

# APPROVAL REQUIRED

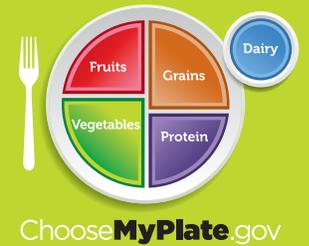
Attached is a proof for your review. Please pay particular attention to contact information such as phone numbers, email addresses, web addresses and mailing address.

BY APPROVING THIS PROOF YOU ARE CONFIRMING THAT THE CONTACT INFORMATION IS CORRECT.

Thank you for helping us ensure this information is accurate.

# Nutrition Facts for Children

## Ages 6-11 Months



### Nutrition Is Important

- Good nutrition is necessary for your baby's growth and brain development.
- In the U.S., nearly one in every three children is overweight or obese.
- To learn more about your baby's growth, ask your pediatrician about your child's growth chart.
- Starting healthy eating habits at a young age will help prevent obesity and related medical problems like heart disease, type 2 diabetes and sleep apnea.

### Introducing Solid Foods

- Introduce solid foods when your baby is about 4-6 months old. Your baby should be able to sit with support and demonstrate good head and neck control.
- Offer iron-fortified rice cereal as a first solid food. This is essential for prevention of anemia. Remember, rice cereal should never be placed in a bottle.
- Offer your baby one new food at a time, introducing new foods two to three days apart. After rice cereals, try puréed fruits and vegetables. As your baby gets older, usually around 8 months, give small amounts of puréed meat or beans.
- When trying new foods, watch for allergic reactions, such as hives. Call your child's pediatrician if you are concerned.
- Start by giving a small spoonful of soft or puréed foods. Gradually increase the amount and try thicker foods as your baby gets older.
- When your baby is 8-9 months and can bring hands to mouth, encourage your baby to participate by eating with a spoon or his or her hands.

### Drinks

- Prior to 12 months of age, start giving your baby liquids out of a sippy cup, using breastmilk, formula or small amounts of water. Bottles are not recommended after 12 months of age because their use may lead to dental cavities.
- Juice is not recommended for children under 12 months. Never give soda or sugar-sweetened beverages.

### Special Focus

- Your child should be seated in an age-appropriate chair at mealtimes.
- Avoid foods that may be choking hazards, such as popcorn, nuts, potato chips, whole-kernel corn, berries, grapes, hot dogs, raw vegetables, raisins and dry flake cereals. Give your baby soft, easy-to-swallow foods and cut foods into small bite-sized pieces for older infants.
- Prevent iron deficiency by giving your baby iron-rich foods such as iron-fortified cereals, lean meats or beans. If your child does not eat cereal or iron and vitamin-rich solid foods, a multivitamin with iron is recommended.

### Helpful Tips

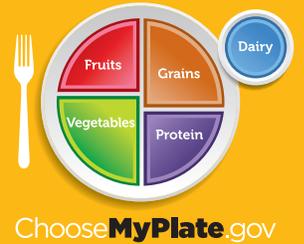
- If your child seems to dislike something, try again later. It can take 10-15 times of trying a new food for your child to enjoy the taste and texture.
- Explore the rainbow of fruits and vegetables.
- Eat meals as a family to teach your child healthy eating habits.
- Plan healthy meals ahead of time.

For more information, visit:  
[choosemyplate.gov](http://choosemyplate.gov) | [eatright.org/kids](http://eatright.org/kids)  
[letsmove.gov](http://letsmove.gov) | [kidshealth.org](http://kidshealth.org)



# Nutrition Facts for Children

## Ages 12-30 Months



### Nutrition Is Important

- Between 12 and 30 months, your child will grow approximately 3-4 inches per year. Good nutrition is necessary for this growth and brain development.
- In the U.S., nearly one in every three children is overweight or obese.
- Body Mass Index (BMI) is a measure of body fat. Ask your pediatrician about your child's BMI.
- Starting healthy eating habits at a young age will help prevent obesity and related medical problems like heart disease, type 2 diabetes and sleep apnea.

### Meals and Snacks

- Toddlers and young children will usually eat only small amounts at a time, though they will eat frequently. An appropriate goal is three meals and two to three snacks per day.
- A consistent meal and snack schedule is important for better health and a happier child.
- Balanced meals include meats/beans, fruits, vegetables, grains and dairy.
- Snacks should look like small meals and be composed of the same types of foods.
- Providing a variety of foods ensures that your child gets the appropriate vitamins and minerals needed to grow.
- We do not recommend sweets, chips or sodas.

### Drinks

- Whole milk is recommended in place of formula beginning at 12 months of age.
- Whole milk is recommended from 12 months to 2 years of age and 2 percent milk is recommended for children over the age of 2 years.
- 16-24 oz. of milk/day is the recommended amount.
- Offer water between meals, and limit drinks with sugar, including juice, to just one small glass per day (around 4 oz.).

### Special Focus

- Your child should be seated in an age-appropriate chair at meal times
- Prevent iron deficiency by limiting milk intake to 16-24 oz. per day. Encourage iron-rich foods such as lean meats, poultry, seafood, beans, lentils and iron-fortified cereals.
- Avoid foods that may be choking hazards, such as popcorn, nuts, potato chips, whole-kernel corn, berries, grapes, hot dogs, raw vegetables, raisins and dry flake cereals.
- When trying new foods, watch for allergic reactions, such as hives. Call your child's pediatrician if you are concerned.

### Helpful Tips

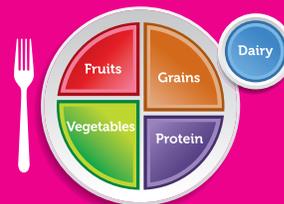
- Offer only one new food at a time. Explore the rainbow of fruits and vegetables. If your child seems to dislike something, try again later.
- Eating meals as a family is important for your child in order to teach healthy eating habits.
- Plan healthy meals ahead of time.
- Always keep fruits and vegetables on hand.



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# Nutrition Facts for Children

## Ages 3-6 Years



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### Nutrition Is Important

- Between 3 and 6 years, your child will grow approximately 2-3 inches per year. Good nutrition is necessary for this growth.
- In the U.S., nearly one in every three children is overweight or obese.
- Body Mass Index (BMI) is a measure of body fat. Ask your pediatrician about your child's BMI.
- Starting healthy eating habits at a young age will help prevent obesity and related medical problems like heart disease, type 2 diabetes and sleep apnea.

### Meals and Snacks

- Your growing child needs three meals each day, the first within 1 hour of waking up.
- Provide at least three of the five food groups at each meal: meats/beans, fruits, vegetables, grains and dairy.
- Be sure your child's meal is at least half fruits and veggies.
- Your growing child may need two to three snacks per day, but it is important that these come from the five food groups.
- An appropriate snack amount will fit in your child's one hand and be eaten no closer than 2 hours to a meal.
- We do not recommend sweets, chips or sodas.

### Drinks

- Stick with the basics: water and milk are best for your child. Skim, 1 percent or 2 percent milk are recommended, as they offer the same nutrients as whole milk, but with less fat and calories; 20 oz. of milk per day is the recommended amount.
- Limit drinks with sugar, including juice, to just one small glass per day. Offer water between meals.

### Special Focus

- Your child should be seated at meal times.
- Children in this age group are at risk for becoming deficient in iron, calcium and vitamin D.
- Iron is found in lean meats, poultry, seafood, beans, lentils and most cereals. Too little iron may result in anemia and difficulty learning.
- Vitamin D is found in milk, fortified cereal, yogurt, salmon, tuna and egg yolks. Too little vitamin D may affect bone growth.
- Calcium is found in milk, dairy products and fortified milk substitutes. Calcium is needed for bones to grow.
- Vitamin C is found in fruits and vegetables. Vitamin C is needed to absorb vitamins and minerals like vitamin D and iron.
- Consider a multivitamin with iron if your child is not getting these nutrients through his or her diet.

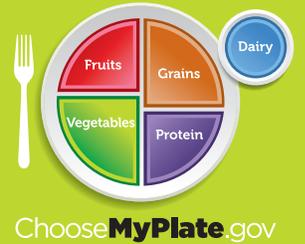
### Helpful Tips

- Eating meals as a family is important in order to teach your child healthy eating habits.
- Plan healthy meals ahead of time.
- Always keep fruits and vegetables on hand.



# Nutrition Facts for Children

## Ages 7-11 Years



### Nutrition Is Important

- Between 7 and 11 years of age, your child will grow approximately 2 inches per year. Good nutrition is necessary for this growth.
- In the U.S., nearly one in every three children is overweight or obese.
- Body Mass Index (BMI) is a measure of body fat. Ask your pediatrician about your child's BMI.
- Starting healthy eating habits at a young age will help prevent obesity and related medical problems like heart disease, type 2 diabetes and sleep apnea.

### Meals and Snacks

- Your growing child needs three meals each day, the first within 1 hour of waking up.
- Provide at least three of the five food groups at each meal: meats/beans, fruits, vegetables, grains and dairy.
- At least half of your child's plate should be filled with fruits and veggies.
- Your growing child may need two to three snacks per day, but it is important that these come from the 5 food groups.
- An appropriate snack amount will fit in your child's one hand and be eaten no closer than 2 hours to a meal.
- We do not recommend sweets, chips or sodas.

### Drinks

- Stick with the basics: water and milk are best for your child. Skim, 1 percent or 2 percent milk are recommended, as they offer the same nutrients as whole milk, but with less fat and calories; 20 oz. of milk per day is the recommended amount.
- Limit drinks with sugar, including juice, to just one small glass per day. Offer water between meals.

### Special Focus

- Children in this age group are at risk for becoming deficient in iron, calcium and vitamin D.
- Iron is found in lean meats, poultry, seafood, beans, lentils and most cereals. Too little iron may result in anemia and difficulty learning.
- Vitamin D is found in milk, fortified cereal, yogurt, salmon, tuna and egg yolks. Too little vitamin D may affect bone growth.
- Calcium is found in milk, dairy products and fortified milk substitutes. Calcium is needed for bones to grow.
- Vitamin C is found in fruits and vegetables. Vitamin C is needed to absorb vitamins and minerals like vitamin D and iron.
- Consider a multivitamin with iron if your child is not getting these nutrients through his or her diet.

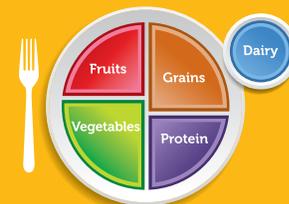
### Helpful Tips

- Eating meals as a family is important in order to teach your child healthy eating habits.
- Plan healthy meals ahead of time.
- Have your child take part in meal preparations.
- Always include fruits and vegetables.



# Nutrition Facts for Children

## Ages 12-15 Years



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### Nutrition Is Important

- Good nutrition is necessary for growth and sets the foundation for health into adulthood.
- Young women and men in this age group may grow 3-5½ inches per year.
- Body Mass Index, or BMI, is a calculation used to determine if an individual has a healthy weight. For most people, a healthy BMI is between the 15th and 85th percentiles on a growth chart. Ask your doctor about your BMI.
- Healthy eating habits will help prevent heart disease, type 2 diabetes and sleep apnea.
- Being underweight may be the sign of an underlying illness. Discuss this with your doctor.

### Meals and Snacks

- Adolescents need to eat three meals each day, the first within 1 hour of waking up. Skipping breakfast may lead to difficulties in school and unhealthy eating later in the day.
- At least three of the five food groups should be eaten at each meal: meats/beans, fruits, vegetables, grains and dairy.
- At least half your plate should be fruits and veggies.
- Two to three snacks each day are okay, but these need to come from the five food groups.
- An appropriate snack amount will fit in one hand and should be enjoyed no closer than 2 hours to a meal.
- We do not recommend sweets, chips, sodas or fast food.

### Drinks

- Stick with the basics: water and low-fat milk are best.
- Limit drinks with sugar, like juice, to just one small glass per day. Drink water between meals.
- Skim and 1 percent milk offer the same nutrients as whole milk, but with less fat and calories; 20 oz. of milk each day (about 3 small glasses) is the recommended amount.

### Special Focus

- If you are not drinking the recommended amount of milk, we recommend daily supplementation of 600 units of vitamin D and a multivitamin with 1000-1300 mg. calcium.
- Peak bone mass is established throughout adolescence. Adequate intake of calcium and vitamin D, a healthy weight and physical activity are important for optimal bone development.
- Menstruating girls are at risk for becoming deficient in iron if they do not consume enough iron-rich foods. Too little iron may result in anemia, fatigue and difficulty learning.
- The best sources of iron are protein-rich foods like lean meats, poultry, seafood, beans, eggs and nuts. Include a palm-sized portion of protein at each meal to ensure adequate iron intake.
- If you are not eating a diet rich in iron, we recommend a multivitamin with iron.
- Vitamin C is needed to absorb vitamins and minerals like vitamin D and iron. Vitamin C is found in almost every fruit and vegetable, so filling up half your plate with fruits and vegetables at each meal is essential.

### Helpful Tips

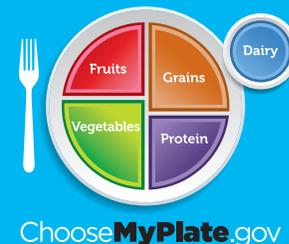
- Eating meals as a family is important to encourage healthy eating habits.
- Plan healthy meals ahead of time.
- Take part in meal preparations. Always include fruits and vegetables.



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# Nutrition Facts for Children

## Ages 16 Years and Older



### Nutrition Is Important

- Good nutrition at this age sets the foundation for health into adulthood.
- Young women may have reached adult height, while young men may continue to grow taller.
- Body Mass Index, or BMI, is a calculation used to determine if an individual has a healthy weight. For most people, a healthy BMI is between the 15th and 85th percentiles on a growth chart. Ask your doctor about your BMI.
- Healthy eating habits will help prevent heart disease, type 2 diabetes and sleep apnea.
- Being underweight may be the sign of an underlying illness. Discuss this with your doctor.

### Meals and Snacks

- Teenagers need to eat three meals each day, the first within 1 hour of waking up. Skipping breakfast may lead to difficulties in school and work, plus unhealthy eating later in the day.
- At least three of the five food groups should be eaten at each meal: meats/beans, fruits, vegetables, grains and dairy.
- At least half of your plate should be fruits and veggies.
- Two to three snacks each day are okay, but these need to come from the five food groups.
- An appropriate snack amount will fit in your hand and be enjoyed no closer than 2 hours to a meal.
- We do not recommend sweets, chips, sodas or fast food.

### Drinks

- Stick with the basics: water and low-fat milk are best.
- Drink plenty of water between meals to stay well hydrated.
- Skim and 1 percent milk offer the same nutrients as whole milk, but with less fat and calories; 20 oz. of milk each day (about 3 small glasses) is the recommended amount.

### Special Focus

- If you are not drinking the recommended amount of milk, we recommend daily supplementation of 600 units of vitamin D and a multivitamin with 1000-1300 mg. calcium.
- Peak bone mass is established throughout adolescence. Adequate intake of calcium and vitamin D, a healthy weight and physical activity are important for optimal bone development.
- Menstruating girls are at risk for becoming deficient in iron if they do not consume enough iron-rich foods. Too little iron may result in anemia, fatigue and difficulty learning.
- The best sources of iron are protein-rich foods like lean meats, poultry, seafood, beans, eggs and nuts. Include a palm-sized portion of protein at each meal to ensure adequate iron intake.
- If you are not eating a diet rich in iron, we recommend a multivitamin with iron.
- Vitamin C is needed to absorb vitamins and minerals like vitamin D and iron. Vitamin C is found in almost every fruit and vegetable, so filling up half your plate with fruits and vegetables at each meal is essential.

### Helpful Tips

- Plan healthy meals ahead of time.
- Take part in meal preparations. Cooking is a necessary skill in adulthood.
- If you are interested in weight loss, talk with your doctor about a safe approach.



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