

## Nutrition for Young Children

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#### Food Guide Pyramid:

**Breads and cereals** provide carbohydrates and B-vitamins.

**Vegetables and fruit** are good sources of A, C, folacin

**Milk and milk products** supply protein, calcium, vitamin A, B-vitamins

**Meat, poultry, fish, beans, etc.** provide protein, B-vitamins, and iron

**Fats, oils, and sweets** (used sparingly). Monounsaturated oils provide essential fatty acids

#### Nutrition Summary:

1. **Carbohydrates:** for energy. Breads, grains, cereals, fruit, vegetables, dairy products. Sugar (a simple carbohydrate) promotes tooth decay, dilutes out the diet. Provide adequate fiber from whole grains.
2. **Protein:** for growth, repair of tissue, regulation of body functions. Meat, fish poultry, dry beans, peas, lentils, eggs, dairy products.

#### Recommendations:

<u>Age (yrs.)</u>	<u>Protein (g)</u>	<u>Servings/portion size</u>
1-3	16	2 servings, 1-2 oz. meat 3-4 ½ servings, ¾ c. milk
4-5	24	2 servings, 1-2 oz. meat 3-4 servings, ¾ c. milk

**1 oz. lean meat ≈ 7 g. protein; 1 cup milk ≈ 8 g. protein; 1 egg ≈ 6 g. protein**

3. **Fat:** for essential fatty acids; absorption of fat soluble vitamins and calcium. Whenever possible, use monounsaturated oils (olive, canola, and peanut oil). Avoid hydrogenated fats, since they contain trans fatty acids.
4. **Vitamins:** speed up chemical reactions in the body. Vitamins A, C, and folacin are commonly deficient in young children's diets.
5. **Minerals:** for regulation of body functions, bones, and teeth. Iron is commonly deficient in young children's diets. Red meat and fortified cereals are the best sources of iron. Calcium is deficient in some children's diets, depending on milk consumption.