

THE SCOOP ON NUTRITION

SHORE UP'S QUARTERLY NEWSLETTER

WHAT SHOULD I EAT?

A guide for adults and children

"The Scoop on Nutrition" is a quarterly newsletter designed by SHORE UP! Inc. The goal is to provide you, children and adults, with information to equip you with the knowledge needed that will allow the maintenance of a healthy lifestyle. This newsletter will focus on the types of nutrients children and adults should receive, the benefits of healthy eating and much more. Some of this information may be a reminder for you, but let's start with the basics. Just remember to practice this for your optimal well-being.

Nutrition for kids is the same as nutrition for adults. Children should eat protein; a variety of fresh, canned, frozen or dried fruits and vegetables; whole grains; and fat-free or low-fat dairy products. But, how much should a child eat daily?



Most children have too much sodium in their diet. Instead of chips and cookies, encourage your children to snack on fruits and vegetables.



According to the Mayo Clinic, caloric daily intake is dependent upon age. Remember the following guidelines according to the Mayo Clinic.

Daily guidelines for girls ages 2-4

Calories: 1,000-1,400 depending on growth and activity level.

Protein: 2-4 ounces

Vegetables: 1-1.5 cups

Grains: 3-5 ounces

Dairy: 2-2.5 cups

Daily guidelines for boys ages 2-4

Calories: 1,000-1,600 depending on growth and activity level.

Protein: 3-5 ounces

Vegetables: 1-2 cups

Grains: 3-5 ounces

Dairy: 2-2.5 cups



For more guidelines on a healthy diet for kids, and for daily guidelines for additional age groups, visit [mayoclinic.org](https://www.mayoclinic.org).



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