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Preventing Childhood Obesity in Early Care and Education Programs

American Academy of Pediatrics, American Public Health Association

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All-new set of national standards describing evidence-based best practices in nutrition, physical activity, and screen time for early care and education programs. The all-new Preventing Childhood Obesity in Early Care and Education is the new set of national standards describing evidence-based best practices in nutrition, physical activity, and screen time for early care and education programs. The standards are for all types of early care and education settings – centers and family child care homes. Areas of coverage: General nutrition requirements - Meal and snack patterns - Requirements for infants including supporting breastfeeding - Requirements for toddlers and preschoolers - Meal service and supervision - Food brought from home - Nutrition education - Active opportunities for physical activities - Outdoor and indoor play time

Caregivers/teachers' encouragement of physical activity - Screen time limits - Policies on infant feeding, food and nutrition services, and physical activity.

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