

Nutrition and Obesity

Nutrition:

In order to promote proper growth and development and to prevent various health conditions, healthy eating is very important. The [2015–2020 Dietary Guidelines for Americans](#) recommends that people aged 2 years or older focus on making food choices which include fruits and vegetables, whole grains, fat-free and low-fat dairy products and protein.

Making healthy food choices helps to prevent high blood pressure, heart disease, diabetes, cancer, bone and joint issues, and dental disease.

Poor food choices can lead to obesity, lung stomach and digestive problems, and inappropriate relationships with food as a socialization tool or coping mechanism.

Way to improve nutrition for you child included: offer a variety of properly proportioned, nutritious foods. Make beverage choices with low fat and sugar content, start with small changes to your current eating habits like eliminating only soda at first, and make healthy eating family goal.

Food Group Recommendations:

Grains – 6 servings per day (example 1 slice whole wheat bread)

Vegetables – 4 servings per day (example 1/2 cup raw broccoli without a dip)

Fruits- 4 servings per day (example baseball sized fruit like an apple)

Fat- free or Low-fat Dairy – 3 servings per day (example 1 cup low- fat yogurt)

Protein – 3-6 oz. per day (example 3 ounces lean red meat is about the size of a computer mouse)

Fats/Oils – 2 servings per day (example 1 teaspoon of margarine or oil)

Obesity:

In the United States, childhood obesity has more than tripled since the 1970s. Nearly 1 in 5 school aged children are obese.

Obesity is defined as having excess body fat. The CDC defines overweight in children and young people as a BMI at or above the 85th percentile. Your child BMI should be assessed at their yearly well check with their pediatrician.

Childhood obesity has immediate and long term negative effects on a child health. Obese children are at higher risk for chronic condition. Obese children are more likely to have a poor body image low self-esteem and are at higher risk for bullying, depression and social isolation. Obese children are more likely to be obese adults.

Sources: <https://www.cdc.gov/healthyschools/nutrition/facts.htm>

http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/HealthyDietGoals/Suggested-Servings-from-Each-Food-Group_UCM_318186_Article.jsp#.Wrpw1ojwa70 <https://www.cdc.gov/healthyschools/obesity/facts.html>

