

Food pyramid for middle childhood

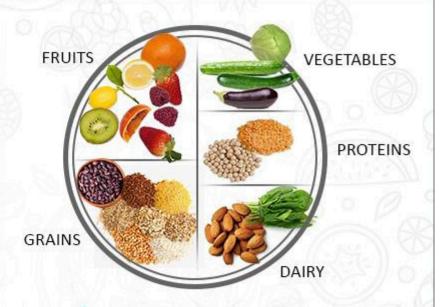


FOOD PYRAMID FOR MIDDLE CHILDHOOD

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 quantitiesof 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 helpimprove
children's health.



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

Protein – rich source of iron, protein, zinc; provides nourishment

Vegetables - Good source of fibre, minerals and vitamins

Fruits – rich in nutrients, vitamins A & C, folate and potassium.

Low in fat and sodium, high in fibre

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.

JOIN AKSHAYA PATRA TO SUPPORT THE FOOD & EDUCATION OF CHILDREN

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