study was to identify the plants known to be used in children diseases management and determine their macronutrient and micronutrient composition. To achieve the first objective, a survey was conducted between July 2009 and February 2010 using semi-structured interviews and questionnaires; focused group discussions, participant observation and field visits. Nutrition composition of plants used was determined using standard laboratory methods in the nutrition laboratory in the department of Food Science and Technology, Makerere University. A total of 67 species were documented as plants used in the disease management of children. These species belonged to 38 families and 35 genera. Faboideae (5), Asteraceae (4) and Mimosaceae (4) families had the most number of plant species. Herbs (37.7%) were the most used plant life forms followed by (34.4%) in disease management. Leaves (58.1%) were the most used plant parts. These plant species are mainly cultivated (42.6%). The plants were mainly boiling. Most plant species were used in management of malaria, anaemia and diarrhoea among children. The six selected plants, Acacia seyal, Albizia coriaria, Dicliptera laxata, Kalanchoe densiflora, Persea americana and Vernonia amygdalina that were analysed in this study all had macronutrients and micronutrients except phosphorus and sodium. There is a great potential of nutrition supplements using plants in children diseases management.