

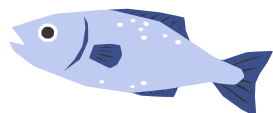
Early Years Nutrition Facts and figures



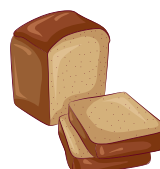
TOO MUCH OR NOT ENOUGH?



A third of toddlers exceed the recommended limit of daily calories from sugar: on average the equivalent of 8 cubes a day compared to the maximum recommended 3-4 cubes a day



Young children eat too little oily fish: on average they have just 13g a week which is less than a tablespoon



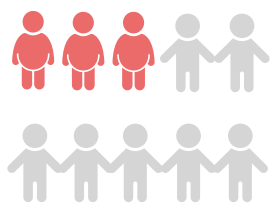
Young children have too little fibre in their diet: on average only consuming 10g fibre per day, versus the recommended 15g per day



Young children should be encouraged to eat plenty of fruit and vegetables in their daily diet: evidence suggests that fewer than 1 in 5 children eat their five a day

CONSEQUENCES OF POOR EARLY YEARS NUTRITION

30% of children in reception are overweight or obese



OBESITY

is linked with short and long term physical and mental health consequences



NEARLY A QUARTER OF FIVE YEAR OLDS



Oral health is a problem for young children: almost one quarter (23.7%) of five-year-old children had experience of obvious dental decay.



The evidence supporting the importance of good nutrition in the early years is clear. Practitioners and public health experts agree that giving a child a healthy start in life is vital, as nutrition in the early years has consequences across the life course. Early years settings have an essential role to play in helping to support.

Neil Leitch, CEO, Early Years Alliance

THE ROLES OF EARLY YEARS SETTINGS

92% of the 3- and 4-year-old population are currently in some kind of formalised childcare

49% of early years settings report seeing signs of food insecurity amongst their families

94% of early years settings say that their food provision has been impacted by rising costs

The Childhood Obesity Plan acknowledged 'The early years are a crucial time for children's development.' The Plan announced that the EYFS Framework will be updated to make specific reference to the UK Chief Medical Officers' guidelines for physical activity in the early years (including active play).