Nutrition Information for Parents

Why is it important to eat vegetables?

Eating vegetables provides health benefits — people who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Vegetables provide nutrients vital for health and maintenance of your body. Read more about the nutrient benefits of eating vegetables here: https://www.myplate.gov/eat-healthy/vegetables

Why is it important to eat fruit?

Eating fruit provides health benefits — people who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health and maintenance of your body. Read more about the nutrient benefits of eating fruits here: https://www.myplate.gov/eat-healthy/fruits

Why is it important to eat grains, especially whole grains?

Eating grains, especially whole grains, provides health benefits. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases. Grains provide many nutrients that are vital for the health and maintenance of our bodies. Read more about the nutrient benefits of eating grains here: https://www.myplate.gov/eat-healthy/grains

Why is it important to make lean or low-fat choices from the Protein Foods Group?

Foods in the meat, poultry, fish, eggs, nuts, and seed group provide nutrients that are vital for health and maintenance of your body. However, choosing foods from this group that are high in saturated fat and cholesterol may have health implications. Read more about the nutrient benefits of eating protein here: https://www.myplate.gov/eat-healthy/protein-foods

Why is it important to eat/drink dairy?

Consuming dairy products provides health benefits — especially building and maintaining strong bones. Foods in the Dairy Group provide nutrients that are vital for health and maintenance of your body. These nutrients include calcium, potassium, vitamin D, and protein. Read more about the nutrient benefits of eating/drinking dairy here: https://www.myplate.gov/eat-healthy/dairy