

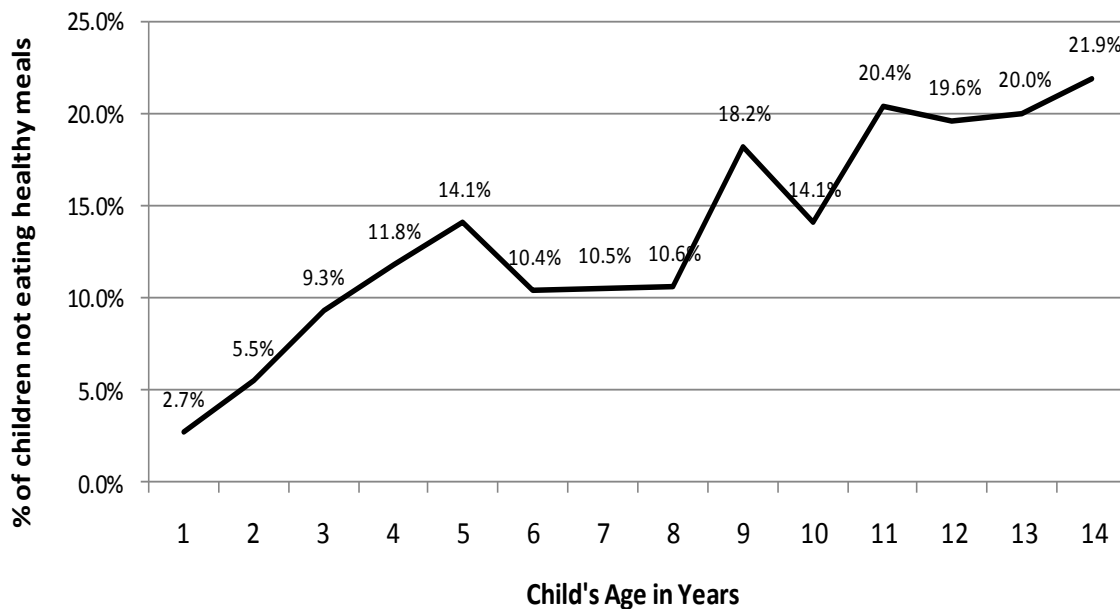
### Do children eat healthier meals at different ages?

Denton, Hood, Johnson, Parker, Tarrant and Wise Counties, Texas

Number: 17

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Eating healthy meals is one part of managing weight and health. To learn if children eat less healthy meals as they grow older – and more independent – CCHAPS asked parents “do you believe this child eats healthy meals?” By the age of the child . . .



#### CONCLUSIONS:

The results suggest that as children become more independent they eat less healthy meals.

Parents admit that planning meals for preschool children is a challenge. These parents are making choices about their child's nutrition – some may have severe limits on their options – that may determine how children will choose to eat as they grow into adults.

Source: CCHAPS 2008 at [www.cchaps.org](http://www.cchaps.org) accessed October 2009.

CCHAPS is a random household survey reporting responses from 7,439 families with a child aged 0 – 14

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