



NUTRITION FOR KIDS
A Parent's Guide for Healthy Eating

BE A ROLE MODEL

Helping your kids get and stay healthy isn't always easy. It's hard for them to resist the unhealthy snacks, sodas and fast food that seem to be all around them. Here are some helpful tips and information to help you take positive steps toward healthy eating!



Good nutrition begins at home. The right food and portion size matter to help your child maintain a healthy weight and establish good eating habits.



SERVING EXAMPLES-GRAINS

Grains: (Get about 6 ounces a day)

1 ounce of grains =

1/2 cup of oatmeal or other hot cereal

About 1 cup of dry cereal

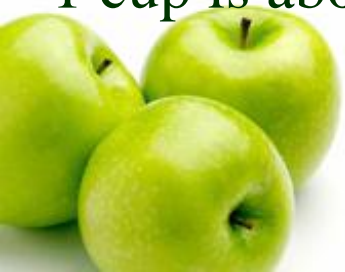
1/2 cup of cooked pasta or rice

1/2 of an English muffin

Think of it this way:

1/2 cup is about the size of a hockey puck!

1 cup is about the size of a baseball or a fist!



SERVING EXAMPLES-VEGETABLES

Vegetables: (Get about 2 to 2.5 cups a day)

1 cup of vegetables =
1 cup of most raw or cooked vegetables
or vegetable juice

2 medium carrots or a dozen baby
carrots

1 large sweet potato or 1 medium white
potato

2 cups raw leafy green vegetables (like
lettuce). Yep, when counting raw leafy
green veggies, two cups only counts as
one!



SERVING EXAMPLES-FRUITS

Fruits: (Get about 1.5 to 2 cups a day)

1 cup of fruit =

1 small apple (2.5" diameter)

1 large banana (8" to 9" long)

1 cup of chopped, cooked, or canned fruit like applesauce or fruit salad

1 cup of fruit juice

1/2 cup dried fruit

Think of it this way:

A medium piece of fruit is about the size of a baseball!



SERVING EXAMPLES-DAIRY

Dairy (Milk): (Get about 3 cups a day)

1 cup of dairy =

1 cup of milk (a half pint container)

1 cup of yogurt (a regular 8 ounce container)

1.5 ounces of natural cheese (like cheddar or Swiss)

2 ounces of processed cheese (like American cheese slices)

Think of it this way:

1 1/2 ounces of cheese is about the size of two dominoes!



SERVING EXAMPLES-PROTEIN

Proteins: (Get about 5 to 5.5 oz./day)

1 ounce of meat or beans =

1 ounce of cooked lean meat, poultry, or fish

1/4 cup of cooked dry beans or 1/4 cup of tofu

1 slice sandwich turkey

1 egg

1 tablespoon of peanut butter or 1/2 ounce of nuts or seeds



Think of it this way:

A small steak or chicken breast poultry is about the size of a deck of cards!

TIPS FOR PICKY EATERS

- Get them excited about healthy food
- Get them involved in the kitchen
- Give them a say in what they eat
- Take them grocery shopping with you
- Keep the junk food out of the house
- Add healthy food when you can
- Help them learn
- Sit down together
- Keep healthy snacks on hand
- Make healthy food and meals fun



SET A GOOD EXAMPLE AND BECOME A ROLE MODEL

- Make gradual changes; drink one more glass of water a day
- Balance bad habits with good ones; ok to have occasional treats
- Listen to when you are full; you don't have to clean the plate
- Grocery shop on a full stomach; prevents impulse buying
- Be positive; don't put yourself down in front of your kids
- Slow down; it takes 20 minutes for your stomach to tell your brain that it's fed
- Focus on the why as well as the how; teach children why being healthy is important



EATING ON A BUDGET

THE 3 P'S

PLAN; Plan meals and snacks for the week ahead
Find quick and easy recipes in advance

PURCHASE; Stick to the grocery list
Buy store brands when available
Choose fruits and vegetables in season

PREPARE; Double or triple up on recipes you can freeze
for subsequent meals
Try a meatless meal, substitute with beans

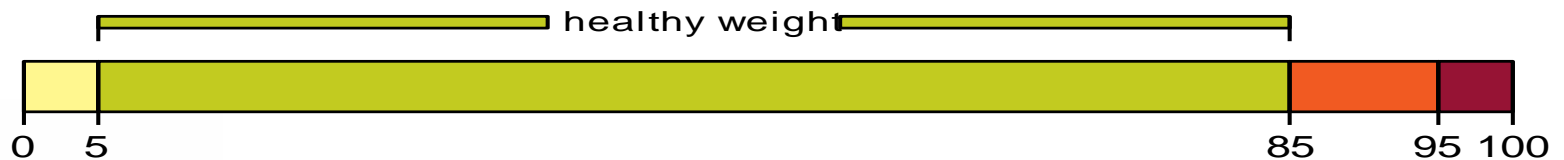






WHAT IS BMI AND WHY IS IT IMPORTANT?

BMI stands for Body Mass Index. It is a way of checking to see if your child has a healthy weight.

When your child is screened, the results are given in percentile. In general, the higher the BMI, the more fat there is in the body. If your child's BMI is high it does not necessarily mean they are overweight. You should talk to your pediatrician about out of range results

Below are examples of percentiles for BMI.



-  Underweight – less than the 5th percentile
-  Healthy weight – 5th percentile to less than the 85th percentile
-  Overweight – 85th percentile to less than the 95th percentile
-  Obese – 95th percentile or greater

