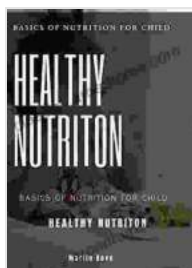


# The Basics of Nutrition for Child Fresh Man

Nutrition is essential for a child's growth and development. A healthy diet provides the nutrients that children need to build strong bones, muscles, and organs. It also helps them maintain a healthy weight, have good energy levels, and avoid chronic diseases such as heart disease, stroke, and type 2 diabetes.

This guide will provide you with the basics of nutrition for child fresh man. You will learn about the different nutrients that children need, the food groups that provide these nutrients, and the dietary guidelines that can help you make healthy choices for your child.

Children need a variety of nutrients to grow and develop properly. These nutrients include:



## HEALTHY NUTRITION : BASICS OF NUTRITION FOR CHILD (FRESH MAN) by Angil Tarach-Ritchey RN GCM

★★★★☆ 4.8 out of 5

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Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 187 pages  
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- **Carbohydrates:** Carbohydrates are the body's main source of energy. They are found in foods such as bread, pasta, rice, fruits, and vegetables.
- **Protein:** Protein is essential for building and repairing tissues. It is found in foods such as meat, poultry, fish, beans, and nuts.
- **Fat:** Fat is essential for brain development and hormone production. It is found in foods such as butter, oil, cheese, and meat.
- **Vitamins:** Vitamins are essential for a variety of bodily functions, such as growth, vision, and immunity. They are found in foods such as fruits, vegetables, and fortified cereals.
- **Minerals:** Minerals are essential for a variety of bodily functions, such as bone health, muscle function, and blood clotting. They are found in foods such as milk, yogurt, cheese, and leafy green vegetables.

The food groups are a way of organizing foods into categories based on their nutrient content. The five food groups are:

- **Fruits:** Fruits are a good source of vitamins, minerals, and fiber. They are also a low-calorie way to satisfy a sweet tooth.
- **Vegetables:** Vegetables are a good source of vitamins, minerals, and fiber. They are also a low-calorie way to add bulk to your diet.
- **Dairy:** Dairy products are a good source of calcium, protein, and vitamin D. They are also a good way to get probiotics, which are beneficial bacteria that can help to improve gut health.
- **Protein:** Protein foods are a good source of protein, iron, and zinc. They are also a good way to get essential fatty acids, which are

important for brain development and heart health.

- **Grains:** Grains are a good source of carbohydrates, fiber, and B vitamins. They are also a good way to get iron and zinc.

The Dietary Guidelines for Americans are a set of evidence-based recommendations that provide advice on how to make healthy choices about what to eat and drink. The Dietary Guidelines for Children are based on the same principles as the Dietary Guidelines for Adults, but they are tailored to the specific needs of children.

The Dietary Guidelines for Children recommend that children:

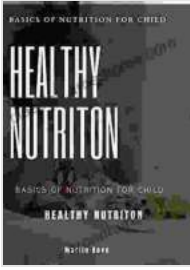
- Eat a variety of foods from all food groups.
- Limit saturated fat, cholesterol, and sodium.
- Choose whole grains over refined grains.
- Eat plenty of fruits and vegetables.
- Limit sugary drinks and processed foods.
- Get regular physical activity.

Nutrition is essential for a child's growth and development. By following the Dietary Guidelines for Children, you can help your child make healthy choices about what to eat and drink. These choices will help your child grow up to be healthy and strong.

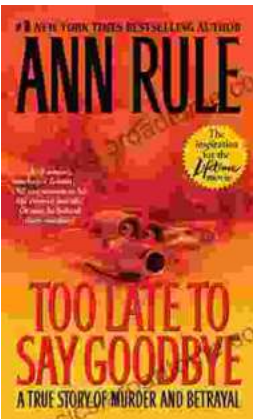
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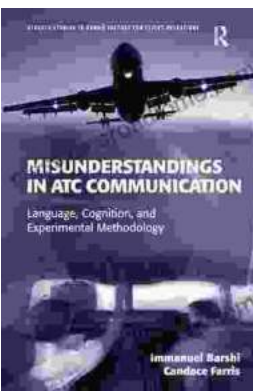


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