

TODDLER STATISTICS

Obesity Facts

- More than 10 percent of U.S. children ages 2 to 5 are overweight.
-American Heart Association, 2005
 - The rapid increase in childhood obesity could shorten the future American lifespan by 2 to 5 years.
-Olshansky, S.J., et al. (2005). A potential decline in life expectancy in the United States in the 21st century. *N Eng J Med* 352:1138-45
 - Childhood obesity risk factors can be developed as early as the age of three.
-Reilly, J. et al. (2005). Early life risk factors for obesity in childhood: cohort study. *BMJ* doi:10.1136/bmj.38470.670903.E0 (published 20 May 2005)
 - Sodas and sweetened drinks play a large part in the rise of child obesity.
-Murray, R. et al. (2005). Soft drink consumption may increase the risk of childhood obesity. *Pediatrics* 146(5).
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Beverage Facts

- There is a link between overweight preschoolers and their consumption of “sweet drinks” such as fruit drinks, juice and soda.
-Welsh, J.A., et al. *Pediatrics* 2005;115:223-229
- On average, American preschoolers get about 14 to 17 teaspoons of added sugar a day, mostly from fruit-flavored drinks, high-fat desserts and cola-type soft drinks.
-Kranz, S., et al. *Pediatrics* 2005;146:105-111
- Added-sugar beverages and to a lesser extent, 100 percent juice, decrease diet quality of young children.
-Marshall, T.A., et al. *J Am Coll Nutr.* 2005;24:65-75
- The American Academy of Pediatrics recommends that infants 6 months or older, toddlers, and preschoolers consume no more than 4 to 6 ounces of juice each day.
-Shah, M., et al. *Archives of Pediatrics and Adolescent Medicine*, December 2003
- Toddlers ages 2 to 5 should take in no more than between 6 and 10 percent of their total daily calories from added sugars, like those found in fruit drinks.
-The U.S. Department of Agriculture Food Guide Pyramid

Food Facts

- 25 percent of toddlers eat French fried potatoes on a daily basis.
-USDA Food & Nutrition Service, *HealthierUS Nutrition Forums*, April 23, 2004
 - Many children do not obtain adequate amounts of calcium, potassium, fiber, magnesium and vitamins A, C and E.
-2005 Dietary Guidelines for Americans, The U.S. Department of Health and Human Services and the U.S. Department of Agriculture
 - Within a 24-hour period, an estimated 62 percent of toddlers aged 19 to 24 months consume a baked dessert, 20 percent consume candy and 44 percent drink a sweetened beverage.
-Fox, MK., et al. Feeding infants and toddlers study: What foods are infants and toddlers eating? *J AM Diet Assoc.* 2004 Jan;104(1 Suppl 1): s22-30
 - Very few young children are consuming the recommended amounts of fiber.
-Kranz, S., et al. *J Am Diet Assoc.* 2005;105:221-225
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Allergy Facts

- The top six foods that account for 90 percent of food allergy reactions in children are: **1) milk**, 2) eggs, 3) peanuts, 4) wheat, **5) soy** and 6) tree nuts.
-American Academy of Allergy, Asthma & Immunology (AAAAI)
- Soy protein has been rated 11th among foods in terms of allergenicity.
-Hasler, C., Soy and human health. *Stratsoy - University of Illinois, Urbana-Champaign*, www.stratsoy.uiuc.edu. December 2001
- Approximately 8 percent of children 6 years and younger have experienced food intolerances.
-American Academy of Allergy, Asthma & Immunology (AAAAI)

Nutrition Facts

- The nutrients that are most likely to be deficient in a child's diet are calcium, iron, vitamin C, vitamin A, folic acid, and vitamin B-6.
-U.S. National Library of Medicine, 2003.
- Children ages 1 to 3 require 500 milligrams of calcium each day; from ages 4 to 8, the requirement is 800 milligrams each day.
-American Medical Association
- 9 percent of toddlers aged 1 to 2 are iron deficient.
-Looker, A., et al. Prevalence of iron deficiency in the United States. *JAMA*. 1997 Mar 26; 277(12):973-6.
- Excessive amounts of milk (more than a quart per day) can interfere with the absorption of iron and cause intestinal bleeding.
-American Medical Association
- The USDA's Food Guide Pyramid for Young Children recommends the following food choices for children ages 2 to 6:
 - Breads, cereals, rice and pasta: 6 servings
 - Vegetables: 3 servings
 - Fruit: 2 servings
 - Dairy products: 2 servings
 - Meat, fish, poultry and legumes: 2 servings