

# Early Childhood Nutrition

## Why Does It Matter?

Childhood is a time a substantial growth & development. It is also when children's eating habits & preferences are created! Get informed & ensure your child is receiving the best nutrition!

**32%**  
of 2-19 year olds were overweight in 2012

**70%**  
of obese youth are at risk for cardiovascular disease

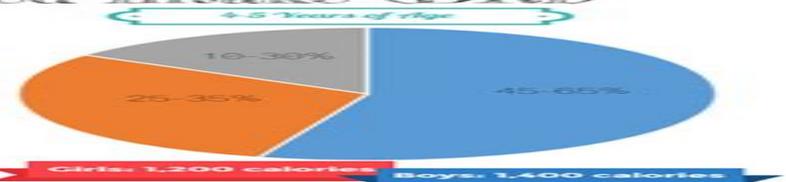
**8-13**  
The age coronary arteries begin to change

**17%**  
of 2-19 year olds were obese in 2012

By the time children are school age (5-12) it may be too late to make any long-term significant changes. So start early!

**2-6**  
Weight status between the ages of 2-6 is the most important predictor of adult weight status

## Daily Recommended Intake (DRD)



## How Much Should My Child Be Eating (& of What)?

	2-3 Year Olds	4-5 Year Olds
<b>Calories</b>	<b>1,000</b>	
Females		1,200
Males		1,400
<b>Milk/Dairy (cups)</b>	2	2
<b>Lean Meat/Beans (oz)</b>	2	2
Females		3
Males		4
<b>Fruits (cups)</b>	1	1.5
<b>Vegetables (cups)</b>	1	1
Females		1.5
Males		1.5
<b>Grains (oz)</b>	3	4
Females		5
Males		4
<b>Oils (g)</b>	14	17-18
<b>Flexible Calories</b>	154	163-173

## Important Things To Keep In Mind

It can take up to 15 tries to convince a child to even try a food, and up to 15-25 for them to like it!

Make half of your child's (6 years & below) vegetables & fruits between wheat, grains & protein.

Children get at least 60 minutes of moderate to vigorous activity each day!

Monkey see, monkey do! The more you want your child to be!

Get your child involved! Take them grocery shopping let them help out in the kitchen, or start your own family garden!

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### References

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# Childhood Nutrition

**Clemens Wendtner**



**Childhood Nutrition:**

## Whispering the Techniques of Language: An Psychological Journey through **Childhood Nutrition**

In a digitally-driven earth where displays reign supreme and instant connection drowns out the subtleties of language, the profound secrets and psychological nuances hidden within words frequently go unheard. However, situated within the pages of **Childhood Nutrition** a captivating fictional value pulsing with fresh thoughts, lies a fantastic quest waiting to be undertaken. Composed by a talented wordsmith, that wonderful opus invites visitors on an introspective trip, lightly unraveling the veiled truths and profound affect resonating within the fabric of every word. Within the emotional depths of the emotional evaluation, we will embark upon a honest exploration of the book is core themes, dissect their fascinating writing type, and yield to the effective resonance it evokes strong within the recesses of readers hearts.

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