

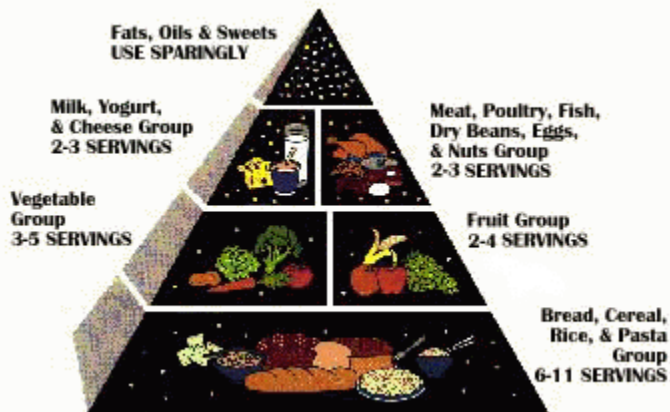
## Nutrition

As an adult, you should be familiar with what it means to eat nutritiously. Teaching healthy eating habits to your children at an early age will help them grow and develop properly. It also decreases their risks for future physical ailments and obesity. Prepare to widen your nutritional options as a family, and expose your child to a variety of foods. Getting your family accustomed to a healthy diet is one way to start. We provide you with tips on how to shop and prepare healthy daily foods for your family, and definitions of what is meant by 'fresh,' 'non-fat,' and 'healthy' foods. Use the activities in this section to teach your child about the food guide pyramid, and to participate in activities that stress the importance of proper nutrition at an early age. Sticking to a strict healthy diet can be difficult, but you and your family can work together to eat well. Eating smart can definitely benefit you and your child in the long- run!

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### ACTIVITY #1: " The Food Pyramid"

Did you know that the number of servings that's right for you depend on your age, sex, and size? It also depends on how active you are. Eat salt, fats, and sugars moderately. Use this food pyramid guide and the following tips to make sure you eat something from each of the 5 food groups every day. Pull items out of your refrigerator and kitchen shelves and have your child tell you to what basic food group each item belongs.



This pyramid comes from the USDA. For more detailed information on the Food Guide Pyramid, visit the following link: <http://www.nal.usda.gov:8001/py/pmap.htm>

#### 16 Ways to Eat Five a Day:

- 1) Serve 100% fruit juice for breakfast.
- 2) Send small pieces of fresh fruit or cutup vegetables to school or to other daily activities.
- 3) Top a sandwich with a crunchy red or green pepper and sweet onion ring.
- 4) Use fruit to top hot or cold cereal, pancakes or waffles.
- 5) Pack single servings of canned fruits for daytime snacks.

- 6) Choose a fruit or vegetable salad or vegetable soup when eating out.
- 7) Serve grapefruit halves, melon or orange wedges with their breakfast.
- 8) Prepare a fruit filled desert.
- 9) Fresh carrots are versatile -grated, chopped, sliced, or cut into strips. They add color, vitamins and snap.
- 10) Freeze grapes, banana slices, melon balls, strawberries or bing cherries for a frosty treat.
- 11) Add fresh, canned, frozen, or dried veggies to prepared homemade soups or rice.
- 12) Top gingerbread or graham crackers with rosy applesauce.
- 13) Mix together different fruits to make a delicious fruit salad.
- 14) Freeze 100% fruit juice in paper cups to make fruit pops.
- 15) Try dried fruits like raisins, apricots, cherries, cranberries, dates, figs, and apples for portable snacks.
- 16) Top baked potatoes with vegetables like carrots, broccoli, or mushrooms.

*Information comes from the Fitness Fever Program, a program sponsored by BlueCross BlueShield of Minnesota and the Minnesota Department of Health. For more information, visit [www.fitnessfever.com](http://www.fitnessfever.com).*

### **ACTIVITY #2: "Diet Mobile"**

Have your child cut out 6 pieces of cardboard. On one side, have him/ her write down an abbreviated version of a dietary guideline. ON the other side, have him/ her past an image from a magazine that represent that guideline.

(For example: cut down fatty foods + french fries ). Then, have him/ her put a string through each one, hanging them in various places on a clothes hanger. Put the hanger in or near where you eat, as a constant reminder of what foods are better for you and your family.

### **ACTIVITY #3: "The Grocery Store"**

A healthy diet includes at least 5 servings of fruits and vegetables daily. Try this game with your child. Try to get other people involved as well. Use the words, " I am going to the grocery store and I am going to buy... " Only fruits and vegetables can be 'bought' at the grocery store. At each turn, you must repeat all the fruits and vegetables already said, in the same order, then add your own.

## ACTIVITY #4: "Picture Search"

Have your child find pictures of leafy green vegetables in magazines or newspapers. Have him/ her make a collage. Discuss with your child the benefits of eating leafy greens ( i.e., better health, prevents cancer, etc. )

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## IMPORTANT DIETARY GUIDELINES

1. **Buy healthful foods. Buy only the foods you want your child to eat.**
2. **Serve regular meals and snacks.**
3. **Make mealtimes pleasant.**
4. **Teach good manners at the table.**
5. **Set a good example.**
6. **Don't worry if your children skip a meal.**
7. **Let kids make their own food choices from your good choices.**
8. **Eat a variety of foods.**
9. **Maintain a healthy weight.**
10. **Eat foods that are low in fat, saturated fat, and cholesterol.**
11. **Eat plenty of vegetables, fruits, and grain products.**
12. **Use sugar, salt, and sodium in moderation.**

## FOOD LABELS

### Understand the Label, Before Putting it on the Table

#### *What do these Marketing Labels Really Mean?*

**Free:** product still may have a small trace of whatever it is claiming it is 'free' of.

**Healthy:** must be low in fat and saturated fat, have a small amount of cholesterol and sodium, have 10% of at least one of these nutrients: Vitamins A or C, Iron, Calcium, Protein, or Fiber.

**More:** must contain at least 10% or more of the daily value of the given nutrient than a similar food it is compared to.

**Good Source:** must have at least 10% of the daily value of that nutrient.

**Extra Lean:** must have no more than 5 g of fat, 2g of saturated fat, and no more than 95 mg of cholesterol per serving, per 100g.

**High:** must have at least 20% of the daily value of given nutrient.

**Lean:** a 100g serving must have no more than 4.5g of saturated fat, 10g of fat, and 95mg of cholesterol.

**Irradiated:** exposed to low doses of radiation to kill organic contaminants and extends shelf life. Leaves color, flavor, and nutrition intact.

**Non-fat:** must have zero fat, no exceptions.

**Fresh:** is unprocessed, never has been frozen or heated, has no preservative, though it can have undergone irradiation.

**Less:** must be 25% less of something than whatever it is being compared to.

**Low:** low fat (less than 3g), low saturated fat (less than 1g), low sodium (less than 140mg), very low sodium (less than 35mg), low cholesterol (less than 20mg of cholesterol and 2g of saturated fat), low calorie (less than 40 calories).

**Light:** can be 1/3 few calories or 1 1/2 fat than compared product, 1/2 salt of compared product, or faint (lighter) in color.

**Reduced:** is altered to have 25% less of something as compared to another product

### Take Apart the Nutrition Label

**What do you do with all of the information found on a NUTRITION FACTS BOX of a food product?**

**Serving per container:** Pay close attention to serving sizes.

**Total Fat:** Look for food with lower levels of saturated fats.

**Calories:** Be aware that produces that say "light" or "lite" must have 1/3 fewer calories or 1/2 the fat of the foods to which they are compared. It means that salt has also been reduced by 1/2.

**Sodium:** This label tells you the salt content.

**Total Carbohydrate:** These are main sources of energy for your body. Some types, such as fiber, are harder to digest but clean the digestive system. Purchase products that have more fiber and less sugar.

**Vitamins:** The higher the percentage, the better. They help your body function properly.

**Calcium:** The higher the percentage, the better. These make teeth and bones stronger.

**Percent Daily Values:** This section can serve as a daily planning guide.

**Calories per grain:** the amount of calories a person needs each day depends on many factors including exercise.

Nutrition Facts	
Serving Size 1/2 cup (114g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 90	Calories from Fat 30
% Daily Value*	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 300mg	<b>13%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 3g	
<b>Protein</b> 3g	
Vitamin A 80%	• Vitamin C 60%
Calcium 4%	• Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

*Information is adapted from the American Cancer Society, the National Institutes of Health, the US Department of Agriculture, and the Centers for Disease Control.*