

## LEARN ABOUT

# NUTRITION FOR CHILDREN



This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider

### Healthy Eating Tips

The Dietary Guidelines for Americans (2020-2025) say that kids age 2 and older should follow a healthy eating plan. This plan should include:

- Lots of fruits and vegetables
- Whole grains like whole wheat bread or brown rice
- Fat-free or low-fat dairy like milk, yogurt, or cheese
- Different kinds of protein foods like meat, beans, eggs, or nuts
- Healthy oils like olive oil

### Try to Limit:

- Solid fats like butter and foods with a lot of saturated fat
- Added sugars like those found in candy or pop
- Foods with a lot of salt (sodium)

### Building a Healthy Plate Is Easy:

- You can go to MyPlate.gov for help with healthy eating. They have a tool that gives you a food plan based on your age, height, weight, and more
- The tool is available in English and Spanish

### How Kids are Eating Today

- Most kids still don't eat enough fruit and vegetables
- Many kids also don't drink enough water
- **About 40% of the calorie's kids eat come from "empty calories."** These are calories from added sugar and solid fats that don't give the body the nutrients it needs



### Top Six Foods that Give the Most "Empty Calories"

- Pop
- Fruit drinks
- Dairy desserts, like ice cream
- Grain desserts, like cookies and cake
- Pizza
- Whole milk