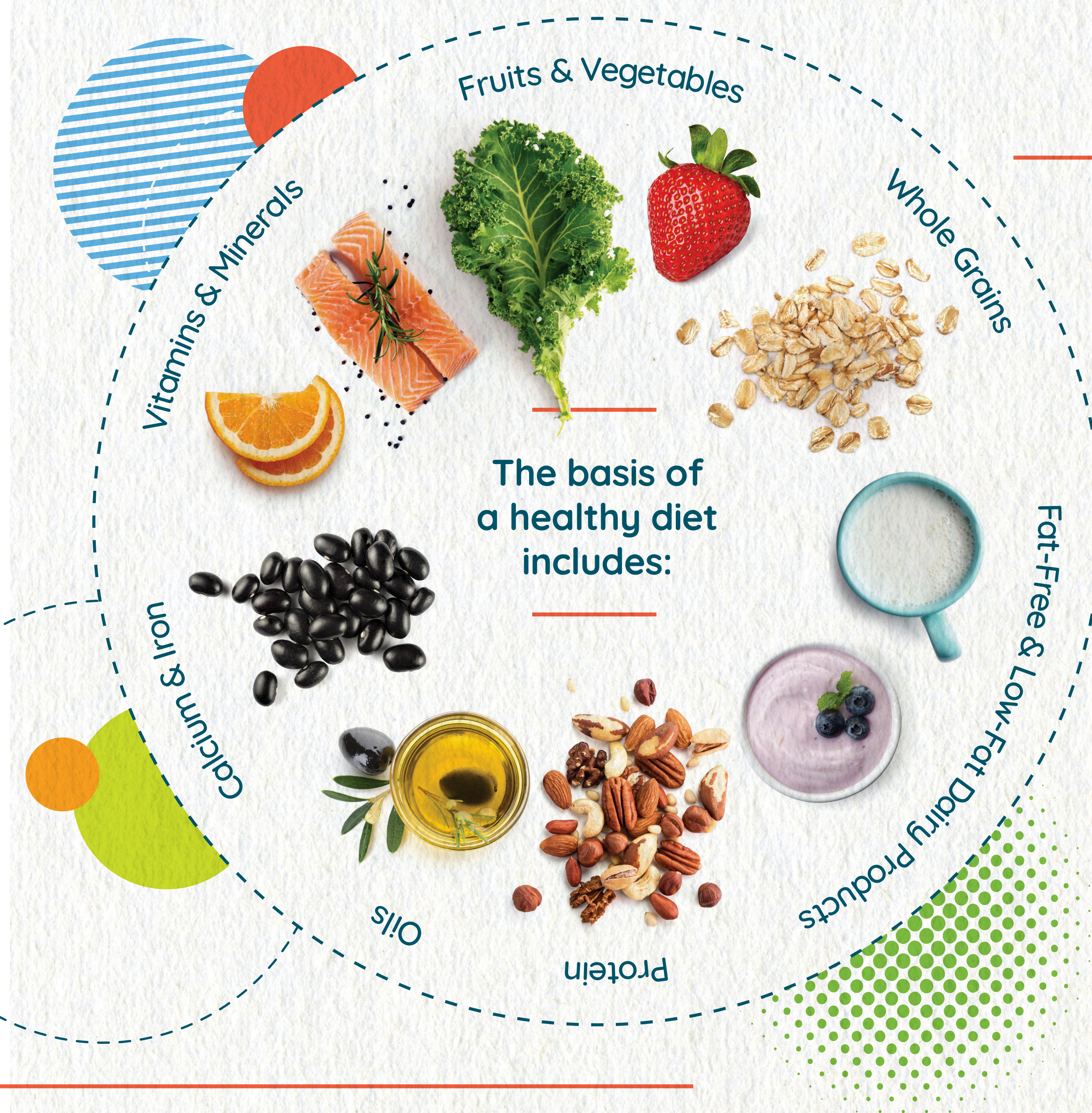


NUTRITION *for* healthy development

Nutrition is fundamental for children's health and development; it affects cognitive, physical, and social-emotional development in such forms as learning, memory, sensory systems, attention span, processing speed, and the ability to control impulses and mood. Eating nutritiously and establishing healthy habits early on also creates a healthful foundation for children to build upon throughout their lives.



Different foods have different nutrients, so choose a variety of:

Lean proteins like poultry, beans, seafood, nuts, seeds

Fresh, canned, or frozen fruits and vegetables without added fats or sugars

Whole grain foods like breads, cereals, and pastas (these are also high in fiber)

Low-fat dairy products like milk, cheese, and yogurt

Limit your child's intake of:

- Processed foods
- Saturated and trans fats
- Added sugars
- Foods high in sodium