

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

Growth and development occurring:

Energy requirements & physical activity:

Specific nutrient requirements:

Important foods:



Middle Childhood

Growth and development occurring:

Energy requirements & physical activity:

Specific nutrient requirements:

Important foods:



Teenage Years

Growth and development occurring:

Energy requirements & physical activity:

Specific nutrient requirements:

Important foods:



Tape or glue here

Adulthood

Growth and development occurring:

Energy requirements & physical activity:

Specific nutrient requirements:

Important foods:



Senior Years

Growth and development occurring:

Energy requirements & physical activity:

Specific nutrient requirements:

Important foods:



Summary

What stages of life have high levels of physical growth?

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

What nutrients are consistently important across the lifespan?

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

Tape or glue here