

Should my child be on a low fat diet?

No! Fat is a very important nutrient for both children and adults. However, the difference between adult and children's meals and snacks is that there should be less emphasis on lower fat foods for young children. Children need extra calories for their rapid growth especially from nutrient-packed foods. Next time you are preparing food for your children, keep the following in mind:

- Use Canada's Food Guide to help plan your family's meals and snacks
- Choose higher and lower fat foods from each of the four Food Groups
- Emphasize healthy fats, such as canola or olive oil, avocado, and fatty fish such as salmon and trout
- Though not part of the four food groups, the occasional French fries with a meal or ice cream for dessert is okay as part of healthy eating

As children grow into adolescence, there should be a gradual decrease in the amount of fat they eat. This decrease should begin after the second birthday and be very gradual. By adolescence, the amount of fat consumed should be similar to the amount consumed by adults.

**For health related information call York Region Community and Health Services
Health Connection at 1-800-361-5653 or visit www.region.york.on.ca.**