

# Eat Right

Food, Nutrition and Health Tips from Kids Eat Right

## Smart Choices. For a Healthy Planet.

### How do we make smart choices for a healthy planet?

1. We need to grow **enough food** so that everyone has enough food to eat.
2. We need to provide access (for all people) to the “**right**” foods, or “nutritious” foods—not just any food will do.
3. We need to make decisions that **protect our planet**.



### Getting Enough Food

Who suffers from hunger?

- One in 6 people in the **US**.
- One in 9 people in the **world**.

### Getting the “Right” Food

- Poor nutrition causes **nearly half (45%) of deaths** in children under five. That is 3.1 million children each year!
- Vitamin A deficiency is the leading cause of preventable blindness in children.
- Iron deficiency anemia affects 2 billion people worldwide. This can cause moms to die during childbirth. Also, it may affect children’s cognitive development, behavior, and physical growth.

### Farmers Protect the Planet

- In 1930 one farmer could feed almost 10 people. Today, one farmer feeds about 155 people!
- Farmers protect their land and animals.
- Farmers carefully manage their farm to protect their land and animals. They want the farm to be there for generations to come.
- Farmers use technology to conserve resources.

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## How Can I Help Families in My Community Get Enough Food?

- Find your local food bank <http://www.feedingamerica.org/find-your-local-foodbank/>.
- Support your community summer feeding programs, local food pantry, community gardens, produce sharing projects, and consumer education.
- Donate time and resources to a local food program.



## How Can I Help Families in My Community Get the “Right” Foods?

- Eat a variety of foods— Whole grains, lean protein, fruits, vegetables, low-fat and fat-free dairy —and encourage others to do the same.
  - Get to know your farmer.
  - Promote consumer education.
  - Support food banks.
  - Donate nutritious foods or money.
  - Volunteer.
- Pay attention to “expiration” vs. “use by” labels—know when to use the food.
  - Compost food scraps.

### Help others to reduce food waste:

- Encourage restaurants to offer small portions.
- Support or start a public awareness campaign.

## What Can I Do to Help Protect Our Planet?

### Reduce food waste:

- Take restaurant leftovers home.
- Be creative with leftovers at home.
- Freeze food before it spoils.

**eat right.** Academy of Nutrition and Dietetics  
**Foundation**  
Future of Food Initiative

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For more tips, visit [www.kidseatright.org](http://www.kidseatright.org).

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