

FACTS ABOUT KIDS EATING PATTERNS

Did you know that?

- Only 2 percent of school-age children meet the Food Guide Pyramid serving recommendations for the five food groups.
- Children consume almost 20 percent of their calories from the tip of the Food Guide Pyramid, which are fat and sugar.
- Approximately only one in five kids gets “5 a Day” of fruits and vegetables.
- Less than one in three school-age children consume the recommended Milk Group servings on any given day.
- Teenagers drink twice as much carbonated soda as milk.

Please visit the following Web sites for more information...

EATING A HEALTHFUL DIET

American Dietetic Association

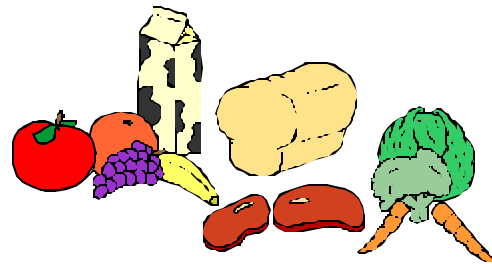
<http://www.eatright.org>

The American Dietetic Association is the nation's largest organization of food and nutrition professionals and serves the public by promoting optimal nutrition, health and well-being. The ADA site is an excellent source of food and nutrition information, including online tools and brochures, the good nutrition reading list, ADA publications and links to additional food and nutrition resources, and healthy lifestyle tips.

Dole 5-A-Day

<http://dole5aday.com>

Find out why fruits and vegetables are good for YOU!



International Food Information Council

<http://ific.org>

This site provides balanced information on controversial issues in nutrition and food safety. The “Nutrition” section covers topics such as food allergies, overweight children, food safety, artificial sweeteners and biotechnology.

FEEDING CHILDREN

Baylor College of Medicine Children's Nutrition Research Center

<http://www.bcm.tmc.edu/cnrc/consumer/archives/factsanswers.html>

Visit this site for a collection of articles addressing child nutrition issues from helping children develop healthful eating habits to nutrition for the teenage vegetarian. Click on <http://www.bcm.tmc.edu/cnrc/consumer/nyc/nyc.htm>, and sign up for "Nutrition & Your Child," a newsletter that includes research reports and nutrition information related to the nutritional care and feeding of children.

The Food Guide Pyramid for Young Children

<http://www.usda.gov/cnpp/KidsPyra/>

Download USDA's Food Guide Pyramid for Young Children, ages 2 to 6, and a 16-page booklet with tips parents and caregivers can use to help children develop healthful eating habits that last a lifetime.

Milk Matters Campaign

<http://www.nichd.nih.gov/milk/milk.cfm>

Milk Matters is a nationwide campaign dedicated to increasing calcium consumption among America's children and teens. Milk Matters focuses on educating people about the importance of calcium for building strong and healthy bones. The site features education materials for health professionals and parents. Click on <http://www.nichd.nih.gov/milk/kidsteens.cfm> to visit the "Kid's Page." Here you'll find animated action games, puzzles and mazes that teach children and adolescents why calcium is critical to health.

Nutrition for Kids

www.nutritionforkids.com

Nutrition for Kids provides books, teaching kits and other resources for teaching nutrition to kids. The site also features the "Feeding Kids Newsletter" with news, articles, tips, recipes and *more* – a great resource for parents and caregivers! Visit the "Weekly Carrot" for useful tips and quick updates.

