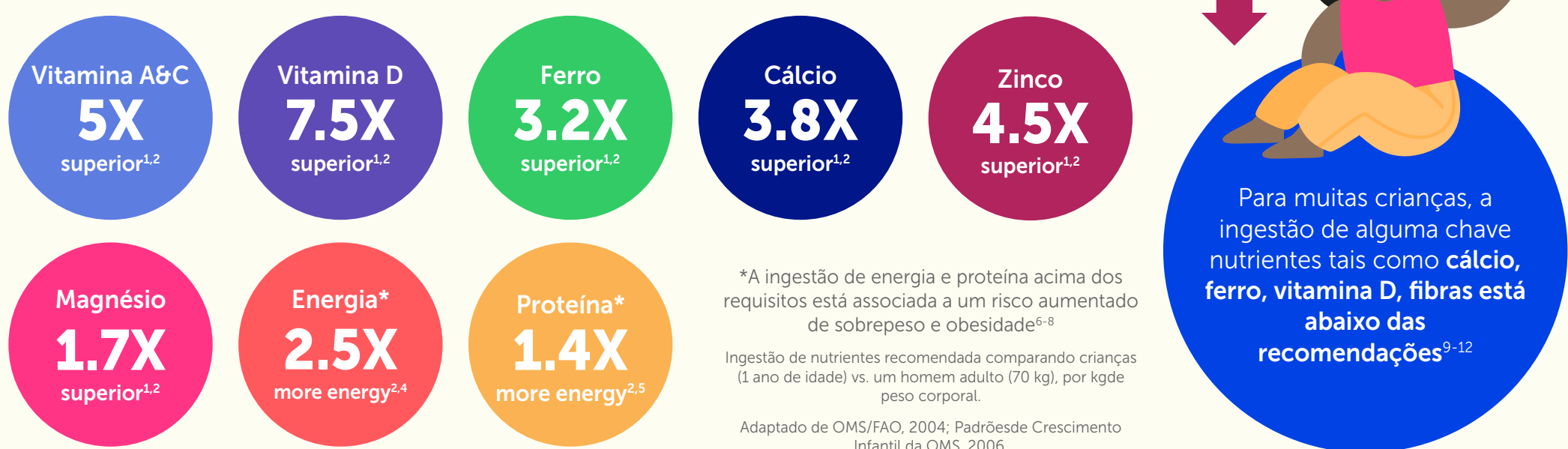


O que as crianças devem e não devem comer

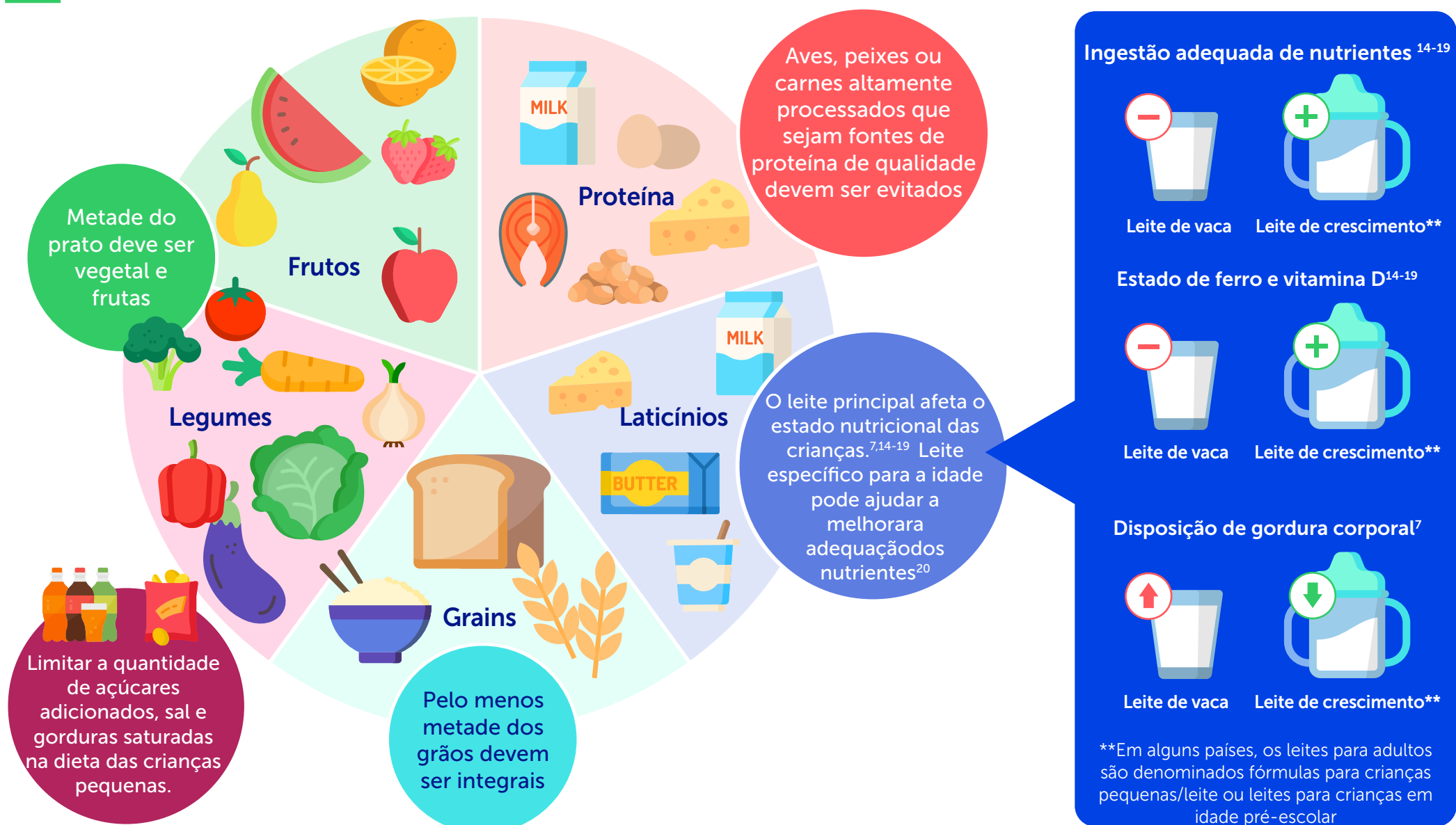
As crianças têm necessidades nutricionais elevadas em relação ao seu tamanho

Para apoiar o seu rápido crescimento e desenvolvimento, as crianças precisam de mais nutrientes do que um adulto, por kgde peso corporal.¹⁻⁴

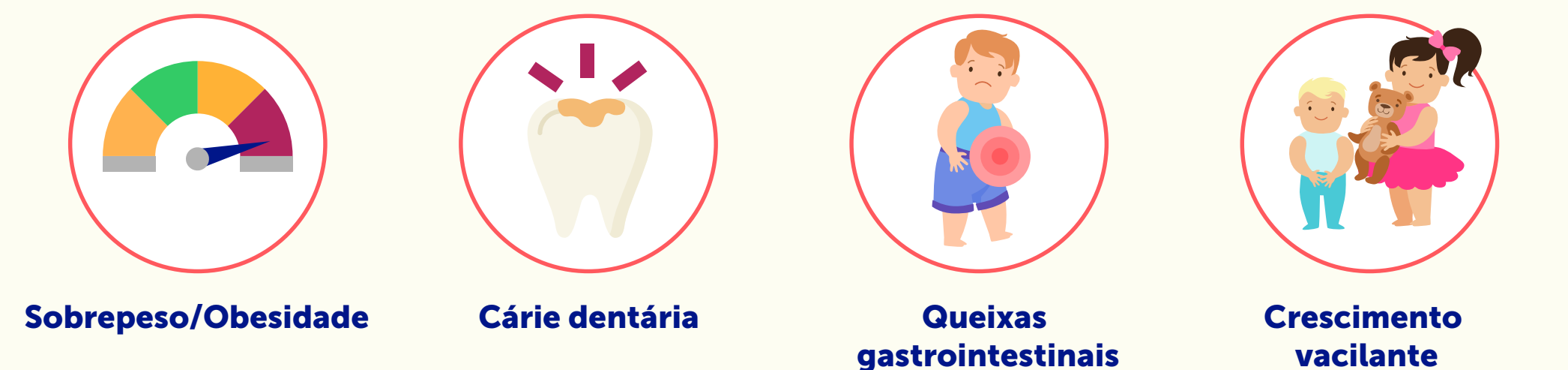
Necessidade da Criança vs Adultos



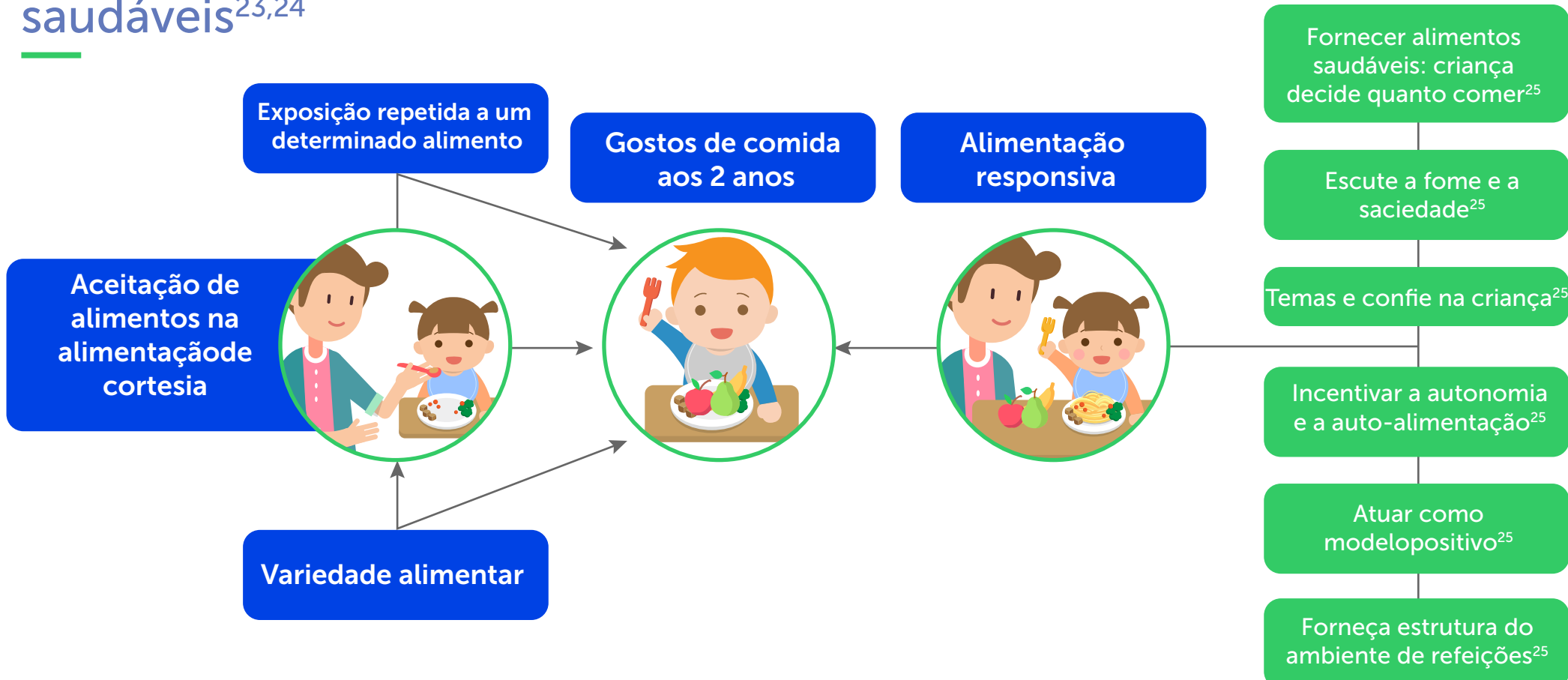
A alimentação de uma criança saudável baseia-se na oferta de uma variedade de alimentos dos 5 principais grupos alimentares, para satisfazer as suas necessidades nutricionais crescentes.¹³



Efeitos adversos para a saúde do aumento do consumo de açúcares adicionados^{21,22}



Bebés e crianças pequenas podem aprender a gostar de alimentos saudáveis^{23,24}



Os hábitos alimentares saudáveis estabelecem-se no início da vida. A exposição a uma variedade de opções alimentares e práticas de alimentação responsiva, desempenham um papel importante em ajudar as crianças a aprenderem uma alimentação saudável.

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