



Partners In NUTRITION

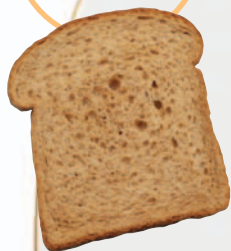
Nutrition Reference Guide For Busy Parents: What Should Kids Eat Every Day?

Children need appropriate amounts of energy, protein, vitamins and minerals to grow and to feel their best every day. But how do parents balance a healthy diet for their children within a hectic schedule? The below tips can help make healthy eating goals a manageable, everyday practice to fit today's busy lifestyle.

Daily Recommended Servings Based on an 1800 Calorie Diet

Children have varying daily calorie needs based on age, gender and activity level. To find the level right for your child go to www.mypyramid.gov/kids/index.html

6
ounces



Grains

- Buy whole grain breads. Make sure it's whole grain by checking that the first ingredient has "whole" in the name. Then make sure a serving provides at least 2 grams of dietary fiber.
- Serving sizes should be approximately 1 oz. —equivalent of 1 slice of bread, 1 cup of dry cereal, or ½ cup of cooked pasta or rice.

2½
cups



Vegetables

- Vary the vegetables and choose from the rainbow of colors — dark green, light green, orange and red—to get a variety of vitamins and minerals.
- Cut up vegetables in bite size pieces for hungry little mouths. Stock up on cherry or grape tomatoes, baby carrots and pre-cut broccoli. Use them for school lunches or afternoon snacks. Slice up red peppers, cucumbers and pea pods and let children dip them into their favorite salad dressing.

5
ounces



Meat, Poultry, Fish and Beans

- Choose lean meats and prepare them low fat. Make burgers or meatloaf with ground turkey or lean ground meat, and take the skin off poultry. Fill sandwiches with sliced turkey, ham or roast beef rather than high fat cold cuts such as bologna and salami.
- Serving sizes should be approximately 1oz. —the size of a child's fist (e.g. 1 egg, ¼ cup of dry beans, 1 tablespoon of peanut butter).

3
servings



Dairy Foods

- Make it milk (fat-free or low-fat) to drink at meals, whether you eat in or out.
- Snack on dairy foods —yogurt, string cheese, or smoothies.

1½
cups



Fruits

- Select whole fruit— fresh, canned or dried.
- Have a variety of fruit ready-to-eat—grapes, clementines, sliced kiwi, mango, apples or cubes of melon.
- Juice can be enjoyed in moderation.



MyPyramid.gov
STEPS TO A HEALTHIER YOU



HELPING KIDS BE MORE ACTIVE

Children need about 60 minutes of physical activity a day, but many exercise as little as two times a week—or less—according to scientific studies. Here are a few ways to get your kids moving:

- Limit TV and recreational computer time
- Plan family activities that involve walking—a trip to the zoo, a hike, a visit to the local park, or a museum expedition
- Assign everyday active chores like making beds, washing the car, gardening, or vacuuming
- Encourage participation in school-sponsored sports and outdoor play
- Act as a role model—be an example for your kid

Remember: Even short 5 or 10-minute activity sessions throughout the day add up and are just as good as 20 minutes at a time.

For more tips go to http://www.mypyramid.gov/pyramid/physical_activity_tips.html

How to Make it Happen



HEALTHY SNACKING

The key to making snacking healthy: Skip the cookies and chips, and pick healthier options instead. Here are some guaranteed nutritious options:

- Yogurt with fruit
- Melon balls
- Low-fat pudding
- Low-fat granola bars
- Crackers spread thinly with peanut butter or bean dip
- Popcorn
- Flavored rice or popcorn cakes
- Frozen juice bars
- Crackers with cheese (low-fat for children over 5)
- Fortified cereal with milk
- Celery or apple slices with peanut butter
- String cheese
- Graham crackers
- Apple slices with cheese
- Pretzels
- Dried fruit

For more tips go to http://www.mypyramid.gov/tips_resources/index.html

Healthy Fats vs. Unhealthy Fats

- Cook with healthy liquid oils, like canola, corn, olive or safflower, instead of margarine, butter or shortening.
- Take advantage of healthier, lower fat snack foods—baked tortilla or potato chips, whole wheat pretzels, or light popcorn—and limit snacks that contain trans fats, or the words “partially hydrogenated fat” on food ingredient lists.
- Choose part skim or low-fat cheeses.

Sugary Foods Should Be Eaten In Moderation

- Limit the sweets in the house and create family rules to live by. Check ingredients on nutrition labels and choose foods and beverages low in added sugars and sweeteners. Anything having “high fructose corn syrup,” “sucrose,” or “glucose” as one of the first three or four ingredients should be eaten in moderation.
- Drink fruit juice in moderation, or serve a juice that is lower in sugar.
- Quench a child’s thirst with water or no-calorie, sugar-free beverages sweetened with a no-calorie sweetener.

Visit www.splenda.com for great-tasting recipes the whole family can enjoy making and eating together. To download additional brochures, go to www.schoolnutrition.org



Quick Tip: Make copies of this Quick Reference Guide and pass it out to share!