

Jigsaw Nutrition Puzzle

Nutritional needs change throughout the life cycle. Each life stage brings its own growth and nutritional needs and challenges. Meeting these demands promotes good health at each stage of the life cycle and builds a solid foundation for the next stage of the family life cycle.

Pregnant mothers - Maintaining good nutrition and health habits and getting proper medical care are the most important responsibilities of the pregnant mother.

Infants - A baby may grow 50 percent longer and triple in weight in the first year.

Children - Stomachs are small and energy levels are high.

Teenagers - Teens may need more of some foods for a healthy and physically active lifestyle.

Adults - Exercise, weight control, and a diet rich in fiber, fruits, vegetables, and whole grains can help alleviate many cardiovascular problems.

Seniors and older adults - Adult bodies have stopped growing so energy needs are lower.

In June 2011, the United States Department of Agriculture introduced the new food guide – MyPlate, based on the 2010 Dietary Guidelines for Americans.

