Nutrition across the Lifespan







Pregnancy

Growth and development occurring:

Energy requirements & physical activity:

Specific nutrient requirements:

Important foods:

Infancy

Growth and development occurring:

Energy requirements & physical activity:

Specific nutrient requirements:

Important foods:





Early Childhood

Middle Childhood

Teenage Years

Growth and development occurring:

Growth and development occurring:

Growth and development occurring:

Energy requirements & physical activity:

Energy requirements & physical activity:

Energy requirements & physical activity:

Specific nutrient requirements:

Specific nutrient requirements:

Specific nutrient requirements:

Important foods:



Important foods:



Important foods:



Adulthood

Senior Years

Summary

Growth and development occurring:

Growth and development occurring:

What stages of life have high levels of physical growth?

Energy requirements & physical activity:

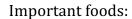
Energy requirements & physical activity:

What stages of life have relatively low energy (calorie) requirements?

Specific nutrient requirements:

Specific nutrient requirements:

What nutrients are consistently important across the lifespan?





Important foods:



What foods are consistently important across the lifespan? (hint: MyPlate)