

The background of the slide is a vibrant lime green, decorated with several circular slices of kiwi fruit. Each slice shows the characteristic green flesh, white core, and black seeds. A large, white, torn-paper-style shape is cut out from the center of the image, serving as a frame for the text.

Every Kid Healthy

Nutrition for Kids

Part I

A Balanced Diet

- Healthy carbohydrates
- Healthy proteins
- Healthy fats
- Proper portions





Carbohydrates

- Carbohydrates are the body's primary fuel source.
- Essential for energy, growth, and development, especially in active children.
- 45%-65% of total caloric intake for kids

Healthy Carbohydrates

- Vegetables
 - Zucchini, onion, mushroom, garlic, bell peppers, spinach, eggplant, etc.
- Starchy vegetables
 - Sweet potatoes, potatoes, butternut squash, carrots, etc.
- Fruits
 - Berries, pineapple, apples, bananas, cherries, grapes, etc.
- Beans
 - Black beans, chickpeas, kidney beans, lentils, etc.
- Whole grains
 - Farro, oats, quinoa, etc.



Carbohydrates to Limit

- Processed foods
 - Cereal
 - Crackers
 - Baked goods
 - Some granola bars, granolas (read the label)
 - Frozen foods
 - Eating out
- Sugary drinks
 - Gatorade
 - Fake juice
 - Soda
 - Energy drinks/Caffeine
 - Milk shakes



Nutrition Label:

Original Label

Nutrition Facts			
Serving Size 2/3 cup (55g)			
Servings Per Container About 8			
Amount Per Serving			
Calories 230		Calories from Fat 72	
		% Daily Value*	
Total Fat	8g		12%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	160mg		7%
Total Carbohydrate	37g		12%
Dietary Fiber	4g		16%
Sugars	1g		
Protein	3g		
Vitamin A			10%
Vitamin C			8%
Calcium			20%
Iron			45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

NEW LABEL / WHAT'S DIFFERENT

Servings:
larger,
bolder type

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat	8g 10%
Saturated Fat	1g 5%
Trans Fat	0g
Cholesterol	0mg 0%
Sodium	160mg 7%
Total Carbohydrate	37g 13%
Dietary Fiber	4g 14%
Total Sugars	12g
Includes 10g Added Sugars	20%
Protein	3g
Vitamin D	2mcg 10%
Calcium	260mg 20%
Iron	8mg 45%
Potassium	235mg 6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Serving sizes
updated

Calories:
larger type

Updated
daily
values

New:
added sugars

Change
in nutrients
required

Actual
amounts
declared

New
footnote



Proteins

- Protein is crucial for kids' growth, development, repair (muscles, tissues, organs), and overall health.
- Protein is essential for proper immune function.
- Protein provides other nutrients important for overall health; iron, B vitamins, omega 3 fatty acids, and zinc.
- Children need about .45 grams per pound of body weight. Roughly, 20-35 grams per day.

Healthy Proteins

- Animal proteins (Organic when possible)
 - Beef, seafood, eggs, chicken, turkey, duck, organ meat, bison, etc.
- Dairy (Organic when possible)
 - Whole milk, whole yogurt, whole fat cheese, cottage cheese
- Beans
 - Pinto, kidney, chickpea, lentils
- Nuts & seeds
 - Ground flax seeds, chia seeds, pumpkin seeds, walnuts, pistachios, pecans, almonds
- Other
 - Green peas, whole grains



Proteins to Limit

- Processed meats
 - Bacon, hot dogs, sausage, deli meat (opt for nitrate free)
- Fried protein
 - Fried chicken, fried fish, etc..
- Some plant-based alternatives
 - Contain artificial ingredients and soy, highly processed
- Low quality protein products
 - Bars, cereals, powders, etc. (Read the ingredient list)



Fats

- Fats are essential for children's growth, development, energy levels, and supporting brain function.
- Fats are necessary for the absorption of fat-soluble vitamins (A, D, E, and K)
- 60% of the brain is made up of fat, making it crucial for proper brain structure and function especially during infancy and childhood.
- Certain fats, omega 3 fatty acids are critical for building maintaining brain cells and supporting cognitive function.
- Fats are calorically dense perfect for fueling kids' activity levels, plus fats are satiating.



Healthy Fats

- Animal meat (organic when possible)
 - Beef, fatty fish (salmon, tuna, mackerel, sardines), eggs, dark meat chicken, dark meat turkey, duck
- Whole fat dairy (organic when possible)
 - Butter, whole milk, whole yogurt, 4% cottage cheese
- Nuts & seeds
 - Ground flax seeds, chia seeds, pumpkin seeds, walnuts, pistachios, pecans, almonds
- Oils
 - Olive oil, avocado oil, coconut oil, ghee
- Other
 - Avocado, olives, peanut butter, almond butter, cashew butter, sunflower seed butter



Fats to Limit

- Processed meats
 - Bacon, hot dogs, sausage, pepperoni, etc.
- Fried and processed foods
 - Industrialized oils; Canola oil, soybean oil, peanut oil, corn oil, vegetable oil, seed oils
 - French fries, fried chicken nuggets, chips, fried vegetables, fried seafood, etc.
 - Artificial trans fats; Hydrogenation in which food manufacturers add hydrogen molecules to liquid vegetable oils to extend shelf life, enhance flavor and create a more solid texture in foods.
 - Baked goods, peanut butter, crackers, margarines, mayonnaise, some candy



Healthy Portions

- Consider the child's activity levels and individual needs when determining portions.
- Kids are intuitive eaters, if you are offering mostly healthy foods, don't worry about portions, they will stop eating when they have what they need.
- Continue to offer a variety of different foods, textures, and flavors
- To build a plate: (A good starting point, yet go off your child's needs)
 - Carbohydrates: Offer one clenched fist of grains or starchy vegetables
 - Protein: Aim for the size of the child's palm
 - Fruits and vegetables: Offer two clenched fists
 - Fats: Aim for the size of child's thumb each meal



Every Kid Healthy Part II

- May 27, 2025 Facebook Live at 4:00 PM
- Application of Part I:
 - How to encourage your kids to eat healthier
 - Meal planning with recipes your kids will enjoy (hopefully!)
 - How to make the convenient option the healthy option
 - Ideas and meals including healthy macronutrients
 - Eating healthy on a budget

