

CHILDHOOD NUTRITION

WYOMING 2015

Why is Proper Nutrition Important in Children?

Proper nutrition in children helps to:

- Maintain a healthy weight
- Support optimal growth
- Develop healthy and strong bones
- Lower risk of cardiovascular disease
- Lower risk of diabetes and cancer
- Lower risk of behavioral and psychological conditions
- Maximize academic performance

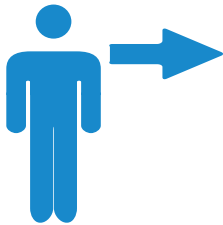
Nutritional Guidelines for Children

Healthy Nutrition Tips:

- Eat foods low in saturated/trans fat, cholesterol, salt and added sugars
- Keep total fat intake between 25-35% of calories
Eat whole-grain/high fiber breads and cereals
- Eat a variety of fruits/vegetables daily, while limiting juice intake
- Eat fat-free and low-fat dairy foods

Limit:

- Consumption of large amounts of soda, sports drinks, processed foods, desserts and foods with saturated fats



Children today are more likely to...

- Consume more sugar sweetened beverages
- Consume less fruits and vegetables
- Eat out more often
- Be exposed to large amounts of food and beverage advertising



Food for thought

A can of 12oz soda contains around **120 calories**



It would take about **1.2 miles** of walking or running to burn those calories!

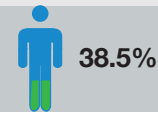
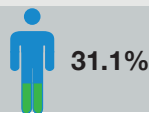
Adolescents in Grades 9-12

WY

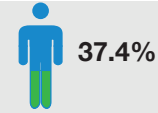
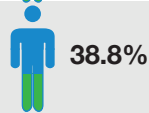
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During the previous 7 days:

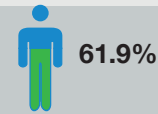
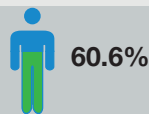
Students who did not eat vegetables



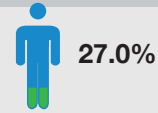
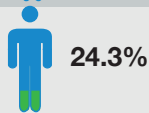
Students who did not eat fruit or drink 100% fruit juices



Students who did not eat breakfast every day



Students who drank soda or pop more than once a day



2013 Youth Risk Behavior Surveillance System

Nutrition in Wyoming Schools



Percentage of schools that always offered fruits or non-fried vegetables at school when foods or beverages are offered



Percentage of schools that priced nutritious foods and beverages at a lower cost while increasing the price of less nutritious foods and beverages



Percentage of schools that prohibited all forms of advertising and promotion of candy, fast food restaurants or soft drinks in school buildings