

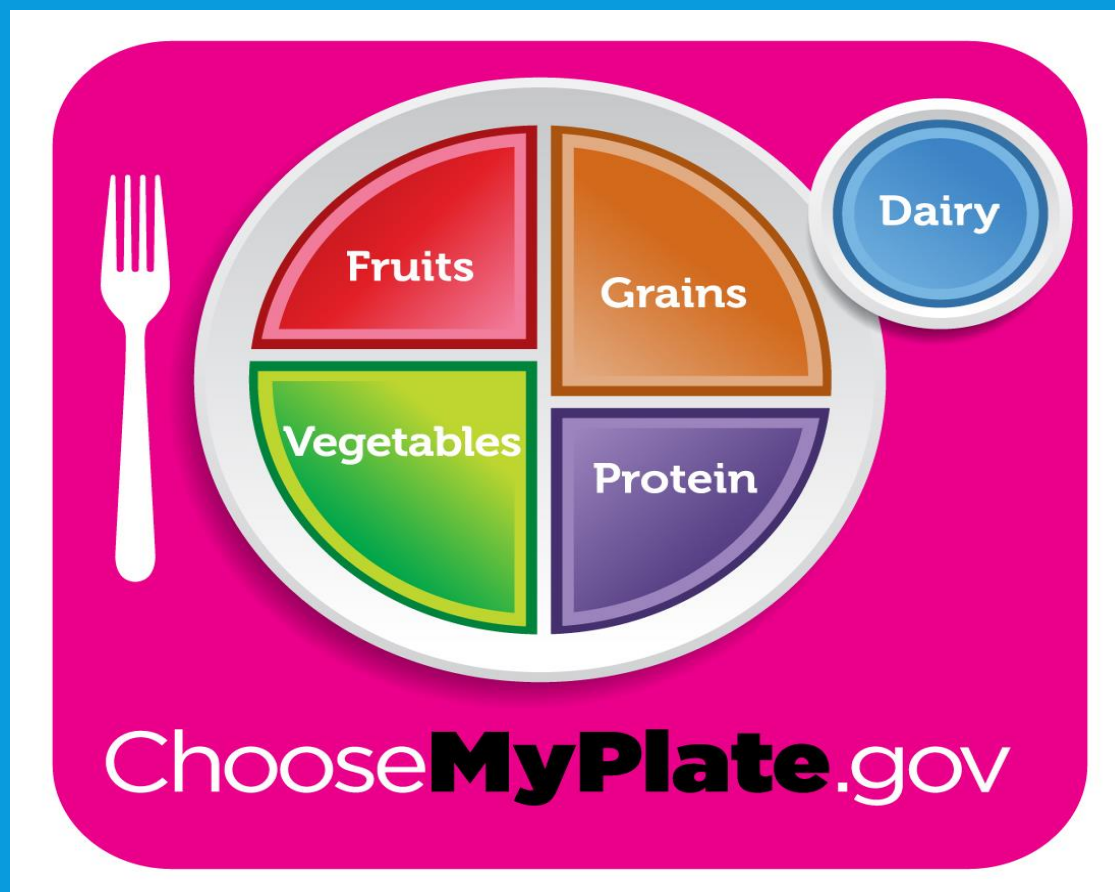
# A GUIDE TO STAYING HEALTHY

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# EATING HEALTHY



# MY PLATE



# SERVINGS PER DAY



**SUPER  
HEALTHY  
KIDS**

## MYPLATE SERVINGS PER DAY

HOW MUCH SHOULD KIDS HAVE  
FROM EACH FOOD GROUP EACH DAY?

	2-3 YEARS OLD	4-8 YEARS OLD	9-13 YEARS OLD		14-18 YEARS OLD	
			GIRLS	BOYS	GIRLS	BOYS
 <b>VEGETABLES</b> CUPS	1	1.5	2	2.5	2.5	3
 <b>FRUITS</b> CUPS	1	1-1.5	1.5	1.5	1.5	2
 <b>GRAINS</b> OUNCES	3	5	5	6	6	8
 <b>PROTEIN</b> OUNCES	2	4	5	5	5	6.5
 <b>DAIRY</b> CUPS	2	2.5	3	3	3	3
 <b>OILS</b> TEASPOONS	3	4	5	5	5	6

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# MYPLATE

- Plate size
  - 7 inch plate for kids
  - 9 inch plate for teens and adults

# FRUITS & VEGETABLES



Fruits and  
vegetables  
should make  
up HALF of  
your plate!

# FRUITS



- Choose fresh, frozen or dried fruits
- Be careful about things like fruit cups because they often have added sugar
- Keep a bowl of whole fruits on the counter or in the refrigerator for easy snacks

# FRUITS

- What is 1 cup of fruit?
  - 1 large apple
  - 1 large banana
  - 1 large orange (about the size of a baseball)
  - 8 strawberries
  - 1 medium sized pear
  - 32 grapes

# VEGETABLES

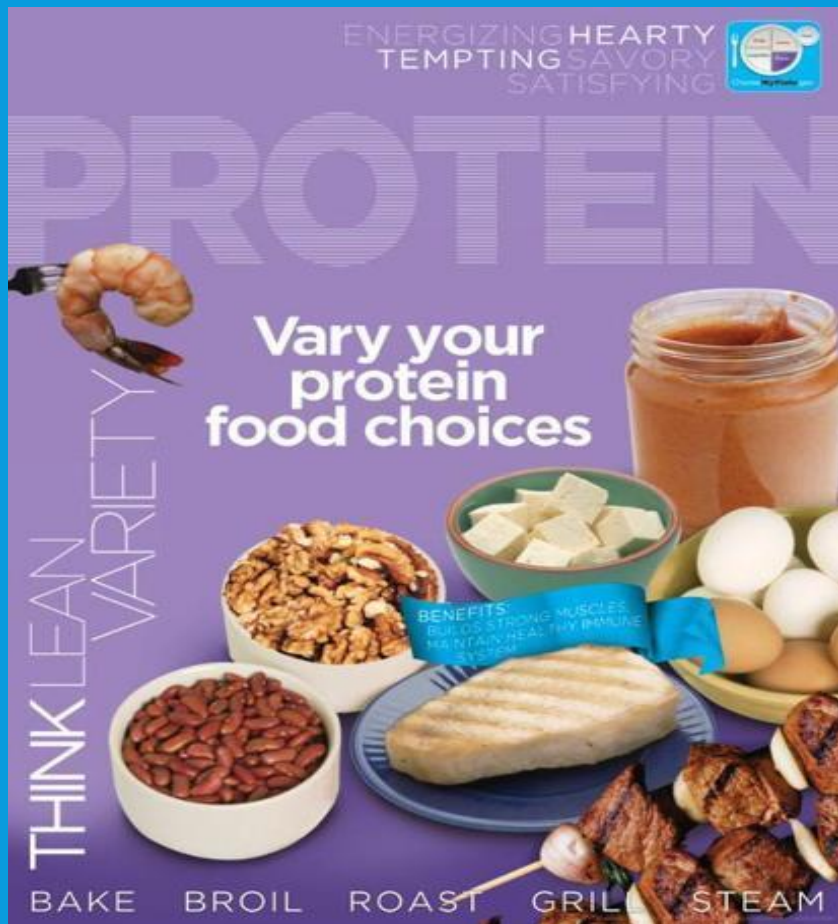


- Vary your veggies—choose a wide variety of colorful vegetables
- TRY NEW THINGS!
- Prepare foods in healthy ways
- Have veggies cut and portioned for snacks

# VEGETABLES

- What is 1 cup of Vegetables
  - 1 cup cooked green leafy vegetables (i.e. Spinach)
  - 2 cups raw leafy vegetables (i.e. lettuce, Spinach, etc.)
  - 1 cup chopped broccoli or 3 5-inch long spears
  - 2 Medium carrots or 12 baby carrots
  - 2 Large stocks of celery
  - 1 medium sweet potato

# PROTEIN



- What foods are in the protein group?

- Meat
- Seafood
- Eggs
- Nuts/Seeds
- Beans
- Soy

# PROTEIN



- Protein should account for about 25% of your plate
- Try to choose lean cuts of meat
- Eat seafood at least twice/week
- Preparation is key
- Be careful about processed meats

# PROTEIN

- What is considered 1 oz of protein?
  - 1 oz meat, poultry or fish
  - 1/4 cup cooked beans
  - 1 Egg
  - 1 Tablespoon of peanut butter
  - 1/4 cup of nuts
  - 2 Tablespoons Hummus

# GRAINS

## What foods are in the Grains Group?

Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a **grain product**. **Whole grains** contain the entire grain kernel. Here are a few examples:

### Whole Grains



### Grains



# GRAINS

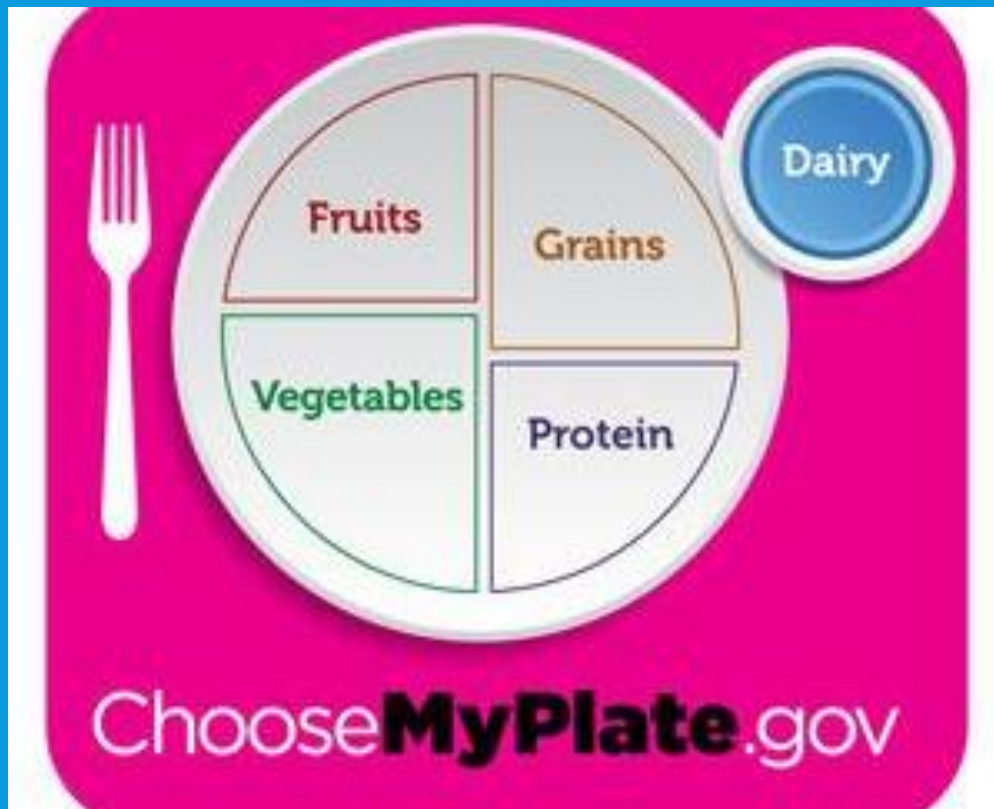


- Grains should account for about 25% of your plate at your meal
- Aim for at least half WHOLE grains
- Look at the label, not just the color
- Limit grain snacks and desserts
- Portion Size is very important

# GRAINS

- What is considered 1 oz of grains?
  - 1 Slice of Bread
  - 1 cup ready to eat, dry cereal
  - ½ cup cooked pasta or rice
  - 5 whole wheat crackers
  - ½ cup cooked oatmeal
  - 1 small (6 inch) flour tortilla
  - 1 pancake
  - 1 mini bagel (a regular bagel is 4 oz!)
  - 3 cups popcorn
  - 1 small muffin

# DAIRY



- Food made from the milk of mammals
- The dairy group includes milk, cheese, yogurt and calcium-fortified alternative dairy milks (like soy)
- Need 2-3 1 cup servings daily
- Choose fat-free or low-fat
- Watch for added sugar (especially in yogurt)

# DAIRY

- What is considered 1 cup of dairy
  - 1 cup (8 oz) of milk, yogurt or dairy-alternative milk
  - 1.5 oz sliced, natural cheese (about 2 slices)
  - 1/3 cup shredded cheese
  - 2 oz American/processed cheese (3 slices)
  - 2 cups cottage cheese

The dairy group does not include cream cheese, butter or cream

# FATS AND OILS

- Oils –fats that are liquid at room temperature
- Solid Fats—fats that are solid at room temperature

# FATS

## GOOD FAT VS. BAD FAT



### UNSATURATED

Healthy fats mainly from

- fish
- vegetables
- nuts
- seeds



### SATURATED\*

Fats commonly found in

- whole-fat milk
- red meat
- cheese
- coconut oil

\*SHOULD BE CONSUMED  
IN MODERATION



### TRANS

Artificial fats that are prominently found in highly processed foods.

healthline

- Good fats vs Bad Fat
  - Unsaturated Fat'
  - Saturated Fat
  - Trans Fat

# BEVERAGES

- What you drink with (and between) meals is important
- Drink lots of water (6-8 cups/day or more!)
- Milk—Lowfat or nonfat
- Juice—100% juice, Limit to 4-8 oz/day or less (1/2-1 cup)
- Be careful about sugary drinks
  - Soda
  - Gatorade/Sports Drinks
  - Energy Drinks
  - Sweet Tea
  - Kool-Aid

# SUGARY DRINKS

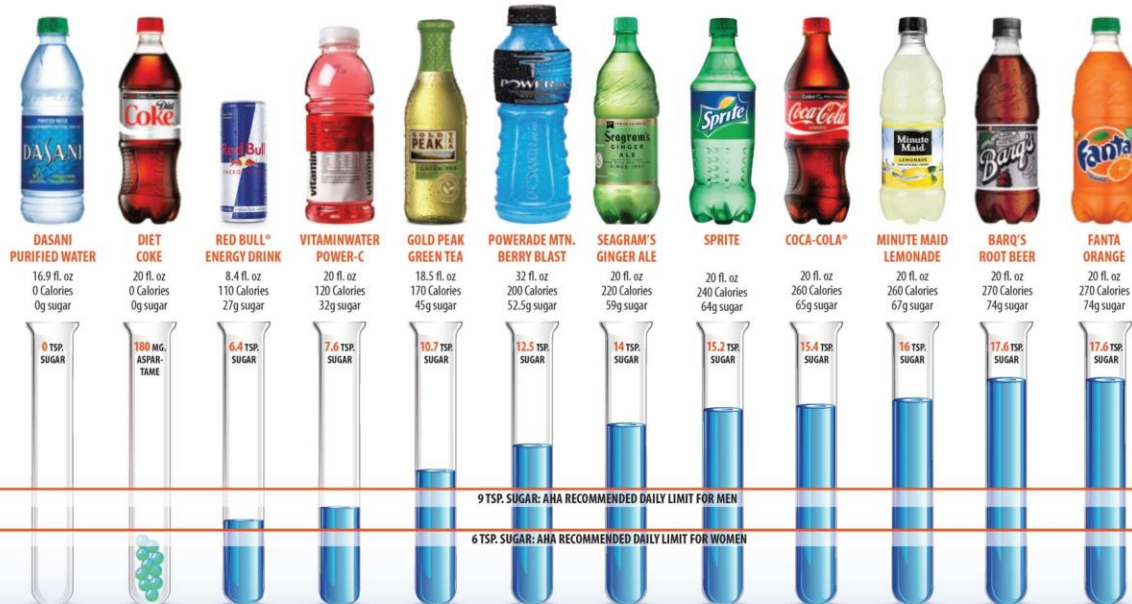


- Avoid drinking sugary drinks, more than 1 cup per WEEK can be harmful
- Too much sugar can cause diabetes, heart disease and tooth decay

# SUGARY DRINKS

## THINK BEFORE YOU DRINK.

The American Heart Association (AHA) recommends consuming no more than 6 teaspoons (tsp.) of added sugars per day for women, and no more than 9 tsp. of added sugars per day for men. How does your drink measure up?



The nutritional information contained in this document was obtained from the following resources: <http://www.productnutrition.thecoca-colacompany.com>, <http://www.dasani.com>, <http://www.seagramsmixers.com/ginger-ale-nutrition-facts.jsp>, <http://www.minutemaids.com/lemonade-and-punch/lemonade-20-fl-oz-bottle>, <http://www.us.powerade.com>, [http://www.vitaminwater.com/vitaminwater\\_2013\\_NutritionFacts.pdf](http://www.vitaminwater.com/vitaminwater_2013_NutritionFacts.pdf), <http://www.goldpeaktea.com/Flavors/sweet-tea>. © 2012-2013 The Coca-Cola Company. DASANI, Diet Coke, Vitamin Water, Powerade, GOLD PEAK, Sprite, Coca-Cola®, Minute Maid, BARQ'S and FANTA are all trademarks of The Coca-Cola Company. Red Bull® Energy Drink is a trademark of Red Bull® North America, Inc. Seagram's is a registered trademark of LDI (Cayman) LTD and used under license.

# FOOD LABELS

Sample label for  
Macaroni & Cheese

① **Start Here** →

② **Check Calories**

③ **Limit these Nutrients**

④ **Get Enough of these Nutrients**

⑤ **Footnote**

<b>Nutrition Facts</b>	
Serving Size 1 cup (228g) Servings Per Container 2	
<b>Amount Per Serving</b>	
<b>Calories</b> 250	Calories from Fat 110
	% Daily Value*
<b>Total Fat</b> 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 470mg	20%
<b>Total Carbohydrate</b> 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
<b>Protein</b> 5g	
<b>Vitamin A</b>	4%
<b>Vitamin C</b>	2%
<b>Calcium</b>	20%
<b>Iron</b>	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

⑥ **Quick Guide to % DV**

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• 5% or less is Low

• 20% or more is High

# FOOD LABELS



## Nutrition Labels Explained!

# FOOD LABELS



**Ingredients:** Corn, Vegetable Oil (Sunflower, Canola, and/or Corn Oil), Maltodextrin (Made From Corn), Salt, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Whey, Monosodium Glutamate, Buttermilk, Romano Cheese (Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Whey Protein Concentrate, Onion Powder, Corn Flour, Natural and Artificial Flavor, Dextrose, Tomato Powder, Lactose, Spices, Artificial Color (Including Yellow 6, Yellow 5, and Red 40), Lactic Acid, Citric Acid, Sugar, Garlic Powder, Skim Milk, Red and Green Bell Pepper Powder, Disodium Inosinate, and Disodium Guanylate.

**CONTAINS MILK INGREDIENTS.**

## Nutrition Facts

Serving Size 1 oz (28g/About 11 chips)

### Amount Per Serving

**Calories** 140      **Calories from Fat** 70

**% Daily Value\***

**Total Fat** 8g      **12%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 210mg      **9%**

**Total Carbohydrate** 16g      **5%**

Dietary Fiber 1g      **4%**

Sugars 0g

**Protein** 2g

Vitamin A 2%      •      Vitamin C 0%

Calcium 0%      •      Iron 0%

Thiamin 2%      •      Vitamin B6 2%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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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	

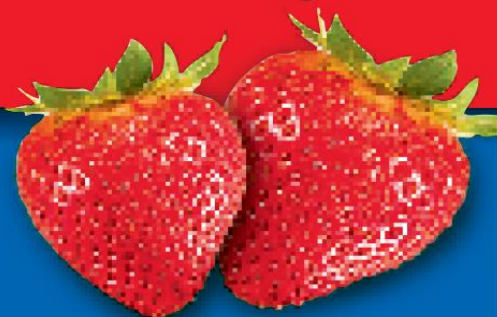
Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

# FOOD LABELS

NLI# 09267

**24** Frosted Strawberry



## Nutrition Facts

Serving Size 1 Pastry (52g)  
Servings Per Container 24

### Amount Per Serving

**Calories** 200 Calories from Fat 45

### % Daily Value\*

**Total Fat** 5g **8%**

Saturated Fat 1.5g **8%**

*Trans* Fat 0g

Polyunsaturated Fat 2g

Monounsaturated Fat 1g

**Cholesterol** 0mg **0%**

**Sodium** 170mg **7%**

**Total Carbohydrate** 38g **13%**

Dietary Fiber less than 1g **3%**

Sugars 16g

**Protein** 2g

Vitamin A 10% • Vitamin C 0%

Calcium 0% • Iron 10%

Thiamin 10% • Riboflavin 10%

Niacin 10% • Vitamin B<sub>6</sub> 10%

\* 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
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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

**INGREDIENTS:** ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B<sub>1</sub> [THIAMIN MONONITRATE], VITAMIN B<sub>2</sub> [RIBOFLAVIN], FOLIC ACID), CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, DEXTROSE, SOYBEAN AND PALM OIL (WITH TBHQ FOR FRESHNESS), SUGAR, CRACKER MEAL, CONTAINS TWO PERCENT OR LESS OF WHEAT STARCH, SALT, DRIED STRAWBERRIES, DRIED PEARS, DRIED APPLES, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), CITRIC ACID, MILLED CORN, GELATIN, SOYBEAN OIL, MODIFIED CORN STARCH, CARAMEL COLOR, SOY LECITHIN, XANTHAN GUM, MODIFIED WHEAT STARCH, VITAMIN A PALMITATE, RED 40, NIACINAMIDE, REDUCED IRON, COLOR ADDED, TURMERIC EXTRACT, VITAMIN B<sub>6</sub> (PYRIDOXINE HYDROCHLORIDE), YELLOW 6, VITAMIN B<sub>2</sub> (RIBOFLAVIN), VITAMIN B<sub>1</sub> (THIAMIN HYDROCHLORIDE), BLUE 1.

**CONTAINS WHEAT AND SOY INGREDIENTS.**

SO WHAT CAN YOU DO?

# MAKING CHOICES

- Others may help you make good choices
- Think about what you have learned, and apply it to your choices.
- Grocery shop as a family and look at labels!
- Cook at home as much as possible
- Be careful about condiments

# BREAKFAST

- Avoid skipping breakfast
- Eat a well-balanced breakfast
- Avoid breakfast items with a lot of sugar!

# LUNCH

- Eat a Balanced Meal
  - Try to eat a food from each of the five main groups and make your plate look like the Myplate diagram
- Look at school lunch menu every week with your parents and discuss choices
- Avoid snack foods like cookies, ice cream, and chips.

# SNACK SMART

- Snacks are important
- Use snack time as a way to increase fruit and vegetable intake
- Keep healthy snack options easily available
- Offer snacks with protein and/or fiber to stay full for longer
- Avoid packaged, processed snacks

# SNACK SMART

- Healthy Snack Ideas:

- Celery stuffed with low-fat cream cheese or peanut butter with raisins/craisins on top
- Popcorn without butter
- Fresh Fruit
- Veggies with greek yogurt dip or hummus
- Baked chips and salsa
- Whole-grain crackers with cheese slices
- Plain yogurt with fresh fruit
- Hard boiled eggs

# FAVORITE FOODS



Do I have to  
give up my  
favorite foods?

Is the food a  
sometimes or  
everyday food?

# STAYING ACTIVE



# BE ACTIVE

- It is very important to stay active, especially as a kid.
- Make it a goal to be active EVERYDAY for at least 60 minutes.

# BE ACTIVE

- Try to find activities you enjoy doing so you look forward to being active.
- Make it your goal to be active at school (on the playground at recess and in PE class) and at home after-school and on weekends.
- Be active together as a family

# BE ACTIVE

- Example of activities that are fun to do with a group:
  - Basketball
  - Soccer
  - Baseball or Softball
  - Cheerleading
  - Volleyball
  - Kickball

# BE ACTIVE

- Some fun activities you can do alone include:
  - Biking
  - Roller skating
  - Swimming
  - Running
  - Dancing
  - Practice skills in sports like basketball or soccer
  - Jumping Rope
  - Karate

# BE ACTIVE

- All the things we have talked about are types of exercise.
- Why is exercise so important?

# BE ACTIVE

- To make sure you exercise your entire body safely you need to go through five different steps:
  - 1. Warm-Up
  - 2. Stretch
  - 3. Choose Fitness Activity
  - 4. Cool-down
  - 5. Cool-down stretch

# EXERCISE SAFELY

- Make sure you go through all the steps of a safe work out
- Drink a lot of Water.
- Follow safe procedures for activities

# LIMIT TV, MOVIE, COMPUTER & VIDEO GAME TIME

- Limit the amount of time you spend staring at a screen.
- Limit for no more than 2 hours a day unless you must do it for school.
  - No screens in the bedroom
  - No screens during meals
- Try doing another activity while you watch the TV.

QUESTIONS?