



THE DIET OF 2 TO 8 YEAR OLD CHILDREN IN TWO REGIONS OF ALASKA:

Baseline findings from the Children's Healthy Living Program

Who participated in our study and how did CHL estimate diet?

Between 2012-14, parents in Fairbanks and the Matanuska-Susitna Valley recorded what, and how much, their child ate and drank on two randomly assigned days over a week long period. We used these food logs to estimate what children ate.

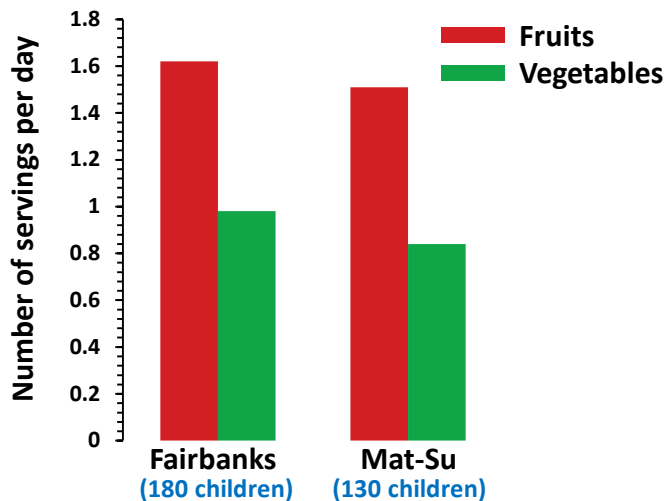
This was a large time commitment and we thank each participant for their detailed efforts.

USDA recommended daily servings of vegetables and fruit

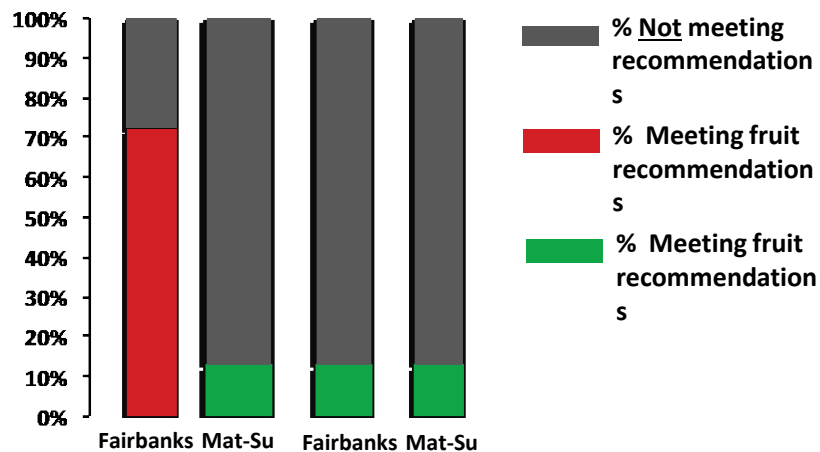
Food group	2 to 3 year olds	4 to 8 year olds
Vegetables: Any vegetable (fresh, frozen, canned, dried, cooked, whole, cut-up, or mashed) or 100% vegetable juice	1 cup	1.5 cups
Fruits: Any fruit (fresh, frozen, canned, dried, cooked, whole, cut-up, or mashed) or 100% fruit juice	1 cup	1 to 1.5 cups

- In the CHL Program:
- Children were substantially more likely to consume the recommended amount of fruit than vegetables.
 - On average, about 70% of children consumed the recommended amount of fruit. Less than 30% of children consumed the recommended amount of vegetables.

Average number of servings of fruits and vegetables, by community



Percent of children meeting USDA recommendations for fruits and vegetables, by community



Top 10 most frequently eaten foods

Mat-Su

1. 2% reduced fat milk
2. Enriched white bread
3. 1% low fat milk
4. Raw apples
5. Whole milk
6. Processed American cheese
7. Bananas
8. Salted butter
9. Apple juice
10. Salted peanut butter

Fairbanks

1. 2% reduced fat milk
2. 1% low fat milk
3. Enriched white bread
4. Raw apples
5. Bananas
6. Apple juice
7. Salted butter
8. Salted peanut butter
9. Raw carrots
10. Whole wheat bread



CHOOSEMYPLATE is a simple tool designed by the United States Department of Agriculture (USDA) to help children and adults understand and meet recommended dietary guidelines.

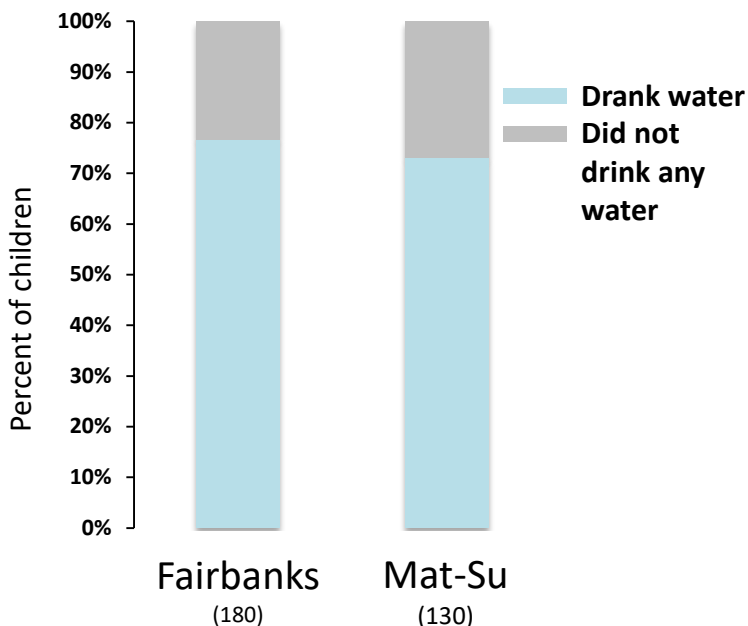
For more information visit:
www.choosemyplate.gov

In the CHL Program:

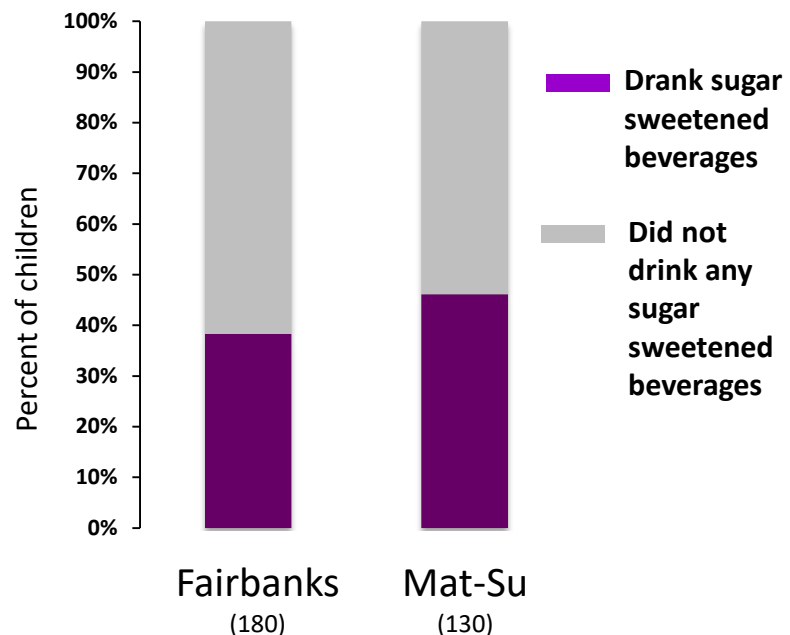
- More than 20% of children did not drink any water during the 2 days parents kept the food log.
- Approximately 40% of children drank a sugar sweetened beverage during the 2 days parents kept the food log.



Percent of children drinking water on any day of the food log



Percent of children drinking sugar sweetened beverages on any day of the food log



In general, kids should:

- ✓ Eat a variety of foods.
- ✓ Eat plenty of fruits and vegetables.
- ✓ Limit the consumption of sugar sweetened beverages.

What can individuals and communities do to improve the diets of children in Alaska?

- Eat more fruits and vegetables and encourage healthy eating.
- Choose water instead of sugar sweetened beverages like soda and sport drinks.
- Make healthy choices easy choices:
 - Limit access to sugar sweetened beverages in schools.
 - Advocate for healthy foods at school and community functions.
 - Provide easy access to fruits and vegetables at home.
- Teach children about healthy eating and let them help select and prepare healthy foods.
- Use ChooseMyPlate as a guide to healthy eating.

CHL Alaska is part of a pacific wide program funded by the United States Department of Agriculture designed to evaluate the health status of 2 to 8 year old children and develop community based approaches to maintain healthy food and activity environments for children.



United States Department of Agriculture
National Institute of Food and Agriculture
Agriculture and Food Research Initiative (AFRI)
No. 2011-68001-30335

