



New USDA Guidelines for Children

The following table provides the new 2005 USDA recommendations for fruit and vegetable consumption for children. The quantities should be considered as general guidelines rather than strict requirements.

Recommended Daily Consumption of Fruits and Vegetables by Age
(Dietary Guidelines for Americans, 2005)

Age	Fruits	Vegetables
Children 2 to 3 years old	1 cup	1 cup
Children 4 to 8 years old	1 to 1 ½ cups	1 ½ cups
Girls 9 to 13 years old	1 ½ cups	2 cups
Boys 9 to 13 years old	1 ½ cups	2 ½ cups

Healthy Kids Meal Markers & Motion Markers™ will help your child benefit from these new USDA recommendations by making a game out of eating fruits and vegetables.

The Importance of Eating Fruits and Vegetables

Fruits and vegetables are excellent sources of complex carbohydrates, dietary fiber, and numerous vitamins and minerals. Diets that are rich in fruits and vegetables are associated with a decreased risk of cancer of the colon, breast, lung, oral cavity, larynx, esophagus, stomach, bladder, cervix, and pancreas.² Research has shown that children who develop the habit of eating lots of fruits and vegetables tend to continue this healthy habit into adulthood.¹

Parents should be encouraged to introduce a variety of fruits and vegetables early in their children's lives, and to encourage the liberal consumption of these foods throughout their formative years. The **Healthy Kids Meal Markers™ system** is the perfect way to encourage children to eat more fruits and vegetables. This positive, no threat approach is fun for the kids and easy for the parents.

References:

1. Krebs-Smith SM, Cook A, Subar AF, Cleveland L, Friday J, Kahle LL. *Arch Pediatr Adolesc Med* 1996; 150:81-86.

2. Steinmetz KA, Potter JD. Vegetables, fruit, and cancer, 1: epidemiology. *Cancer Causes Control* 1991; 2:325-357.