

This insert provides nutrition information for children under 2 years old, 2 to 8 years old, 9 to 18 years old and adults 19-50 years old and incorporates the guidance provided in the USDA's MyPlate. Tips for families and emergency food providers to encourage healthy eating are also included.

## Infants to Children 2 years old

Written by Sasha Harrison, Post-Baccalaurate Dietetics and Nutrition, Fitness and Health Student

### Age: 0-12 months

#### 0-8 months:

Infants are recommended to consume breast milk and/or infant formula from birth to 6 months. After 6 months, developmental cues will indicate when the infant is ready to try solid food such as iron-fortified cereal, fruit, or vegetables. Infant stomachs are very small but growth at this stage is rapid, thus, infants should be fed several times a day. Allow infants to self-regulate how much they consume. Begin with a few Tablespoons of solid food a day and increase as needed. Offer solid foods slowly and individually.



#### 8-12 months:

Infants at this stage may be consuming foods from all food groups. Servings may range from about 1/8 to 1/3 cup servings 2-3 times a day. At 10 months, combination foods such as macaroni and cheese may be introduced to the infant. Continue to expose the infant to a variety of healthy foods and allow them to self-regulate when and how much to consume.

### Three tips for families to encourage healthy eating for children under 2 years old:

1. Promote feelings of security by holding an infant during feeding.
2. Allow children to regulate their own eating. Pay attention to hunger and fullness cues in order avoid over-feeding or under-feeding.
3. Encourage trying new foods by serving a new food along side a favorite food and by introducing a food multiple times.

### Age: 1-2 years old

Children ages 1 to 2 years old should be eating solid foods. Breast-feeding can be continued at this age, but solid food should be the main source to fulfill energy needs. Children should be eating a well balanced diet, similar to that of an adult, with a variety of fruits and vegetables, whole grains, protein source foods, and low-fat dairy. Children in this age range should be consuming whole milk, unless overweight or obesity is a concern.

Children should eat three meals a day and may also eat one or two healthy snacks. Serving sizes should be about one-quarter of an adult's serving size.



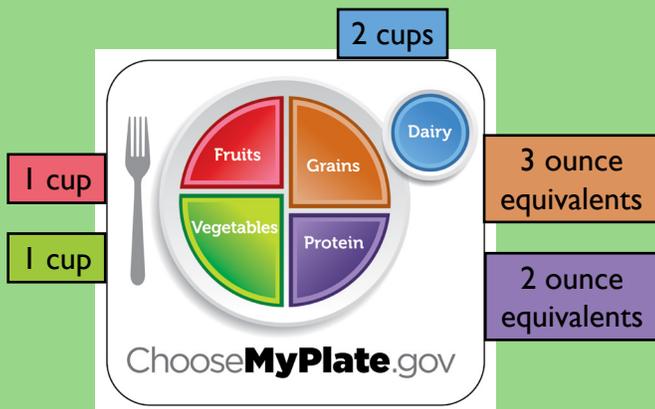
### Three tips for emergency food providers to encourage healthy eating for children under 2 years old:

1. Provide educational materials about child and infant feeding at each age stage.
2. Stock various types of formula. Pantries may also have bottled water, which can be stored near the infant formula because families may use it to mix with infant formula.
3. Stock transitional foods like iron-fortified rice cereal and baby food.

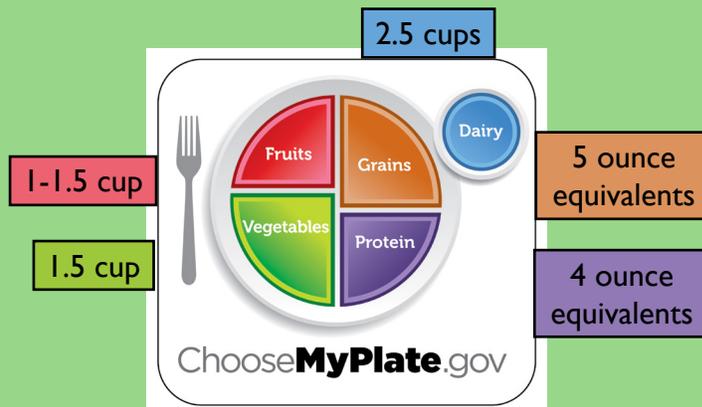
# Children 2-8 years old

Written by Briana Eicher, RD, CD

## Age: 2-3 years old



## Age: 4-8 years old



The amount of calories and nutrients required for children ages 2-8 years depends on their activity level. The recommended daily amounts above are based on the requirements for all children who get less than 30 minutes of physical activity per day.



The types and colors of vegetables eaten should be varied throughout the week and should include:

- dark green
- red and orange
- beans and peas
- starchy vegetables

Each type and color of vegetables provides a unique set of nutrients that are important for child growth.



Half of the grains eaten should be whole grains.

- For children 2-3 years old, this should be 1.5 ounce equivalents
- For children 4-8 years old, this should be 2.5 ounce equivalents.

### Three tips for families to encourage healthy eating for children 2-8 years old:

1. Include a fruit and/or vegetable at every meal. Fresh, frozen, and canned produce are all good options.
2. Set a good example for children by eating a balanced diet.
3. Try combining new foods with preferred foods, using positive reinforcement, limiting the number of food choices, serving appropriate portion sizes, and serving consistent meals for picky eaters.

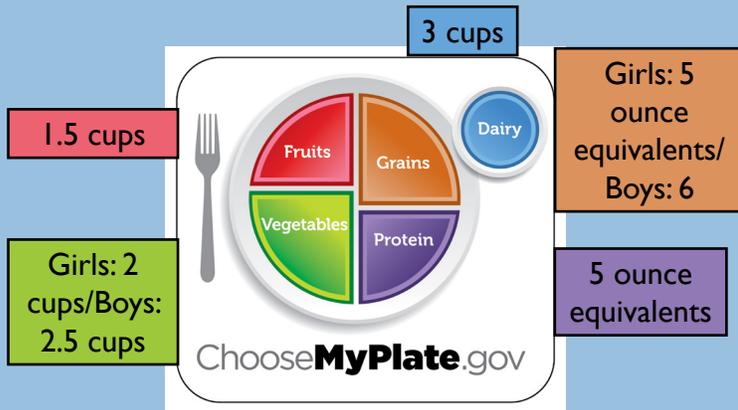
### Three tips for emergency food providers to encourage healthy eating for children 2-8 years old:

1. Provide nutrition-related activities for children. Team Nutrition has activities available: <http://www.fns.usda.gov/tn/team-nutrition>.
2. Encourage interaction with food selection, bagging food items, and packing food into the car.
3. Provide age-appropriate handouts to children and parents about food safety and nutrition.

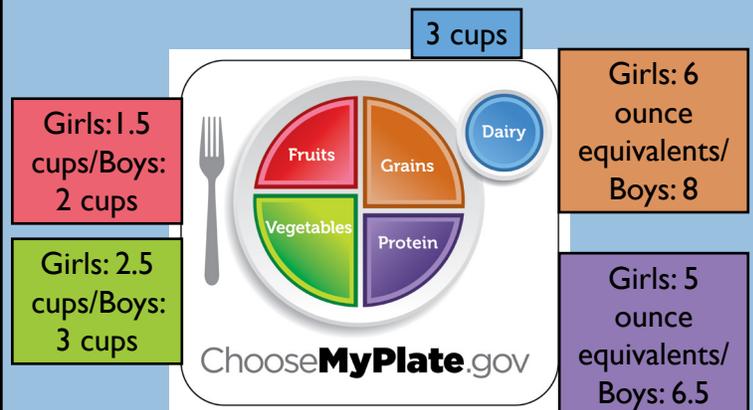
# Children and Adolescents 9-18 years old

Written by Sasha Harrison, Post-Baccalaureate Dietetics and Nutrition, Fitness and Health Student

## Age: 9-13 years old



## Age: 14-18 years old



The amount of calories and nutrients required for individuals ages 9-18 years depends on their activity level. The recommended daily amounts above are based on the requirements for those who get less than 30 minutes of physical activity per day.



The types and colors of vegetables eaten should be varied throughout the week and should include:

- dark green
- red and orange
- beans and peas
- starchy vegetables

Each type and color of vegetables provides a unique set of nutrients that are important for growth.



Half of the grains eaten should be whole grains.

- For individuals 9-13 years old, this should be 3 ounce equivalents
- For individuals 14-18 years old, this should be 3 ounce equivalents for girls and 4 ounce equivalents for boys.

### Three tips for families to encourage healthy eating for children and adolescents 9-18 years old:

1. Provide healthy snacks that are low in fat, sodium, and added sugars. Examples include yogurt and fruit, crackers and tuna, and celery and peanut butter.
2. Encourage physical activity such as walking or playing team sports.
3. Promote healthy eating as a lifestyle, rather than focus on weight management, which may lead to disordered eating or issues with body image.

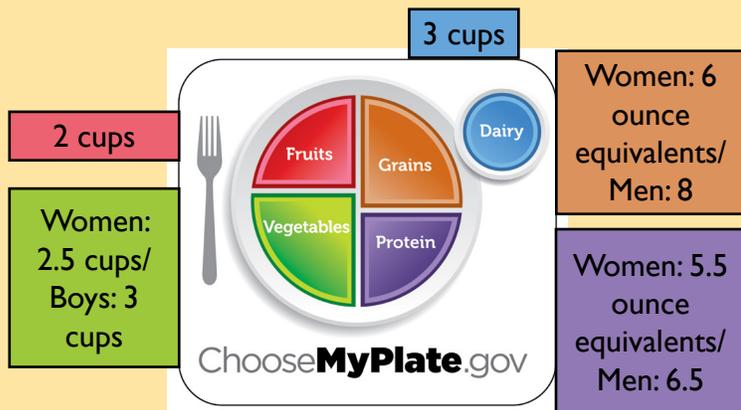
### Three tips for emergency food providers to encourage healthy eating for children and adolescents 9-18 years old:

1. Offer a variety of nutrient dense foods in individual packages to encourage healthy, portable snacks.
2. Provide handouts about making healthy lifestyle choices. Examples are serving size guides for youth, healthy recipes, and ways to make healthy choices away from home.
3. Work with a backpack program to improve children's access to foods on weekends and during breaks.

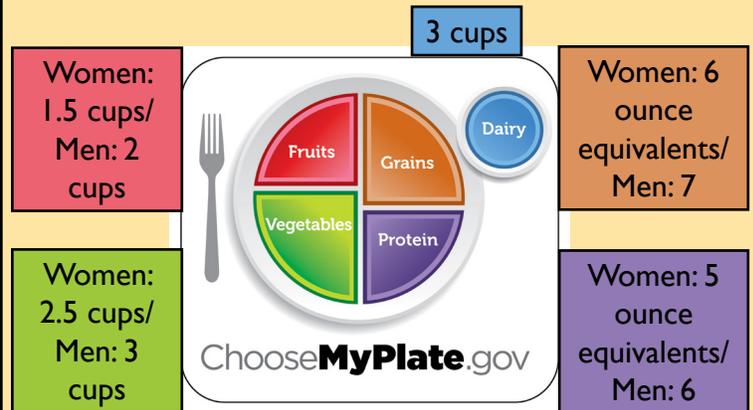
# Adults 19-50 years old

Written by Briana Eicher, RD, CD

## Age: 19-30 years old



## Age: 31-50 years old



The amount of calories and nutrients required for adults ages 19-50 years depends on their activity level. The recommended daily amounts above are based on the requirements for those who get less than 30 minutes of physical activity per day.



The types and colors of vegetables eaten should be varied throughout the week and should include:

- dark green
- red and orange
- beans and peas
- starchy vegetables

Each type and color of vegetables provides a unique set of nutrients that are important for growth.



Half of the grains eaten should be whole grains.

- For individuals 19-30 years old, this should be 3 ounce equivalents for women and 4 ounce equivalents for men.
- For individuals 31-50 years old, this should be 3 ounce equivalents for women and 3.5 ounce equivalents for men.

### Three tips for families to encourage healthy eating for adults 19-50 years old:

1. Substitute whole grains for refined grains. For example, use whole-wheat bread, brown rice, and whole-wheat pasta.
2. Capitalize on opportunities for extra nutrition—add a few strawberries to your breakfast; add beans to your salad at lunch; add a frozen or canned vegetable to your dinner menu.
3. Cook more meals at home where you have control over the ingredients and cooking methods.

### Three tips for emergency food providers to encourage healthy eating for adults 19-50 years old:

1. Offer client choice so that adults can utilize their nutrition knowledge and choose foods that are right for them.
2. Collaborate with community organizations or individuals to provide cooking demonstrations.
3. Provide other resources at your location that may help sustain a healthy diet, such as information for local nutrition classes, grocery store tours, SNAP benefits/enrollment, and information regarding other assistance programs.