



Eat Right, Grow Strong

Nutrition for Young Children





Why Healthy Eating ?

- More than 1 in 4 preschoolers are overweight or obese
- Being overweight is a risk to physical and mental health
- Poor nutrition contributes to weight gain

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Importance of Nutrition

- Young children need to eat nutritious foods because their bodies are growing rapidly.
- Children may receive between 50% and 75% of their daily calories at the child care facility.
- Children learn healthy (or unhealthy) eating habits at a very young age.



■ **Variety Of
Healthy Food**





Fruits and Vegetables

A variety of fruits and vegetables give children vitamins and minerals that keep them healthy and help them grow.



- Fruits and vegetables are “nutrient dense” – lots of nutrients but few calories, *unless* too much butter, cheese, or meat fat is added.

- 100% fruit and vegetable juices are good but less nutritious and filling than the foods themselves.





Make eating fruits and vegetables fun!

Ways to get kids to LOVE their fruits and vegetables (or at least try them!)

- Serve them creatively.
- Have a party for your senses.
- Incorporate them into lessons by trying fruits and vegetables from different places around the world.
- Set a good example.





■ Check our video on Food Pyramid
at www.makemegenius.com

Check MMG School Science



Free Education Videos



Meats and Fats

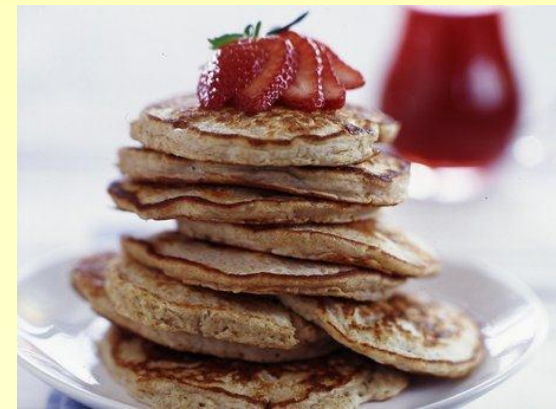
- Most sausage, bacon, and hot dogs have a lot of fat, sodium, and calories, so consuming too much can lead to future health problems.
 - Look for lower fat baked options and serve the high fat versions less often.
- French fries and chicken nuggets are also high in saturated fat and calories.
 - Kids will also enjoy lower fat foods like baked potatoes and baked chicken.
- Consider occasionally replacing meat with beans for a low fat option with lots of fiber and protein.





Grains and Sugars

- Fiber helps in digestion and helps children feel full. Try and incorporate high-fiber whole grain foods at least once every day.
- Sugary and salty foods have a lot of “empty” calories—they are often high in fat and calories but have little nutritional value. Serve these only occasionally.





Liquids

- Water is the best choice for thirsty children. Model good habits for the children by choosing water first.
- Soda and fruit drinks are full of sugar and “empty calories” (few nutrients, many calories).
- Serving low fat milk with meals and snacks provides calcium but doesn't add many calories.





Liquids Myths

■ Myth 1: Whole milk is best for all kids

- Under 1: breast milk or formula
- 1 to 2: Whole milk
- Over 2: 1% or skim milk



■ Myth 2: Juice is always the best option

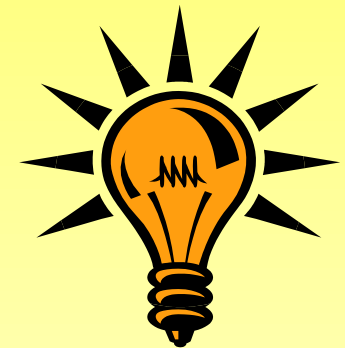
- Whole fruits have more nutrients
- Under 6: 4-6 oz. a day of 100% juice
- Not a good choice to quench thirst





Things to Remember

- Children will eat!
- They are capable of regulating their food intake.
- They generally react negatively to new foods, but will usually accept them with time and experience.
- Caregivers can either support or disrupt children's food acceptance and regulation.





How to Make a Healthy Lunch

What is the difference?

Healthy

- Baked, skinless chicken breast
- Steamed carrots
- Fresh strawberries
- Whole wheat dinner roll
- Skim milk

Unhealthy

- Chicken nuggets
- Tator tots
- Canned fruit cocktail in heavy syrup
- Slice of white bread
- Whole milk



■ Submitted by NAP ,SACC

THANKS FROM

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