

Why is a healthy diet important for kids & adolescents?

- It helps to improve concentration, learning and behaviour.
- It promotes proper physical growth and development.
- It promotes resistance to infection.
- It gives plenty of energy.
- It helps establish healthy eating patterns and habits for life.
- It minimises future health risks like obesity, diabetes, heart disease, stroke, cancer and dental decay.
- Research shows that children exposed regularly to healthy foods will have a better chance of eating healthily as a life-long habit.
- In some countries, the issue of child protection is being addressed through nutritional means, by attempting to reduce children's exposure to unhealthy foods and drinks.