

# Healthy Eating for Children

To develop well, young children need the right types of foods.  
Different foods help the body in different ways.  
It's not enough just to have a full belly.



## 4 GOOD WAYS TO IMPROVE CHILDREN'S NUTRITION:

### 1 BREASTFEED BABIES (IF POSSIBLE) FOR AT LEAST A YEAR

- Two years is even better.
- Add other foods starting at 6 months.



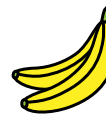
### 2 GIVE YOUR CHILD SOME FRUITS AND VEGETABLES EACH DAY

- Fruits and vegetables help with many body processes and help prevent disease.

Foods like:



green leafy vegetables



banana



tomato



mango

### 3 GIVE YOUR CHILD SOME PROTEIN FOOD EACH DAY

- Protein helps the body grow and repair itself.

Foods like:



dry beans



fish



nuts



eggs



poultry

### 4 DON'T GIVE CHILDREN LOTS OF SALTY OR SUGARY FOODS AND PACKAGED SNACKS

- These foods don't have the nutrients children need.
- Eating too much of them can also damage children's health.

Foods like:



cookies



chips



candy



sugary drinks

### Grains and Starchy Foods

Grains and starchy foods like rice noodles, bread, tortillas, and potatoes are often eaten at every meal. They give the body energy. But they don't give all the nutrition that is needed.

Fruits and vegetables and protein foods need to be added.



pasta



bread



rice



potatoes, sweet potatoes

Also follow any recommendations you have received from a health professional.

## Healthy Eating for Children

*Small changes in eating can make a big difference to a child's health.*

### Fruits and Vegetables

To start, try to give your child a fruit or vegetable once a day.  
*(A portion is about the size of your child's fist.)*

What are some fruits and vegetables you could use?

How could you get them?

When you can, give your child fruits or vegetables at every meal. It is good if a child can get 5 portions of fruits or vegetables a day.

### Protein Foods

To start, try to give your child a protein food once a day.  
*(A portion is about the size of your child's fist.)*

What are some protein foods you could use?

How could you get them?

When you can, give your child a protein food at every meal.

### Other ideas or questions

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**If your family is having problems getting these foods, please talk with your ministering brothers or sisters.**