

KIDS DIETS



from DAN'S
HAND

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To ensure that your child grows up healthy and receives proper nutrition, they will need to eat a wide variety of foods. After all, your child is growing rapidly; his or her cells are replicating and dividing at an enormous rate. These cells require nutrients from a wide variety of sources. The amount of foods that they eat is less important, although, with less activity, less is better.

Remember that your child's appetite may decrease and become pickier over the next few years as his or her growth rate slows. As long as they are gaining weight and have a normal activity level, then you have little to worry about. You can still offer them a variety of foods, but can decrease the serving sizes if they don't eat a lot.

The Ratios

Understanding how foods are classified can help you create a healthy balance in your child's diet. The Glycemic Index of foods can be lowered simply by combining carbs, proteins and fats properly, and as your child grows, very specific nutrients are needed for optimal development. So take the time to understand food classifications.

Generally, active children should be consuming 50/25/25% carbs, protein and healthy fat respectively of their total calorie intake.

According to the food guide pyramid, a child should be offered a variety of foods from the following groups:

Grain – 6 servings a day. Servings include 1 slice of whole grain bread, 1/2 cup of cooked brown rice or whole wheat pasta, 1/2 cup of cooked cereal, and 1 ounce of ready to eat cereal.

Vegetable – 3 servings a day. Servings include a 1/2 cup of chopped or raw vegetables, or 1 cup of raw leafy vegetables. Try to include a raw veggie or fruit at every meal. This adds needed enzymes for digestion.

Fruit – 2 servings a day. Servings include 1 piece of fruit or melon wedge, 3/4 cup of 100% fruit juice with pulp, 1/2 cup of canned fruit, or 1/4 cup of dried fruit. I make smoothies almost every day with frozen organic fruits, nuts and Bio-Whey.

Whey Protein – My kids love it; in fact, my 5-year-old is now making protein shakes from scratch—herself!

Milk group – 2 servings a day. Servings include 1 cup of milk or yogurt or 2 ounces of cheese.

Meat group – 2 servings a day. Servings include 2 to 3 ounces of cooked lean meat, poultry or fish, 1/2 cup of cooked dry beans. You can substitute 2 tablespoons of peanut butter or 1 egg for 1 ounce of meat.

Eat well!

PROJECT: PFC MISSION STATEMENT

The caring partner displaying this information is a proud member of Project: PFC. Our mission is to provide the simplest, most delicious foods to everybody everywhere. We select natural, whole and minimally-processed foods, drinks and supplements free from all artificial junk, yet rich with nature's goodness. Using current research and educational materials, we're making the world of nutrition "Simple Again".
Eat Well. Live Well (and Long).