

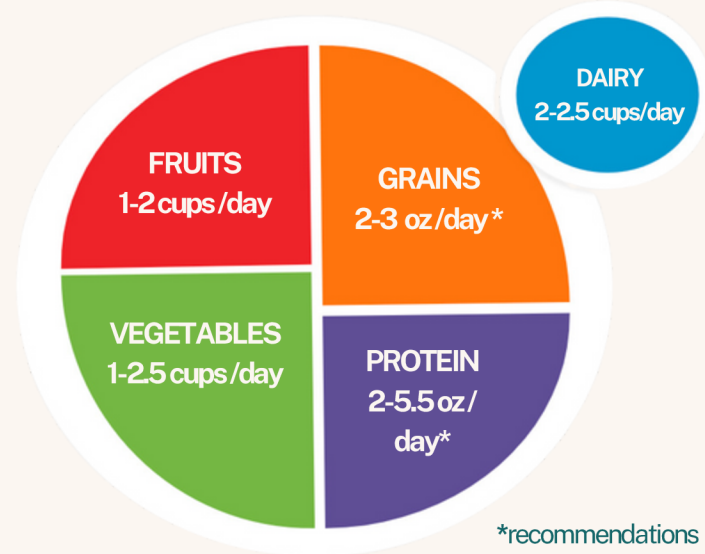


# What are young children eating in Northern Mariana Islands?

The Children's Healthy Living Program collected Food Records in 2013 from children 2-8 years old. Below shows the top foods children eat in Commonwealth of the Northern Mariana Islands (CNMI).

## MyPlate Recommendations

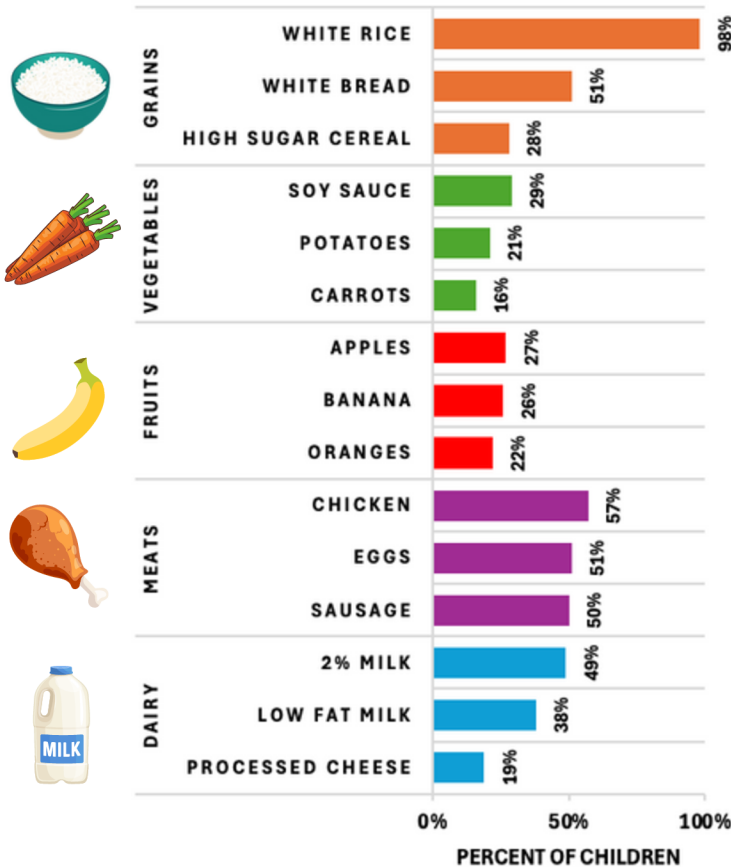
averages for children 2-8 years old



\*recommendations for grains/protein vary depending on food items

It is important for children to have fruits and vegetables, whole grains, and quality protein and dairy. On average, there is an opportunity for children in CNMI to enjoy more fruits and vegetables. Below shows a table of how much from each food group children eat in CNMI.

### TOP 3 CONSUMED FOODS PER FOOD GROUP IN NORTHERN MARIANA ISLANDS N=556



### Average Daily Intake for each Food Group<sup>1</sup>

| Food Groups | Average Daily Intake among CNMI children | MyPlate Recommendation |
|-------------|--|------------------------|
| Grains      | 6.7 oz                                   | 2-3 oz                 |
| Vegetables  | 0.6 cup                                  | 1-2.5 cups             |
| Fruits      | 0.9 cup                                  | 1-2 cups               |
| Protein     | 6.4 oz                                   | 2-5.5 oz               |
| Dairy       | 1.1 cups                                 | 2-2.5 cups             |

For healthy eating tips for kids, check out [myplate.gov](http://myplate.gov)



<sup>1</sup>Novotny R, Yamanaka AB, Dela Cruz R, et al. Food Group, Macronutrient Intake, and Metabolic Status in the US-Affiliated Pacific's Children's Healthy Living (CHL) Program. J Nutr. 2023;152(12):2898-2912. doi:10.1093/jn/nxac173