Child Nutrition

URL of this page: http://www.nlm.nih.gov/medlineplus/childnutrition.html

A healthy diet helps children grow and learn. It also helps prevent obesity and weight-related diseases, such as diabetes. To give your child a nutritious diet:

- Make half of what is on your child's plate fruits and vegetables
- Choose healthy sources of protein, such as lean meat, nuts, and eggs
- Serve whole-grain breads and cereals because they are high in fiber. Reduce refined grains.
- Broil, grill, or steam foods instead of frying them
- Limit fast food and junk food
- Offer water or milk instead of sugary fruit drinks and sodas

Learn about your children's nutrient requirements. Some of them, such as the requirements for iron and calcium, change as your child ages.

*NH: National Institute of Diabetes and Digestive and Kidney Diseases*

**Start Here**

  Also available in Spanish [http://kidshealth.org/parent/en_espanol/nutricion/habits_esp.html]
  Also available in Spanish [http://win.niddk.nih.gov/publications/su_hijo.htm]

**Overviews**

- Health and Nutrition Information for Preschoolers [http://www.chooosemyplate.gov/preschoolers.html] (Department of Agriculture)

**Latest News**


**Diagnosis/Symptoms**

Specific Conditions

- Calcium and Your Child [http://kidshealth.org/parent/growth/feeding/calcium.html] (Nemours Foundation)
  Also available in Spanish [http://kidshealth.org/parent/en_espanol/nutricion/cholesterol_esp.html]
  Also available in Spanish [http://kidshealth.org/parent/en_espanol/nutricion/iron_esp.html]
- Vegetarianism [http://kidshealth.org/parent/nutrition_center/dietary_needs/vegetarianism.html] (Nemours Foundation)

Related Issues

- Be a Healthy Role Model for Children: 10 Tips for Setting Good Examples [http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipSheet12BeAHealthyRoleModel.pdf] (Department of Agriculture) - PDF
  Also available in Spanish [http://www.choosemyplate.gov/downloads/DGTipSheet12BeAHealthyRoleModel-sp.pdf]
- Cut Back on Your Kid’s Sweet Treats: 10 Tips to Decrease Added Sugars [http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipSheet13CutBackOnSweetTreats.pdf] (Department of Agriculture) - PDF
  Also available in Spanish [http://www.choosemyplate.gov/downloads/DGTipSheet11KidFriendlyVeggiesAndFruits-sp.pdf]
- What You Need to Know about Mercury in Fish and Shellfish [http://water.epa.gov/scitech/swguidance/fishshellfish/outreach/upload/2004_05_24_fish_MethylmercuryBrochure.pdf] (Environmental Protection Agency, Office of Water) - PDF
Health Check Tools
- Food-A-Pedia [https://www.supertracker.usda.gov/foodapedia.aspx] (Department of Agriculture)

Videos

Games

Clinical Trials
- ClinicalTrials.gov: Child Nutrition Disorders [http://clinicaltrials.gov/search/open?term=%22nutrition+disorders+%22+%5BCONDITION%5D+AND+child+%5BAGE-GROUP%5D] NIH (National Institutes of Health)
- ClinicalTrials.gov: Child Nutrition [http://clinicaltrials.gov/search/open?term=nutrition+%5BCONDITION%5D+AND+child+%5BAGE-GROUP%5D] NIH (National Institutes of Health)

Research

Journal Articles
References and abstracts from MEDLINE/PubMed (National Library of Medicine)

Dictionaries/Glossaries
- Vegetarian Glossary of Terms [http://www.eatright.org/Public/content.aspx?id=6375] (Academy of Nutrition and Dietetics)
Directories
- Child Nutrition State Sharing Center [http://healthymeals nal.usda.gov/state-sharing-center-0] (Department of Agriculture)
- Find a Registered Dietitian [http://www.eatright.org/iframe/FindRD.aspx?] (Academy of Nutrition and Dietetics)

Organizations
- Food and Nutrition Service [http://www.fns.usda.gov]
  Also available in Spanish [http://www.fns.usda.gov/fns/sp-default.htm]
- KidsHealth [http://kidshealth.org/] (Nemours Foundation)

Law and Policy
  Also available in Spanish [http://www.fns.usda.gov/wic/FAQs/sp-FAQ.htm]

Statistics
- Nutrition and the Health of Young People [http://www.cdc.gov/healthyyouth/nutrition/facts.htm] (Centers for Disease Control and Prevention)

MedlinePlus Magazine

Children
  Also available in Spanish [http://kidshealth.org/kid/en_espanol/sano/sports_esp.html]
- Food Labels Tell the Story! [http://kids.niehs.nih.gov/explore/htliving/food3_foodlabels.htm] NIH (National Institute of Environmental Health Sciences)
- Spot the Block: Tween Tips [http://www.fda.gov/downloads/Food/LabelingNutrition/ConsumerInformation/UCM193083.pdf] (Food and Drug Administration) - PDF
- Why Drinking Water Is the Way to Go [http://kidshealth.org/kid/stay_healthy/food/water.html] (Nemours Foundation)

Teenagers
- 5 Reasons to Pack Your Lunch [http://kidshealth.org/teen/school_jobs/school/packing.html] (Nemours Foundation)
  Also available in Spanish [http://kidshealth.org/parent/en_espanol/nutricion/lunch_esp.html]
NIH (National Institute of Diabetes and Digestive and Kidney Diseases)
- Eating Well While Eating Out [http://kidshealth.org/teen/food_fitness/nutrition/eating_out.html] (Nemours Foundation)
- Energy Drinks and Food Bars: Power or Hype? [http://kidshealth.org/teen/food_fitness/nutrition/energy.html] (Nemours Foundation)
- Figuring Out Fat and Calories [http://kidshealth.org/teen/food_fitness/nutrition/fat_calories.html] (Nemours Foundation)
  Also available in Spanish [http://kidshealth.org/teen/en_espanol/nutricion/fat_calories.esp.html]
- Protein for the Teen Athlete [http://www.healthychildren.org/English/ages-stages/teen/nutrition/Pages/Protein-for-the-Teen-Athlete.aspx] (American Academy of Pediatrics)
- Soy Foods and Health [http://kidshealth.org/teen/food_fitness/nutrition/soy.html] (Nemours Foundation)

Patient Handouts
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/article/002455.htm]
- Eating extra calories when you are sick - children [http://www.nlm.nih.gov/medlineplus/ency/patientinstructions/000034.htm]
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/patientinstructions/000034.htm]

You may also be interested in these related encyclopedia pages:
- Eating extra calories when you are sick - children [http://www.nlm.nih.gov/medlineplus/ency/patientinstructions/000034.htm]

You may also be interested in these related MedlinePlus topics:

The primary NIH organization for research on Child Nutrition is the National Institute of Child Health and Human Development [http://www.nichd.nih.gov]


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