

The Importance of Childhood Nutrition

Childhood Nutrition

Receiving adequate nutrients in childhood can promote healthy growing. A variety of healthy foods helps to accomplish this goal by providing necessary vitamins, nutrients, fiber, and minerals.



Benefits

- Healthy body weight
- Improved academic performance
- Stable energy
- Strong bones and teeth
- Chronic disease prevention

Healthy Eating

- Variety of fruits and vegetables
- Whole grains
- Fat-free and low-fat dairy products
- Fortified dairy alternative products
- Variety of protein foods
- Limit saturated and trans fats
- Limit added sugars
- Reduce sodium intake



Recommendations

- Using MyPlate.gov can help determine the amount of food group servings
- Staying hydrated can also improve learning capabilities for children
- Avoid empty calories from soda, fruit drinks, desserts, pizza, and whole milk