



Child and Adolescent Nutrition

BASED ON CURRENT USDA DIETARY GUIDELINES FOR AMERICAN

Children who are overweight or have obesity are at risk of high blood pressure, high cholesterol, and impaired glucose tolerance, as well as an increased risk of cardiovascular disease and type 2 diabetes. It is important for children and adolescents to have a well-balanced diet, fueled by nutrient-dense foods and regular physical activity.

Regular physical activity can improve bone health, cardio-respiratory and muscular fitness, and cognition, as well as reduce the symptoms of depression.

Preschool-aged Children:

Active throughout the day to enhance growth and development; aim for at least 3 hours per day.

School-aged Children:

Need at least 1 hour of moderate to vigorous activity daily to attain the most health benefits (ex. walking, running, or any activity that increases the heart rate). They also require muscle-building activities (ex. climbing on playground equipment, playing basketball, and jumping rope).

41% of Children and Adolescents are overweight or have obesity

Picky Eater

Recommendations:

Offer the same type of food multiple times, in a variety of forms, or prepared multiple ways. May take up to 8-10 exposures. Include children in the process of shared meals through shopping, cooking, and consumption. Model healthy eating behaviors and practices.

Children and adolescents have the lowest Healthy Eating Index scores resulting in poor health outcomes. Children and adolescents tend to under-consume fruit and dairy; all age groups tend to under-consume vegetables, whole grains, and seafood. In addition, there is an over-consumption of refined grains and sugar.

Intake of sugar-sweetened beverages as a percent of total daily energy increases from 11% to 15% during adolescence.

Consuming beverages with no sugar added is particularly important for kids age 2-8, so focus on consumption of dairy or fortified-soy alternatives such as, fat-free or low-fat 1% milk, yogurt, cheese, and fortified soy beverages and yogurt.

***Public Health Concern: under-consumption of potassium, calcium, and vitamin D**

Adolescents show low intake of nutrient-dense foods within the grains, dairy, fruits and vegetable groups, which leads to low intake of phosphorus, magnesium, and choline.

Female adolescents under-consume meats, which leads to low dietary intake of iron, folate, vitamin B6, and vitamin B12.

What food groups should I increase and what do I need to decrease?

- 90% consume below the recommended amount of total vegetables
- 80% consume below the recommended amount of fruit
- 95% under-consume whole grains
- 90% under-consume dairy
- 90% under-consume seafood.
- 70% over-consume meats, poultry
- 90% over-consume refined grains

Recommended Daily Calorie Intake

Ages 2-4:

Females require 1000-1400 calories per day
Males require 1000-1600 calories per day

Ages 5-8:

Females require 1200-1800 calories per day
Males require 1200-2000 calories per day

Ages 9-13:

Females require 1400-2200 calories per day
Males require 1600-2600 calories per day

Ages 14-18:

Females require 1800-2400 calories per day
Males require 2000-3200 calories per day

***BASED ON HEIGHT, AGE, WEIGHT AND ACTIVITY LEVEL**