

# Benefits of a healthy balanced diet in childhood

“Encouraging children to eat well and learn about food in their Early Years not only protects their health when they are young but also sets the foundation for their future health and wellbeing”

*Children's Food Trust 2012*



Provides energy and protein required for healthy growth and development



Provides essential minerals to promote a healthy immune system



Provides fibre to ensure healthy bowel movements



Supports concentration and better attention levels



Ensures development of good bone health



Provides essential vitamins that protect the body against harmful substances that can cause diseases such as cancer and heart disease



Protects against tooth decay



Provides Vitamin D which is important to protect muscle strength and the prevention of rickets



Provides Iron and Vitamins essential for optimum energy levels



Promotes a healthy weight, reducing the future risk of obesity

## References

<https://www.gov.uk/government/news/healthy-eating-guidance-published-for-the-early-years-sector>

<https://www.gov.uk/government/publications/childhood-obesity-a-plan-for-action>

<https://www.nhs.uk/Conditions/pregnancy-and-baby/Pages/understanding-food-groups.aspx>

icons: [www.icons8.com](http://www.icons8.com)