



*the*  
**Chickasaw**  
*Nation*  
Department of Health

**NUTRITION  
GUIDE**

*the*  
**Chickasaw**  
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Department of Health

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**CLINICAL SERVICES FOR PEDIATRIC WELLNESS:  
NUTRITION**



## NUTRITION AND ACADEMIC PERFORMANCE

### Eating a healthy breakfast is associated with:

- Improved memory
- Improved attention
- Improved decision making
- Improved mood
- Reduced absences from class
- Improved metabolism

## HYDRATION

Getting enough water may also improve brain health in children and adolescents. This is important for learning.

### Water helps the body:

- Keep a normal temperature
- Lubricate and cushion joints
- Protect the spinal cord and other sensitive tissues
- Get rid of wastes properly

## BENEFITS OF HEALTHY EATING

- Helps achieve and maintain a healthy weight
- Keeps skin, teeth and eyes healthy
- Supports brain development
- Supports muscles
- Supports healthy growth
- Boosts immunity
- Strengthens bones
- Helps the digestive system

## DIETARY GUIDELINES FOR AMERICANS, 2020-2025

### Recommendations

- Make half your plate fruits and vegetables
- Focus on whole **fruits**
- Vary your **vegetables**
- Make half your grains **whole grains**
- Move to fat-free and low-fat **dairy** products
- Vary your **protein** routine
- Choose food and drinks with less added sugars, saturated fat and sodium

## 5-2-1-0

- **FIVE** or more fruits and vegetables per day
- No more than **TWO** hours of screen time
- **ONE** hour of physical activity or more per day
- **ZERO** sugary drinks

## NUTRITIONAL STATISTICS

**1:10** Fewer than 1 in 10 children and adults eat the recommended daily amount of vegetables.

**40%** Empty calories from added sugars and solid fats contribute to 40% of daily calories for children and adolescents aged 2-18 years affecting the overall quality of their diets.

**2:5** Only 2 in 5 children eat enough fruit.

## CHICKASAW NATION NUTRITION SERVICES

**Packed Promise:** (844) 230-3785

**Impa'chi (Let's Eat!):** (580) 436-7255

**Get Fresh!:** (580) 272-5501

**Summer EBT:** (844) 256-3467 or  
(580) 272-1178

**Food Distribution Program (FDP):**  
(888) 436-7255