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

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<thead>
<tr>
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<th>WY</th>
<th>U.S.</th>
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<tbody>
<tr>
<td>Students who did not eat vegetables</td>
<td>31.1%</td>
<td>38.5%</td>
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<tr>
<td>Students who did not eat fruit or drink 100% fruit juices</td>
<td>38.8%</td>
<td>37.4%</td>
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<tr>
<td>Students who did not eat breakfast every day</td>
<td>60.6%</td>
<td>61.9%</td>
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<tr>
<td>Students who drank soda or pop more than once a day</td>
<td>24.3%</td>
<td>27.0%</td>
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</tbody>
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Nutrition in Wyoming Schools

- 32% Percentage of schools that always offered fruits or non-fried vegetables at school when foods or beverages are offered
- 6.7% Percentage of schools that priced nutritious foods and beverages at a lower cost while increasing the price of less nutritious foods and beverages
- 51.2% Percentage of schools that prohibited all forms of advertising and promotion of candy, fast food restaurants or soft drinks in school buildings

2013 Youth Risk Behavior Surveillance System
2014 School Health Profiles Report