

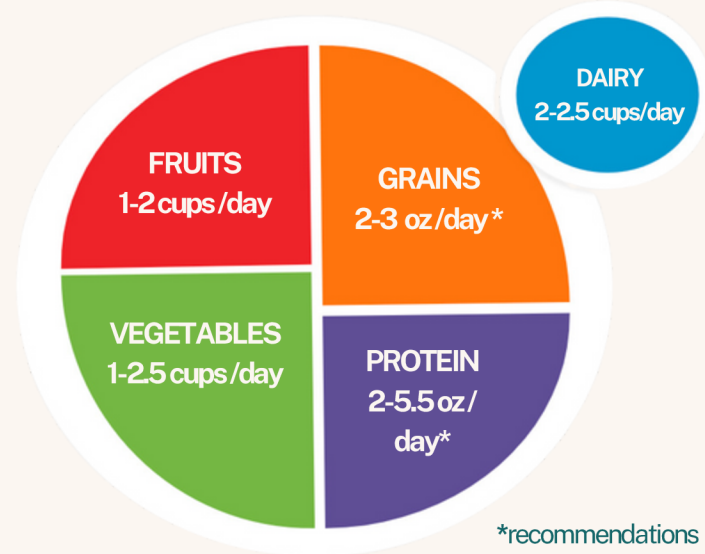


What are young children eating in Palau?

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 Palau.

MyPlate Recommendations

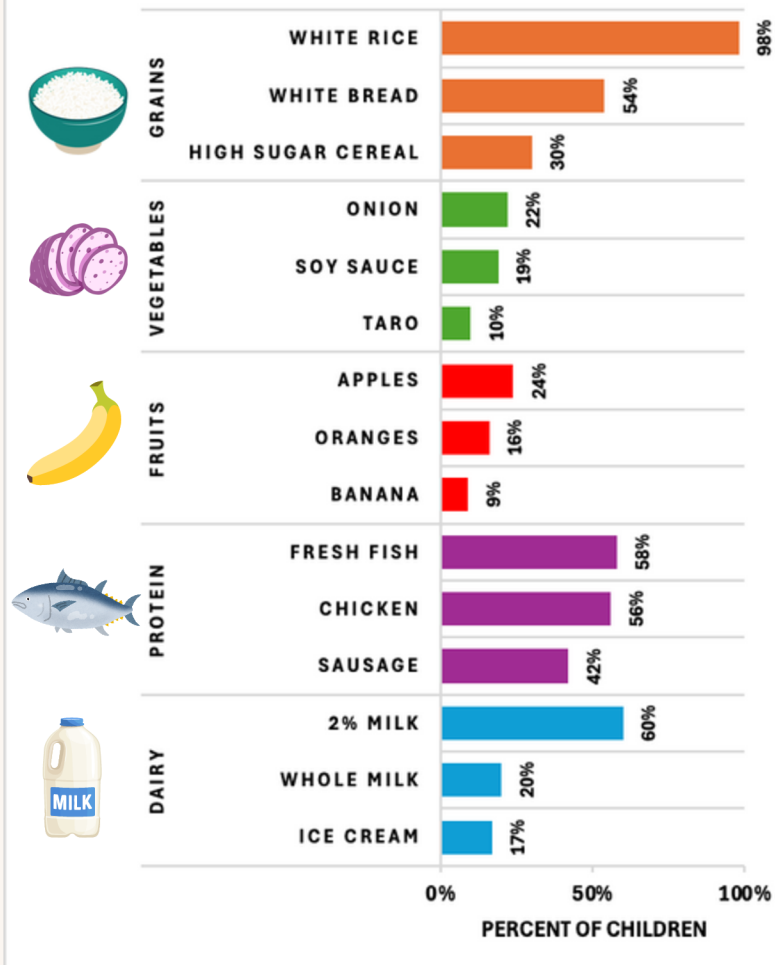
averages for children 2-8 years old



*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 Palau to enjoy more fruits and vegetables. Below shows a table of how much from each food group children eat in Palau.

TOP 3 CONSUMED FOODS PER FOOD GROUP IN PALAU N=172



Average Daily Intake for each Food Group¹

Food Groups	Average Daily Intake	Recommendation
Grains	6.5 oz	2-3 oz
Vegetables	0.5 cup	1-2.5 cups
Fruits	0.5 cup	1-2 cups
Protein	6.6 oz	2-5.5 oz
Dairy	0.9 cup	2-2.5 cups

For healthy eating tips for kids, check out myplate.gov



¹Novotny 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