Why Should We “Trash” the Junk Foods??

A "little bit" of junk food eaten every day can be unhealthy for a child.

If junk food replaces healthy foods, children may not get the nutrients they need to learn, grow and stay healthy.

For example:

- If children drink sodas or sweet drinks regularly instead of milk, they will not get the Calcium they need for strong bones.
- If children eat sweet or salty junk food instead of fruits, vegetables, nuts, grains, they may not get the nutrients from the foods that promote good health.

Junk food usually has too much fat, sugar, salt and/or calories. It may contribute to the following health problems:

- **OVERWEIGHT** - If children eat even small amounts of junk food every day in addition to healthy foods, they may become overweight. Being overweight can lead to diabetes.

  Just 1 serving/day of 1 soda or 1 small bag of chips/day = 15 pounds/year

  An "extra" 140 calories/day x 365 days/yr = 51,100 extra calories or 15 lbs/year.

- **TOOTH DECAY** - Sweet foods and sweet drinks may cause tooth decay.

- **HEART DISEASE** - Extra fat, sugar and salt in your child’s diet may contribute to heart disease.

Get the most nutrition for your money and calories - choose Healthy Foods

HEALTHY FOODS for HEALTHY CHILDREN

Children one to five years old need 1300-1800 calories/day. Individual caloric needs vary with growth rate, body size & physical activity.

Plain, unprocessed foods are best. Do not add sugar, fat and salt to food.

<table>
<thead>
<tr>
<th>AGE</th>
<th>Weight/Yr</th>
<th>Height/Yr</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-2 yrs</td>
<td>5-7lbs</td>
<td>4”-5”</td>
</tr>
<tr>
<td>2-3 yrs</td>
<td>4-5lbs</td>
<td>2”-4”</td>
</tr>
<tr>
<td>4-5 yrs</td>
<td>4-9lbs</td>
<td>2”-3”</td>
</tr>
</tbody>
</table>

Each child has their own growth pattern. After 1 year, a child’s growth rate slows down. Their appetite also decreases.

- **MEAT/PROTEIN FOODS** - For growth & brain development
- **FRUITS & VEGETABLES** - For good health & body functions
- **MILK FOODS** - For strong bones & teeth
- **BREADS, TORTILLAS, PASTA, RICE & CEREAL** - For energy, vitamins & minerals

WIC is an Equal Opportunity Program
What are you feeding your child?

Healthy Foods for Healthy Children

NOT READY

Are you ready to "TRASH" the Junk Food?

1 2 3 4 5

READY