



# Bright Futures Nutrition Family Fact Sheets

The mission of Bright Futures is to promote and improve the health, education, and well-being of infants, children, adolescents, families, and communities. Bright Futures is a national child health promotion and disease prevention initiative launched in 1990 and guided by the Health Resources and Services Administration's Maternal and Child Health Bureau, with additional program support from the Centers for Medicare and Medicaid (formerly the Health Care Financing Administration). Bright Futures is dedicated to developing educational materials for health professionals, families, and communities and to disseminating Bright Futures philosophy and materials.

The information in the *Bright Futures Nutrition Family Fact Sheets* was adapted from *Bright Futures in Practice: Nutrition* (2nd ed.) and is organized as follows:

- Infancy: Birth–5 Months
- Infancy: 6–11 Months
- Early Childhood: 1–2 Years
- Early Childhood: 3–4 Years
- Middle Childhood: 5–7 Years
- Middle Childhood: 8–10 Years
- Adolescence: 11–21 Years

*Bright Futures Nutrition Family Fact Sheets* can be used to

- Provide families with important and easy-to-read information on their infant's, child's, or adolescent's nutrition.
- Provide families with resources for nutrition information.
- Help families discuss with health professionals issues and concerns they have about their infant's, child's, or adolescent's nutrition.

- Help families promote the well-being of their infant, child, or adolescent by forming partnerships with health professionals.

*Bright Futures Nutrition Family Fact Sheets* can be distributed by

- Photocopying pages from this document.
- Downloading color pages from the Bright Futures Web site ([www.brightfutures.org](http://www.brightfutures.org)).

For more information, visit our Web site at [www.brightfutures.org](http://www.brightfutures.org) or contact

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