

Childhood

-During childhood, a typical child will **gain about 5 pounds and grow 2-3 inches each year.**

- Children can be divided into three groups based on their age and development: **toddlers (age 1-3 years), preschools (ages 4-5 years), and school-aged children (ages 6-10 years).**

- **The energy and protein needed per kilograms of body weight slowly decrease** as children move throughout childhood. (Table 13.1)

- Well-planned diet should provide most of the nutrients (figure 13.2). One exception is iron.

- **Children of 4-8 years need 10mg of iron** so the limited consumption of milk to 3-4 cups/day can leave a room for the consumption of food high in iron: legums, meet, poultry, ... (table 13.3)

Child's diet may be low in other -
micronutrients: calcium, vitamin D, vitamin E, zinc
and magnesium. (Figure 13.1)

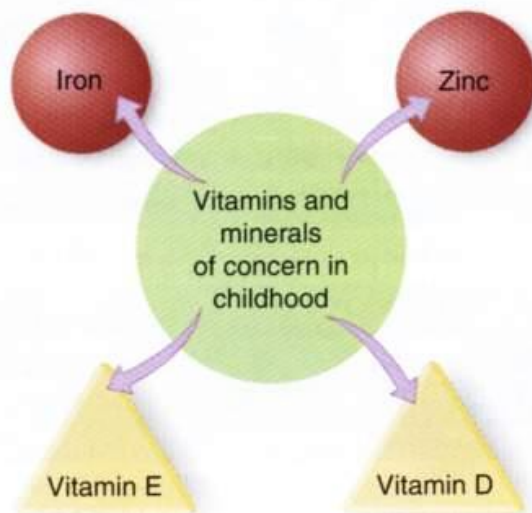


Figure 13.1

Micronutrients of concern in childhood. Milk is low in iron, and small children also may have low intakes of magnesium, potassium, calcium, and vitamin E.

Table 13.3 Iron-Rich Foods and Snacks

Iron-Rich Foods

Ground beef
 Poultry
 Fish
 Legumes
 Dark-green vegetables
 Enriched breads, cereals, rice, and pasta

Iron-Rich Snacks

Cream of Wheat
 Cooked macaroni or pasta
 Enriched cereals, either dry or with milk
 Tortillas filled with refried beans
 Dried apricots
 Raisins (for older children)
 Bean dip
 Chili, mildly seasoned
 Peanut butter on enriched bread or graham crackers
 Sloppy Joe
 Casseroles with meat (many children do not like plain meats)

Table 13.1 Protein RDAs for Childhood

Age (y)	Protein (g/kg)	Reference Weight* (kg)	Protein (g/d)
1-3	1.10	12	13
4-8	0.95	20	19

*Reference weights are based on median weights of children in that age group.

Source: Institute of Medicine, Food and Nutrition Board. *Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids*. Copyright © 2002 by the National Academy of Sciences, Courtesy of National Academies Press, Washington, DC.