

TOPIC: NUTRITION FOR YOUNG CHILDREN (AGES 1-5)

Nutrition for Young Children (Ages 1-5)

1-5 Years Old: From infancy → toddlerhood, Caloric needs ____ (larger body & more active),
BUT growth rate & caloric needs relative to bodyweight slightly ____.

Calorie Needs: 1000-1600 kcal per day.	◆ 30-40% of Calories from ____.	◆ Prioritize vitamin D, calcium, & iron.
	◆ 1.1g protein/kg/day.	◆ Consume 1.3-1.7L fluids/day.
	◆ 130g carbs/day.	

Other Considerations/Problems

- ◆ Toddlers are often _____ eaters; repeated exposure may help.
 - **Food Jag:** strong fixation/preference for one or a few foods.
- ◆ _____, frequent, nutrient-dense meals/snacks are recommended.
- ◆ Vegan diets pose several health/nutritional _____ for toddlers.
 - Multivitamin-multimineral (MVM) supplements may help prevent deficiencies.



EXAMPLE

Which of the following statements about nutrition for toddlers is true?

- a) Toddlers require more Calories per pound of bodyweight than infants.
- b) Toddlers should be fed small portions of nutrient-dense food often, rather than 3 larger meals per day.
- c) A food jag is when a child refuses to eat one particular food, no matter how many times it is offered to them.
- d) All of the above are true.

PRACTICE

Which of the following is a recommended method to help a toddler eat healthfully?

- a) If they reject a healthy new food, keep offering it to them multiple times; they may change their mind.
- b) If they refuse to eat healthy food, bribe them by offering any unhealthy food they want if they finish their healthy meal first.
- c) Eat unhealthy food and then pretend to feel ill. This shows toddlers the harmful effect of unhealthy foods.
- d) Only offer them one option (even if they don't like it) so they have no choice but to eat healthy.

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PRACTICE

Which of the following is the most appropriate beverage for a toddler aged 3?

- a) Baby formula.
- b) Whole milk.
- c) Low-fat milk.
- d) Sugar-free soda.

PRACTICE

Deficiency of which micronutrient is especially common among young children and can be avoided by the consumption of lean meats, poultry, & fortified grains?

- a) Vitamin D.
- b) Calcium.
- c) Zinc.
- d) Iron.
- e) Vitamin A.
- f) Vitamin C.

PRACTICE

Which of the following is a nutrient recommendation specific only to young children aged 1-5?

- a) 30-40% of total Calories should come from fat.
- b) 40-50% of total Calories should come from fat.
- c) Eat at least 130 grams of carbohydrates per day.
- d) Make sure to eat plenty of fiber to aid digestion & bowel health.