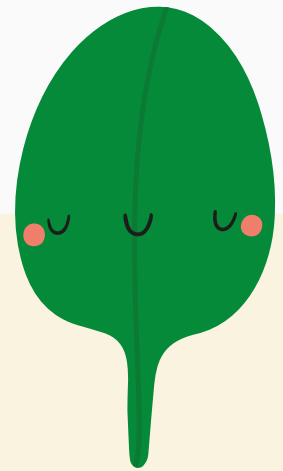


WHAT IS A HEALTHY DIET FOR DIFFERENT AGE GROUPS?

While a healthy diet always needs to be balanced in terms of the variety and quality of its food, according to multiple health organizations and professionals, **there is not just one age appropriate diet.** Each person, whether a baby, child, teenager, or adult, each has their own “eating habits”, which are considered as recurring expressions of individual or collective behavior in regard to what, when, where, how, with what, why and who consumes the food.

These habits are adopted directly or indirectly as part of socio-cultural practices, which are mainly influenced by the family, people around our children, media, health teams, schools, and kindergartens. In this sense, **the family plays an essential role in the development of a child’s eating habits,** especially when considering that most preferences or dislikes are established before 24 months.

By virtue of the foregoing, a “healthy diet” can have several definitions, as it considers both the eating habits and dietary restrictions of each individual. It is worth mentioning that any dietary restriction can only be diagnosed by a pediatrician or trained professional. With this in mind, **this information can be used as a basic dietary guide, based on international nutrition standards, but in no way does it replace any information given to you by a professional from this specialist area.** If you require a medical opinion, we recommend you contact a pediatric dietitian.



KEY RECOMMENDATIONS

“**For about the first 6 months of life**, exclusively feed infants human milk. Continue to feed infants human milk through at least the first year of life, and longer if desired. Feed infants iron-fortified infant formula during the first year of life when human milk is unavailable. Provide infants with supplemental vitamin D beginning soon after birth.”

“**At about 6 months**, introduce infants to nutrient-dense complementary foods. Introduce infants to potentially allergenic foods along with other complementary foods. Encourage infants and toddlers to consume a variety of foods from all food groups. Include foods rich in iron and zinc, particularly for infants fed human milk.”

“**From 12 months through older adulthood**, follow a healthy dietary pattern across the lifespan to meet nutrient needs, help achieve a healthy body weight, and reduce the risk of chronic disease.”



EATING HEALTHY AT EVERY STAGE OF LIFE

0-6 months

The objective during the first phase of life is to exclusively feed babies with breast milk, ideally up until the age of 6 months, and no younger than 5 months. When referring to “**exclusively feeding babies with breast milk**”, we mean that, ideally, the child should only consume human milk that is not mixed with any formula and/or supplementary food or drinks (including water), **with the exception of medication, vitamins, and mineral supplements**. This is because human milk is perfect for the nutritional requirements of a baby aged up to 6 months, with the exception of a need for vitamin D and potentially iron. In addition to the nutrients, **breast milk also includes bioactive ingredients and immune defense properties** which help to enhance the child’s health throughout their development.

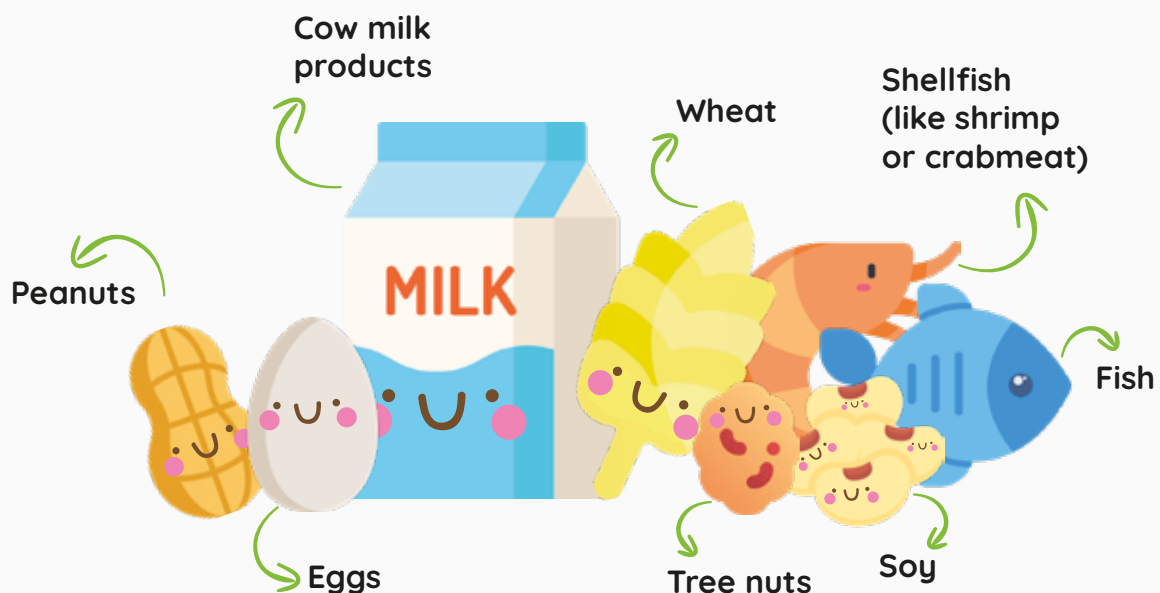
7-12 months

After 7 months, the child can move on from just being fed with breast milk, and **new foods can be included into their diet**, waiting until after 12 months to introduce them to foods more likely to cause an allergic reaction.

After this age, **the child can start to eat wholegrain foods, vegetables, and well-cooked white and red meat**. These can be **added into their diet as a puree or finely chopped**, to pose no risk to them choking. For example, well cooked potatoes or carrots that are mashed with a fork.

After 1 year

When the child turns one, they can mostly start to eat anything, but we recommend that certain foods be progressively added into their diets.



Children Ages 2 Through 8

“In early childhood (ages 2 through 4), females require about 1,000 to 1,400 calories per day and males require about 1,000 to 1,600 calories per day. With the transition to school-age (ages 5 through 8), females require about 1,200 to 1,800 calories per day and males require about 1,200 to 2,000 calories per day”.

WHAT DOES A HEALTHY PLATE OF FOOD LOOK LIKE?

Keeping to a healthy eating routine is important at any age, **after 12 months, a human's nutritional needs start to establish themselves and remain in place for longer.** That is why it is important to know how to correctly prepare a balanced meal, in terms of the quantities and different foods on our plate.



HEALTHY ALTERNATIVES

Always keep a FruityÜ pouch on hand, a healthy and organic alternative to supplement the diet of your baby, toddler, or preschooler.

In addition to what we have mentioned about keeping to a healthy diet throughout our child's development, we also need to remember that a **healthy lifestyle includes a routine built around regular exercise.** That is why we recommend speaking to your children to see what sports they are interested in, to enhance their development and to encourage these interests.

SOME IMPORTANT TIPS:



Make half your plate fruits & vegetables

Focus on whole fruits

Vary your veggies

Make half your grains whole grains

Vary your protein routine

Choose foods and beverages with less added sugars, saturated fat, and sodium.

Move to low-fat or fat-free dairy milk or yogurt (or lactose free dairy or fortified soy versions).



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