



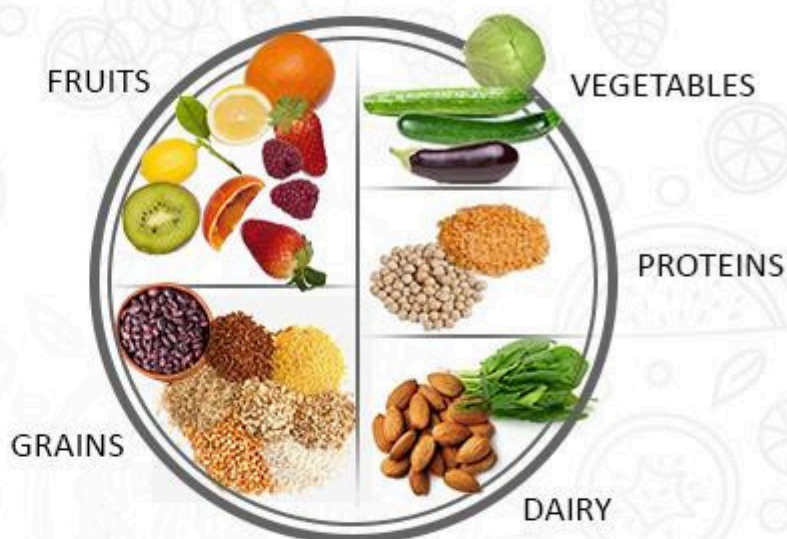
Food pyramid for middle childhood

FOOD PYRAMID FOR MIDDLE CHILDHOOD

Healthy food = Healthy children

Eating healthy food in middle childhood is important for better growth and development. It also helps in the prevention of many underlying health conditions like stunting, wasting, micronutrient deficiencies, obesity, etc.

A food pyramid guide helps improve the diet of children aged 2-6 years. Certain quantities of food are recommended for different types of food across age groups of children. Following a set amount of carbohydrates, dairy products, proteins, fat, etc. can help improve children's health.

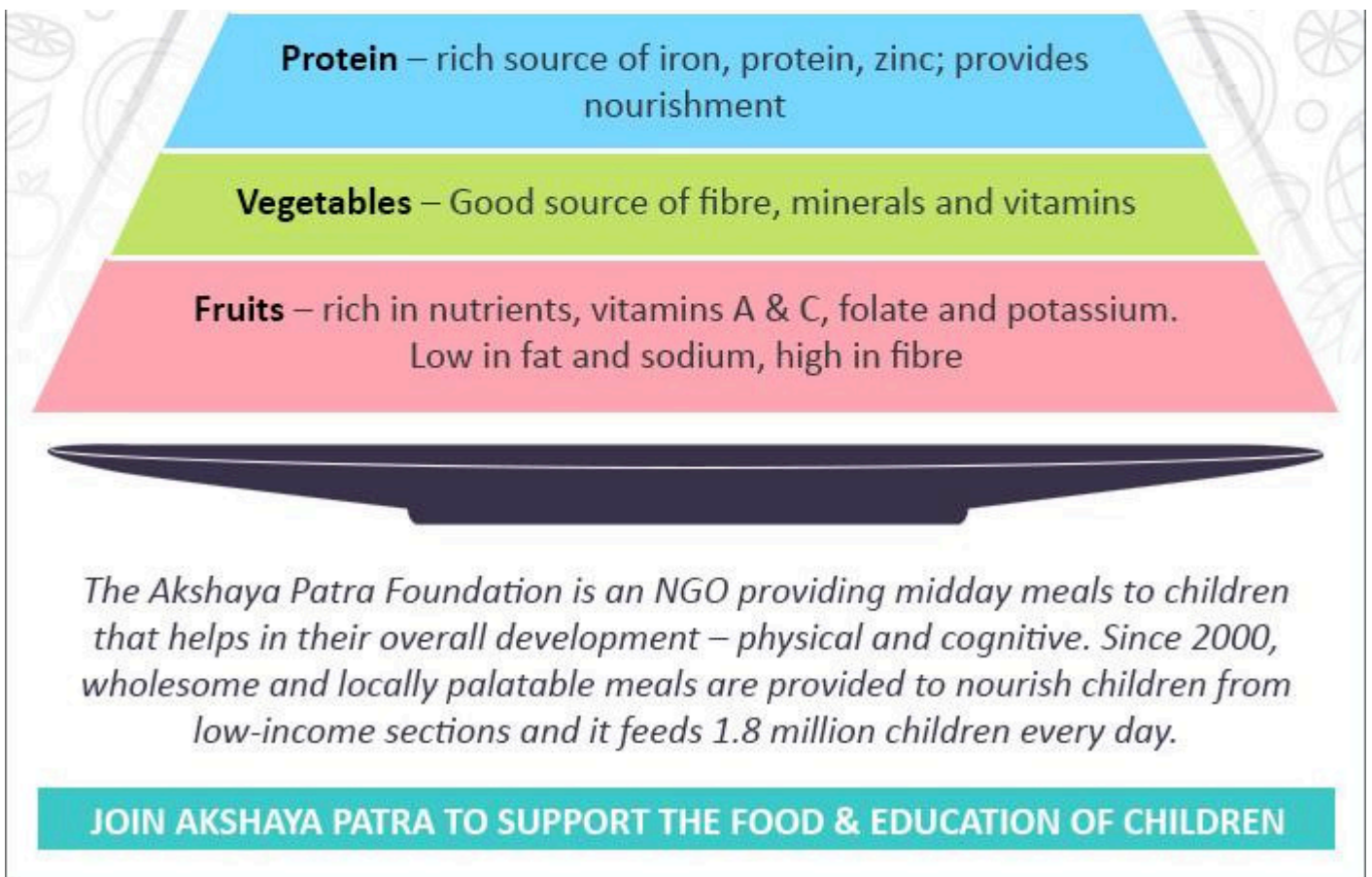


**A
healthy
diet should
comprise of**

Oils, Fats and sweets
Essential for growth & development; lubricate joints

Milk group – important for calcium

Grains – Provides fibre for easy digestion



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[The Akshaya Patra Foundation is an NGO](#) providing midday meals to children that helps in their overall development – physical and cognitive. Since 2000, wholesome and locally palatable meals are provided to nourish children from low-income sections and it feeds 1.8 million children every day.