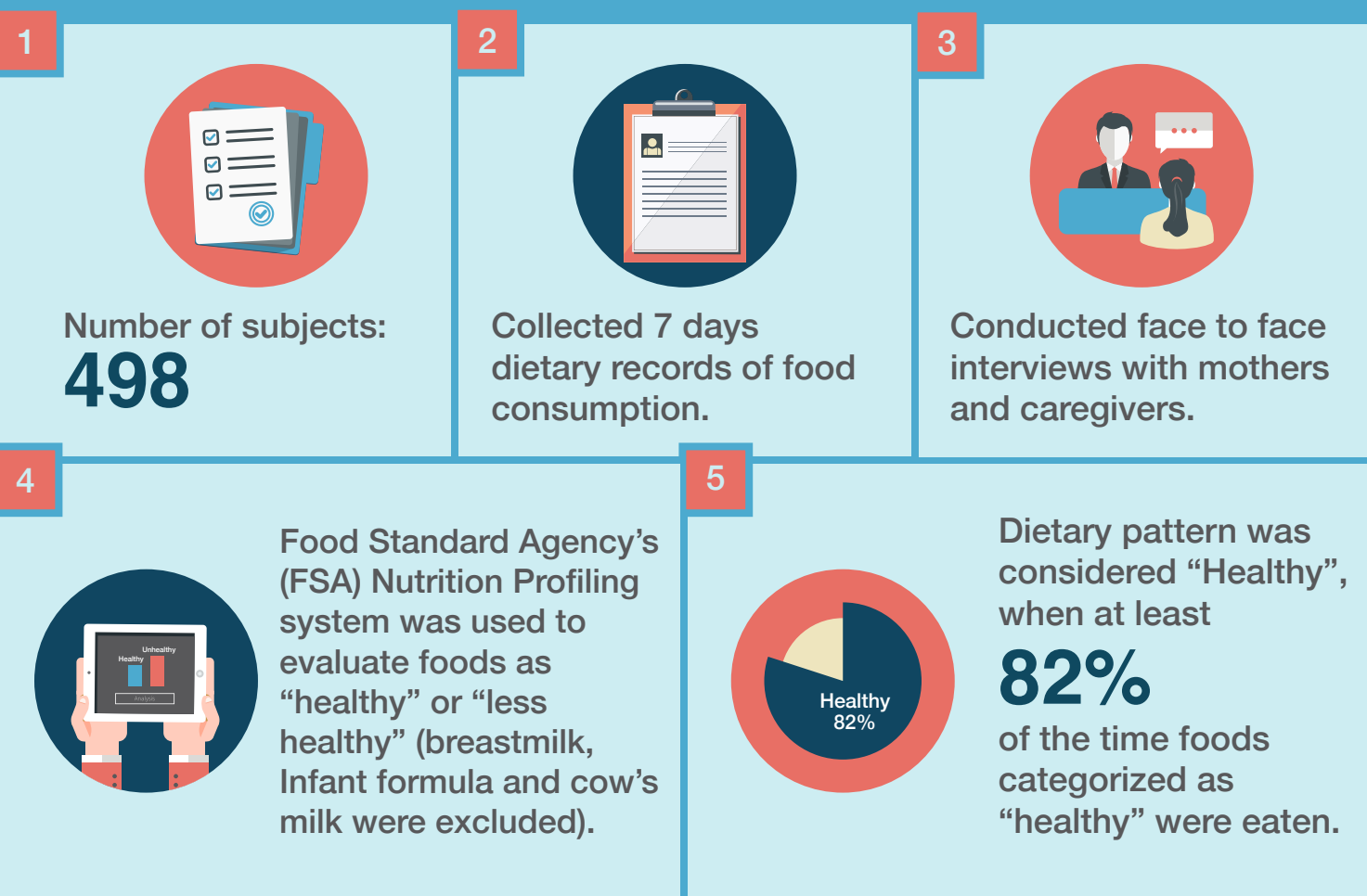


# QUALITY OF FOODS EATEN BY ARGENTINIAN CHILDREN

## UNDER 3 YEARS OF AGE

Objective: to evaluate the quality of diet of Argentinian children under 3 years of age

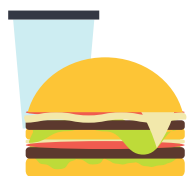
### METHODOLOGY



### RESULTS



4 out of 10 children between **6 months – 3 years of age** showed unhealthy eating patterns



More than **50%** of children older than 2 year old have a "less healthy" dietary pattern

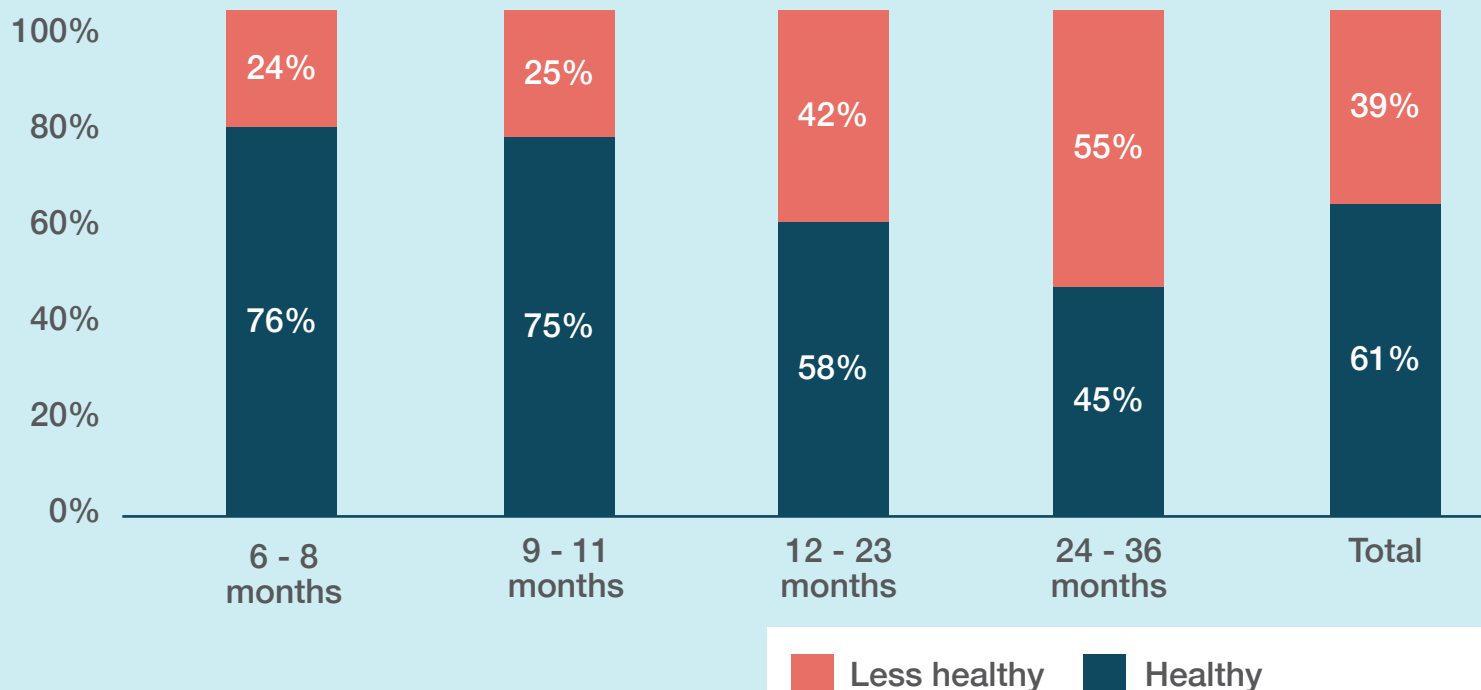


**1 out of 3** foods children eat are unhealthy

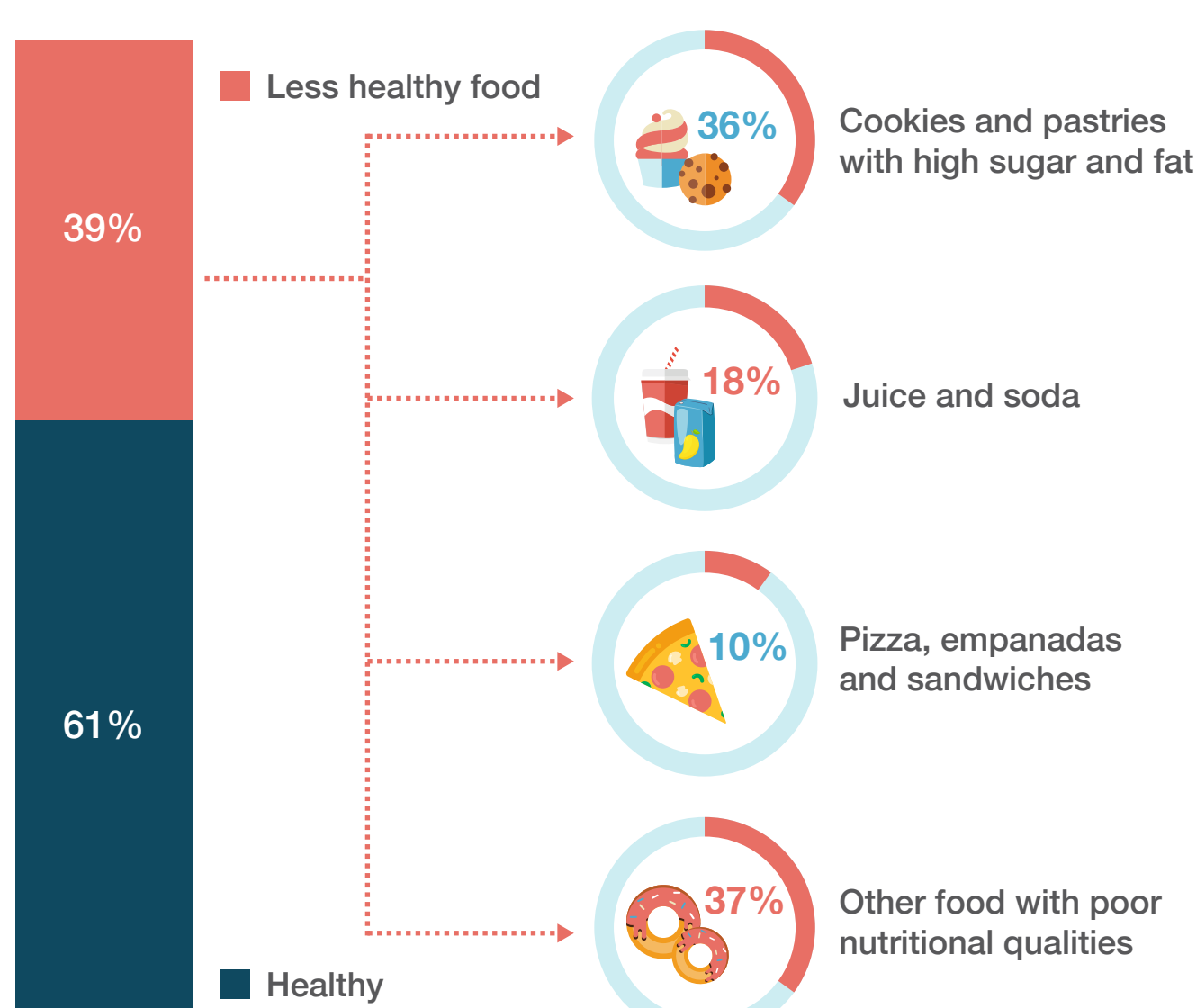


Children's diet starts becoming "less healthy" from 6 months onwards. Beyond 1 year of age it continues to become even more unhealthy as children begin to form their eating habits and parents stop preparing meals exclusively for them

### DIETARY PATTERN ACCORDING TO AGE GROUP



### COMPOSITION OF LESS HEALTHY ACTS OF CONSUMPTION



### CONCLUSION

Exposure to food in early childhood plays an important role in shaping healthy eating habits for life. Early introduction of foods rich in sugars, sodium and fats not only reduces the quality of the overall diet but may also influence our food choices for life. Therefore, it is important to expose children to healthy foods during this period and limit exposure to foods that are unhealthy.