

Fact Sheet for Children's Nutrition

Proverbs 22:6 – “Train up a child in the way that he or she should go and even when they are old they will not depart from it.” To initiate or discipline, or to teach or train up implies a course of action over time that will remain a vital for children into adulthood.

Basic facts for Children's Nutrition.¹

- Nutrition begins within the womb of the mother during her pregnancy
- Proper nutrition in childhood can reinforce lifelong eating habits that contribute to your children's overall well being and help them to grow up to their full potential
- Choose a diet with plenty of grain products, vegetables and fruits
- The traditional breakfast, lunch, and dinner seems the best way to ensure a balanced diet, but the fact is that we may not need three meals a day. A better solution for some families may be more frequent, lighter meals.
- The Food Guide Pyramid for Young Children, which can be used for kids between 2 and 6 years, recommends that they get 3 servings of vegetables and 2 servings of fruit each day
- Eat a variety of foods
- Balance the food you eat with physical activity, such as walking, swimming, biking, or skating
- Limit the amount of television, video games, and other electronic devices
- Choose a diet low in fat, saturated fat, and cholesterol
- Choose a diet moderate in sugars and salt
- Choose a diet that provides enough calcium and iron to meet their growing body's requirements
- Fiber is an important part of a healthy diet and most experts recommend that both children and adults eat a high fiber diet
- Vitamins may provide an important supplement that may be missing in the child's nutrition. Important vitamins and minerals include iron, calcium, fluoride, and Vitamin A, C and D
- Food allergies affect up to 6% of children and can cause serious and even life threatening reactions. Learn about allergic reactions, the most common foods that cause allergies in children (eggs, milk, peanuts, soy and wheat), having multiple allergies and about food labeling to avoid foods with ingredients that your child is allergic to
- Drinking too much fruit juice can contribute to obesity, the development of cavities (dental caries), diarrhea, and other gastrointestinal problems, such as excessive gas, bloating and abdominal pain
- Read the Nutrition Guides and labels on food
- Develop healthy eating habits as a family
- Obtain a Nutrition and Food Pyramid for Children & Adults
- Drink plenty of clean water

¹ Basic fact and data information found on Nutrition for Children was found surveying several internet web-sites.