

# HEALTHY CHOICES HEALTHY KIDS



healthy  
for **LIFE**™  
*wellness every day workshop*



**How much  
sugar does  
the average  
child  
consume in  
one year?**





## Everyday Concerns About Children's Diets

- ~ My kids don't like healthy food, they won't look at anything green.
- ~ I've tried to get my kids to try new foods, they won't eat anything but chicken nuggets and macaroni & cheese.
- ~ My teenager eats too much 'junk food' especially when she's with friends.
- ~ My kids hate it when I try to get them to eat healthy.

## CHECKLIST

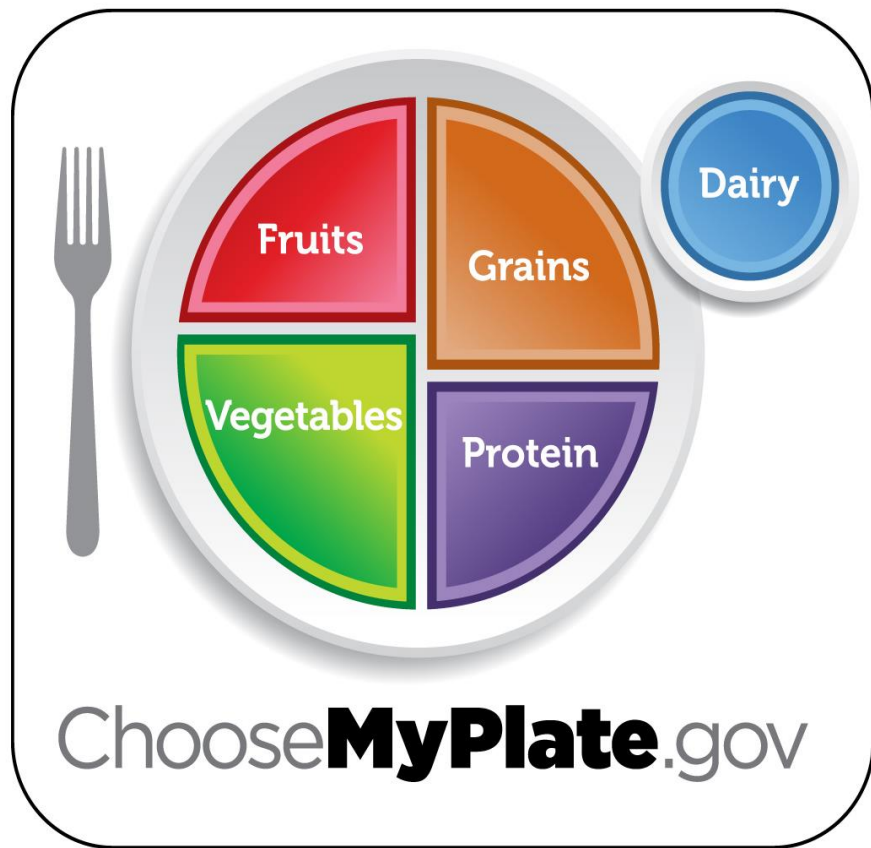


## Goals For Today

- ✓ Discuss healthy diet basics for kids.
- ✓ Give you ideas to help your child eat better.
- ✓ Share ideas that work for other people and their children.
- ✓ Give you the knowledge you need to make healthier choices for healthier kids!

*Remember that everyone's health history and nutritional needs are different so please make sure that you talk with your doctor and a registered dietitian for advice about the diet and exercise plan that's right for you and your child.*





# Healthy Diet Basics

Build a healthy plate

≈ Emphasize fruit, veggies, whole grains, fat-free or low-fat dairy products.

≈ Include lean meats, poultry, fish, beans, eggs and nuts.

≈ Limit fats, salt and sugar.

≈ Balance food and physical activity.

<p>Start smart with breakfast. Look for whole-grain cereals.</p> <p>Just because bread is brown doesn't mean it's whole-grain. Search the ingredients list to make sure the first word is "whole" (like "whole wheat").</p>	<p>Color your plate with all kinds of great-tasting veggies.</p> <p>What's green and orange and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.</p>	<p>Fruits are nature's treats — sweet and delicious. Go easy on juice and make sure it's 100%.</p>	<p>Move to the milk group to get your calcium. Calcium builds strong bones.</p> <p>Look at the carton or container to make sure your milk, yogurt, or cheese is lowfat or fat-free.</p>	<p>Eat lean or lowfat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled — not fried.</p> <p>It's nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.</p>
<p>For an 1,800-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.</p>				
Eat 6 oz. every day: <small>at least half should be whole</small>	Eat 2 1/2 cups every day	Eat 1 1/2 cups every day	Get 3 cups every day: <small>(for kids ages 2 to 8, it's 2 cups)</small>	Eat 5 oz. every day
<p><b>Oils</b> Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.</p>				
<p><b>Find your balance between food and fun</b></p> <ul style="list-style-type: none"> <li>Move more. Aim for at least 60 minutes everyday, or most days.</li> <li>Walk, dance, bike, rollerblade — it all counts. How great is that!</li> </ul>		<p><b>Fats and sugars — know your limits</b></p> <ul style="list-style-type: none"> <li>Get your fat facts and sugar smarts from the Nutrition Facts label.</li> <li>Limit solid fats as well as foods that contain them.</li> <li>Choose food and beverages low in added sugars and other caloric sweeteners.</li> </ul>		



# Things You Can Do

- 😊 Make fruits & veggies fun
- 😊 Help take the fat out
- 😊 Introduce them to the whole grain
- 😊 Help limit the junk
- 😊 Teach them how much
- 😊 Get everybody moving



# **Make Fruits & Vegetables Appealing To Kids!**





## Wellness Every Day Tips Fruits & Vegetables

- ≈ Make them convenient and accessible.
- ≈ Make them special and fun.
- ≈ Find ways to include them at every meal.
- ≈ Involve kids in choice and preparation.
- ≈ Buy frozen, canned, fresh, or dried.





**Make Sure  
The Dairy  
Is  
Low Fat  
And  
The Protein  
Is Lean!**



## Wellness Every Day Tips – Low Fat Dairy

- ≈ Explore various ways to help kids include low fat dairy – Add skim or low-fat milk to their hot cereals instead of water.
- ≈ Make milk the beverage of choice for kids' meals.
- ≈ Help kids make fun fruit smoothies or parfaits with low fat yogurt .
- ≈ Use low fat cheese as a nutritious fun topping for salads and baked potatoes.
- ≈ Serve low fat frozen yogurt as a snack or dessert.



## Wellness Every Day Tips – Lean Protein

- Make sure the meat you buy for your family is lean when you choose:
  - *Poultry without skin*
  - *Round or loin cuts*
  - *‘Choice’ instead of ‘prime’*
  - *90% lean or higher for ground beef*
- Keep family meals lean, prepare meats with care:
  - *Trim off any visible extra fat from meats before cooking*
  - *Drain off extra fat from pan after cooking*
  - *Grill, broil, roast, bake or sauté often. Fry occasionally.*
- Offer your kids fish instead of meat more often.
- Help kids explore the wide world of beans, add a variety of beans to soups, salads, burritos, or rice.



# **Make Half Their Grains Whole Grains!**





## Wellness Every Day Tips – Make Half Their Grains Whole Grains!

- Reduce refined white grains and introduce kids to whole ‘brown’ grains:
  - *Serve brown rice instead of white.*
  - *Try mixing in whole wheat pasta with white.*
  - *Eat whole wheat bread instead of white.*
- Offer your kids whole grains like oatmeal instead of refined grains like grits or cream of wheat.
- Make pancakes or muffins with half whole wheat flour and half white flour.



## Wellness Every Day Tips – Make Half Their Grains Whole Grains!

- Serve kids whole grain dry cereals for breakfast.
- Offer your kids whole grain snacks like popcorn or trail mixes made with whole grain dry cereals.
- Encourage kids to explore new cuisines that include whole grains:
  - *Salads that contain quinoa.*
  - *Whole grain pilaf that includes barley, wild rice and brown rice cooked in broth.*





Servings Per Container About	
Amount Per Serving	
<b>Calories</b> 120	Calories from Fat
	% Daily Value
<b>Total Fat</b> 2g	
Saturated Fat 0.5g	
Trans Fat 0g	
<b>Cholesterol</b> 0mg	
<b>Sodium</b> 530mg	2
<b>Total Carbohydrate</b> 27g	
Dietary Fiber 2g	
Sugars 0g	
<b>Protein</b> 3g	
Vitamin A 0%	Vitamin C 0

## Wellness Every Day Tips – How To Limit 'Bad' Fats!

- Check nutrition facts labels to steer kids clear of trans fat and excess saturated fat.
  - Foods made with 'partially hydrogenated' oil contain trans fat.
  - Use small quantities of solid fats like butter and shortening, they contain saturated fat.
  - Make saturated fat containing foods like pizza, sausages and hot dogs occasional foods.
- Focus your kids on the 'good' fats.
  - Include small amounts of nuts, or olives in kids' salads or as snacks.
  - Use guacamole as a dip or a topping.
  - Grill bake or sauté in healthy oils like canola, olive or corn instead of frying.

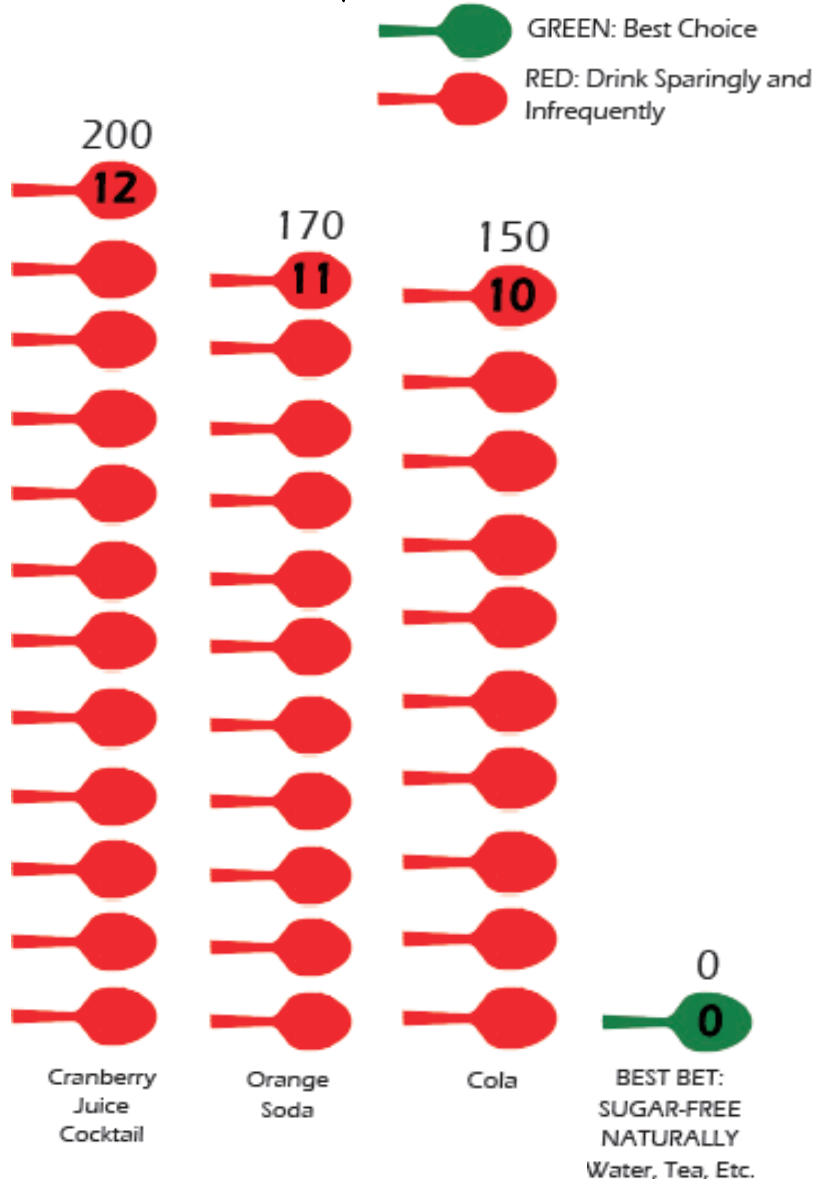


Servings Per Container About	
Amount Per Serving	
<b>Calories</b> 120	Calories from Fat
% Daily Value	
<b>Total Fat</b> 2g	
Saturated Fat 0.5g	
Trans Fat 0g	
<b>Cholesterol</b> 0mg	
<b>Sodium</b> 530mg	
<b>Total Carbohydrate</b> 27g	
Dietary Fiber 2g	
Sugars 0g	
<b>Protein</b> 3g	
Vitamin A 0%	Vitamin C 0%

## Wellness Every Day Tips – How To Cut Down On Sodium!

- Check nutrition facts labels for sodium in foods.
- Offer your kids more fresh foods. Processed foods like salty snacks, luncheon meats and some canned foods have high sodium content.
- Encourage kids to use sodium containing condiments sparingly. Some salad dressings, many dips, relish and soy sauce are high in sodium.
- Help your kids acquire a taste for less salty flavors. Use herbs, spices and citrus zest to flavor foods instead of salt and sea salt.

## Calories and Teaspoons of Sugar in 12 Ounces of Each Beverage



## Wellness Every Day Tips – How To Limit Added Sugars!

### ➤ Watch out for added sugar

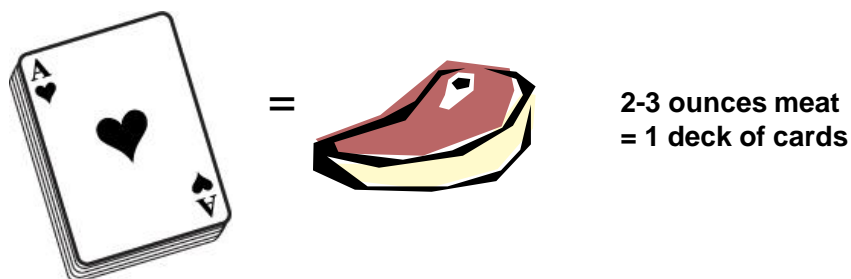
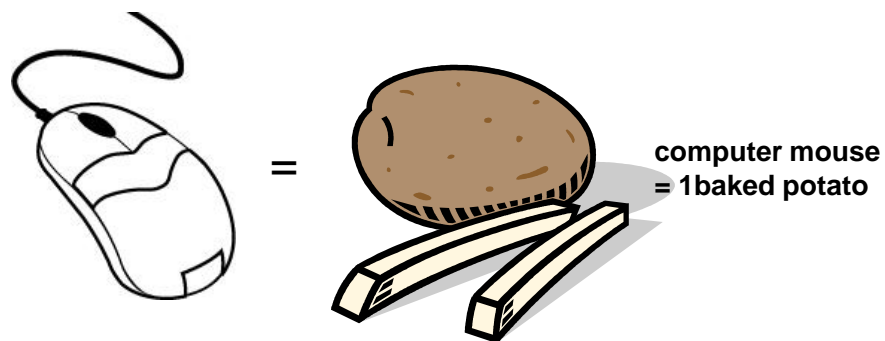
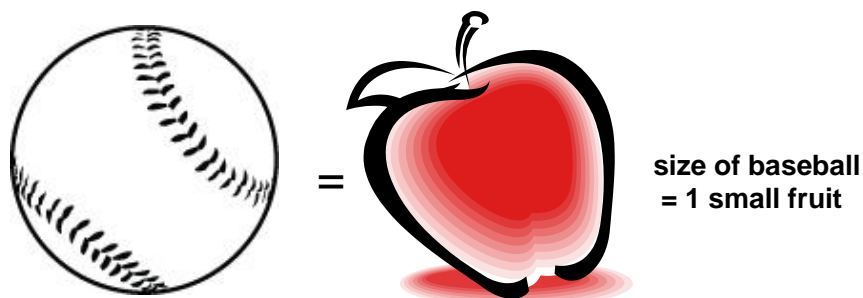
- Check nutrition facts labels for grams of sugar and learn how much sugar is in everyday foods.
- Serve kids more water and other unsweetened beverages – limit sweetened beverages like juice drinks, teas and sodas
- Encourage kids to eat more fruit for snacks and dessert – limit canned fruit in syrup, candy, cakes and cookies.
- Help kids limit the amount of ‘frosted’ or sweetened breakfast cereals.



**How Much  
Is Enough?**

**or**

**How Much is  
Too Much?**



## Understanding Serving Sizes!

➤ Easy 'visual cues' to estimate how much food equals **one serving**.

- Grains: 1 slice of bread, ½ cup cooked cereal, ½ English muffin, 1 small flour tortilla
- Beans: ½ to ¾ cup cooked beans or 1 cup split pea soup
- Dairy: 1 regular container of yogurt (8 ounce) or one scoop of ice cream

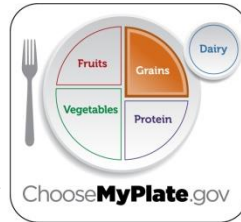


# Dietary Guidelines for Kids Recommend...

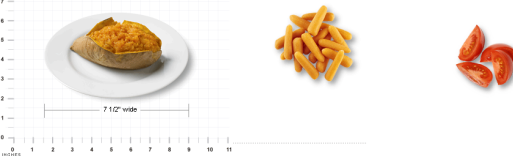
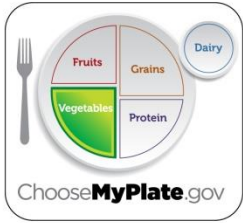
1 ½ cups fruit



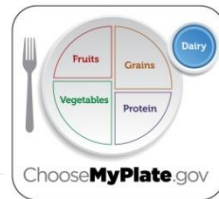
3 oz whole grains



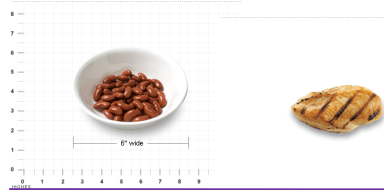
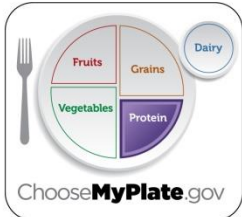
2 ½ cups vegetables



3 cups dairy



5 oz meat and beans



## Understanding Serving Sizes

➤ Use these guidelines to help kids eat a day's worth of healthy food

- Fruit: ½ cup = 1 serving
- Grains: 1 ounce = 1 serving
- Vegetables: ½ cup = 1 serving
- Dairy: 1 cup = 1 serving
- Meat & Beans: 2 to 3 ounces = 1 serving



## Wellness Every Day Tips – Understanding Serving Sizes At Home

- ✓ Use measuring cups and spoons for cooking family meals and serving snacks.
- ✓ Serve the right amounts of food.
- ✓ Reduce temptation to overeat:
  - *Keep family style platters off the table.*
  - *Use smaller plates or bowls.*
  - *Use taller glasses.*

## At Restaurants

- ✓ Pay attention to how much your child is being served.
- ✓ Make sure that veggies are included.
- ✓ If oversized portions are served, allow kids to eat ½ the meal and take ½ home.



## Wellness Every Day Tips – Balance Food And Physical Activity!

- Eat right, exercise, have fun.
- Stay within your calorie needs:
  - Choose foods from each food group in the recommended amounts.
- Move more everyday, aim for at least 60 minutes of fun activity:
  - Run, jump, dance
  - Rollerblade, skate board, bike
  - Play basketball, soccer, baseball, hockey
  - E-fitness activities



# **Additional Questions?**