



Healthier Together: A Family Guide



Allina Health

Healthier Together: A Family Guide

First edition

Developed by Allina Health.

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For specific information about your health condition, please contact your health care provider.





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Chapter 1:

Introduction

In This Chapter:

- Living A Healthier Lifestyle
- Be a Healthy Role Model for Children



Chapter 1: Introduction

Living A Healthier Lifestyle

Tip

If you or a family member has an allergy to an entire food group, you can see a dietitian for ideas on meal planning.

Goals

Setting realistic, short-term goals will lead to long-term success. Create some goals for your family by using the worksheet on page 51.

Your child and family can be successful in living a healthier lifestyle. The key is to make smart food choices and get regular physical activity.

A good way to start living a healthier lifestyle is look at your family's current eating pattern.

Is your family in too much of a hurry to eat regular meals and snacks? This can lead to eating fast foods or convenience foods. These kinds of foods often don't have fruits, vegetables or whole grains but they do add fat and calories to your family's diet.

It is important to have balanced meals from the basic food groups: grains, vegetables, fruits, dairy and protein.

Physical activity is also important and has many benefits. It can reduce the risk for getting certain diseases (such as diabetes) and help maintain normal growth and development, including a healthy weight.

Making changes in your family's lifestyle can take time and effort. Don't get discouraged. Stick with it!

Try making just one change at a time. Focus on making choices for better health. You will soon start to see positive changes in your child and family.

Remember, committing time and energy in your child and family's health today can mean a lifetime of good health for all of you.

10 tips

Nutrition
Education Series

be a healthy role model for children

10 tips for setting good examples



You are the most important influence on your child. You can do many things to help your children develop healthy eating habits for life. Offering a variety of foods helps children get the nutrients they need from every food group. They will also be more likely to try new foods and to like more foods. When children develop a taste for many types of foods, it's easier to plan family meals. Cook together, eat together, talk together, and make mealtime a family time!

1 show by example

Eat vegetables, fruits, and whole grains with meals or as snacks. Let your child see that you like to munch on raw vegetables.

2 go food shopping together



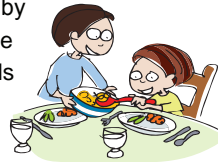
Grocery shopping can teach your child about food and nutrition. Discuss where vegetables, fruits, grains, dairy, and protein foods come from. Let your children make healthy choices.

3 get creative in the kitchen

Cut food into fun and easy shapes with cookie cutters. Name a food your child helps make. Serve “Janie’s Salad” or “Jackie’s Sweet Potatoes” for dinner. Encourage your child to invent new snacks. Make your own trail mixes from dry whole-grain, low-sugar cereal and dried fruit.

4 offer the same foods for everyone

Stop being a “short-order cook” by making different dishes to please children. It’s easier to plan family meals when everyone eats the same foods.



5 reward with attention, not food

Show your love with hugs and kisses. Comfort with hugs and talks. Choose not to offer sweets as rewards. It lets your child think sweets or dessert foods are better than other foods. When meals are not eaten, kids do not need “extras”—such as candy or cookies—as replacement foods.

6 focus on each other at the table

Talk about fun and happy things at mealtime. Turn off the television. Take phone calls later. Try to make eating meals a stress-free time.



7 listen to your child

If your child says he or she is hungry, offer a small, healthy snack—even if it is not a scheduled time to eat. Offer choices. Ask “Which would you like for dinner: broccoli or cauliflower?” instead of “Do you want broccoli for dinner?”

8 limit screen time

Allow no more than 2 hours a day of screen time like TV and computer games. Get up and move during commercials to get some physical activity.

9 encourage physical activity

Make physical activity fun for the whole family. Involve your children in the planning. Walk, run, and play with your child—instead of sitting on the sidelines. Set an example by being physically active and using safety gear, like bike helmets.



10 be a good food role model

Try new foods yourself. Describe its taste, texture, and smell. Offer one new food at a time. Serve something your child likes along with the new food. Offer new foods at the beginning of a meal, when your child is very hungry. Avoid lecturing or forcing your child to eat.



Go to www.ChooseMyPlate.gov for more information.

DG TipSheet No. 12
June 2011
USDA is an equal opportunity
provider and employer.

Adults can make great role models. Use these 10 tips for setting great examples.

Chapter 2:

Making Smart Food Choices

In This Chapter:

- Eating Smarter
- What to Put on Your Plate
- Understanding Fats
- Added Sugars
- Sodium (Salt)
- Snacks
- Understanding Calories
- How Many Calories Your Child Needs
- How Many Food Group Servings Your Child Needs
- Sample Daily Food Plans and Menus
- How to Read Food Labels
- Your Guide to Food Portion Sizes



Chapter 2: Making Smart Food Choices

Eating Smarter

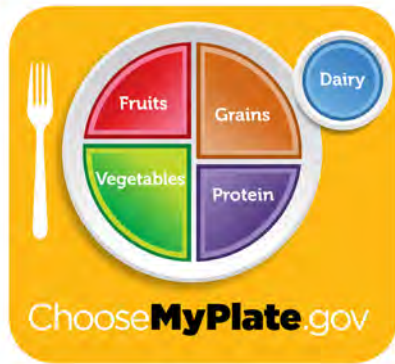
Eating healthier means eating smarter. Your child can still eat foods he or she loves, but eat less of them less often.

To promote healthier eating, your family can do the following:

- Limit soft drinks and sweetened beverages (including juice).
- Limit sweets, treats and snack foods (such as chips, cookies and ice cream).
- Limit fast foods, fried foods and commercially prepared snacks.
- Drink more water and fat-free or low-fat milk.
- Eat more fruits and vegetables. Have kid-sized portions available as snacks.
- Eat family meals together. (Turn off cell phones and the TV!)
- Eat whole grain breads, cereals and pastas.
- Eat smaller portion sizes.
- Use oils that come from plants, such as canola, corn, cottonseed, olive, safflower, soybean or sunflower.
- Resist the temptation to have seconds.
- Take more time to eat. Eating slowly discourages overeating.

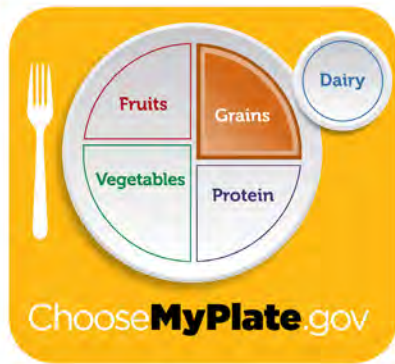
You do not need to change your family's diet overnight. Take small, new steps each week. Over time, your new focus on healthful eating will become healthy habits.

What to Put on Your Plate



Tip

Let your child help make good choices at the grocery store, plan meals, prepare meals, and clean up.



Good nutrition is essential for a healthy body. Eating well-balanced meals will help your child feel his or her best. According to the United States Department of Agriculture, a healthful diet is one that:

- focuses on fruit, vegetables, whole grains, and fat-free or low-fat milk
- includes lean meats, poultry, fish, beans, eggs and nuts
- is low in saturated fats, trans fats, cholesterol, salt and added sugars.

For complete information, go to choosemyplate.gov. The website contains tips and resources, foods to eat more **and** less of, and nutrition information for women who are pregnant or breastfeeding, children, and people who want to lose weight.

In general:

- Eat smaller portion sizes.
- Make half of your grains whole.
- Make half of your plate vegetables and fruits.
- Drink fat-free or low-fat milk.
- Eat lean proteins.

Grains group

Grain products are made from wheat, rice, oats, cornmeal, barley or another cereal grain. Examples of foods in this group are bread, pasta, oatmeal, tortillas and grits. Grains are split into two groups:

■ **whole grains**

These contain the entire grain kernel (bran, germ and endosperm). The whole grains are rich in fiber, B vitamins and iron. Examples are whole-wheat flour, bulgur, oatmeal and brown rice.

■ **refined grains**

These have gone through a process to remove the bran and germ. This gives the grains a fine texture but removes the fiber, iron and several B vitamins. Examples are white flour, white bread and white rice.

Most refined grains are enriched. This means some B vitamins and iron are added back in after processing.

Tip

Make at least half of your grains whole grains.

Benefits of eating whole grains

- Eating a diet rich in fiber may:
 - reduce the risk of heart disease, obesity and type 2 diabetes
 - help lower cholesterol levels
 - reduce or prevent constipation
 - help you manage your weight (helps keep you feeling “full” longer).
- Whole grains contain fiber, many B vitamins (such as thiamin, riboflavin, niacin and folate) and minerals (such as iron and magnesium).
- The vitamins and minerals in whole grains help build red blood cells, build bones, and release energy.

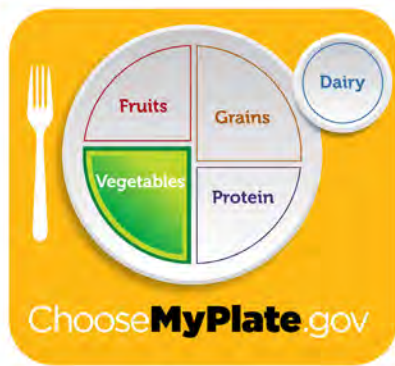
Tips for eating whole grains

- Try whole-wheat bread, whole-wheat pasta or brown rice instead of white bread, white pasta or white rice.
- Use whole grains in mixed dishes. For instance, use barley in vegetable soups or stews and bulgur wheat in casseroles.
- Use whole-grain bread or cracker crumbs in meatloaf.
- Add whole-grain flour or oatmeal when making cookies.
- Try a 100 percent whole-grain snack.

Vegetable group

Any vegetable or 100 percent vegetable juice is included in this group. Vegetables may be raw, cooked, fresh, frozen, canned or dried. They are split up into five groups:

- **dark green**
bok choy, broccoli, collard greens, dark green leafy lettuce, kale, romaine lettuce, spinach, turnip greens
- **red and orange**
acorn squash, butternut squash, carrots, pumpkin, red peppers, sweet potatoes, tomatoes
- **beans and peas**
black beans, black-eyed peas, garbanzo beans, kidney beans, lentils, navy beans, pinto beans, soy beans, split peas, white beans
- **starchy**
cassava, corn, green peas, plantains, potatoes, taro
- **other vegetables**
artichokes, asparagus, bean sprouts, beets, brussels sprouts, cabbage, cauliflower, celery, cucumbers, eggplant, green beans, green peppers, iceberg lettuce, mushrooms, okra, onions, zucchini.



Tip

Make at least half of your plate vegetables and fruits.

Tip

Rinse vegetables before you eat or prepare them for meals.

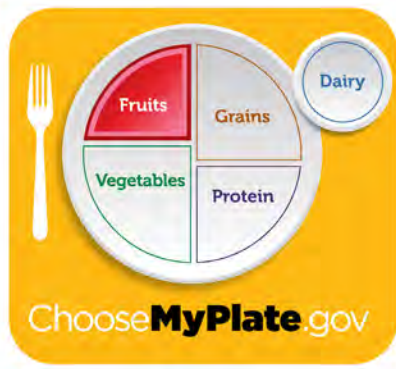
Benefits of eating vegetables

Most vegetables are low in fat and calories. Vegetables do not have cholesterol. Vegetables are a good source of potassium, fiber and vitamins A and C.

- Eating a diet rich in vegetables may:
 - reduce the risk for type 2 diabetes, stroke, heart disease, obesity
 - help protect against certain cancers
 - lower blood pressure
 - help you manage your weight (helps keep you feeling “full” longer).
- Vitamin A in vegetables helps keep your eyes and skin healthy.
- Vitamin C in vegetables helps keep your teeth and gums healthy. It helps your body absorb iron, and helps your body heal from cuts and wounds.

Tips for eating vegetables

- Buy fresh vegetables when in season.
- Stock up on frozen vegetables.
- Eat vegetables as snacks.
- Vary your vegetables.
- Prepare more foods from fresh ingredients. If you use canned vegetables, look for cans that are labeled “reduced sodium,” “low sodium” or “no salt added.”
- Use vegetables as main dishes.
- Shred carrots or zucchini into meatloaf, casseroles, quick breads or muffins.
- Add chopped vegetables to pizza or in pasta sauce.
- Eat raw vegetables with low-fat salad dressing or other low-fat dip.



Tip

Make at least half your plate fruits and vegetables.

Fruit group

Any fruit or 100 percent fruit juice is included in this group. Fruits may be fresh, frozen, canned or dried.

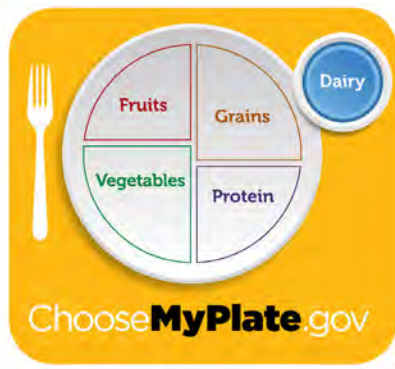
Benefits of eating fruits

Most fruits are low in fat, sodium and calories. They do not have cholesterol. Fruits are rich in potassium, fiber, vitamin C and folate (folic acid).

- Eating a diet rich in fruits may:
 - reduce the risk for type 2 diabetes, stroke, heart disease, obesity
 - help protect against certain cancers
 - lower blood pressure
 - help you manage your weight (helps keep you feeling “full” longer).
 - help lower your cholesterol.

Tips for eating fruits

- Keep a bowl of whole fruit on the table, counter or in the refrigerator.
- Buy fresh fruits in season.
- Buy fruits that are dried, frozen and canned (in water or 100 percent juice).
- Cut up fruit (or buy pre-cut fruit) to have on hand for snacks.
- Choose fruits that are high in potassium, such as bananas, prunes and prune juice, peaches, apricots and orange juice.
- Vary your fruit choices.
- Add cut-up bananas or peaches to cereal.
- Spread peanut butter on apple slices.
- Keep a package of dried fruit handy for snacks.



Tip

Choose low-fat or fat-free milk, yogurt and cheese.

Dairy group

Foods in the milk group are those made from milk or fluid milk products. Foods in the milk group contain calcium, potassium, vitamin D and protein. Most dairy group choices should be fat-free or low-fat.

Foods made from milk that have little to no calcium (such as cream cheese, cream and butter) are **not** part of this group.

Common choices in this group are:

- milk
- milk-based desserts (puddings, ice milk, frozen yogurt)
- calcium-fortified soymilk
- cheese
- yogurt

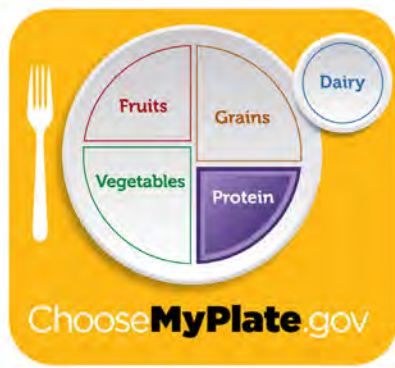
Benefits of eating or drinking dairy products

Calcium in milk and milk products helps build and maintain bones and teeth. Foods in the dairy group also have potassium, vitamin D and protein.

- Eating a diet rich in low-fat or fat-free dairy may:
 - reduce the risk of osteoporosis (weak, brittle bones)
 - reduce the risk for type 2 diabetes, stroke, heart disease.
- Most milk group choices should be fat-free or low-fat. Many cheese, whole milk and products made from them are high in cholesterol. Limit the amount of these foods you eat.

Tips for making wise choices

- Include milk or calcium-fortified soymilk at meals. Choose low-fat or fat-free milk.
- If you usually drink whole milk, switch to reduced fat (2 percent), then low-fat (1 percent) and then fat-free (skim).
- If you have coffee drinks with milk, ask for fat-free milk.
- Use fat-free or low-fat milk when making condensed cream soups.
- Have fat-free or low-fat yogurt as a snack.
- Make fruit-yogurt smoothies in a blender.
- Eat cut-up fruit with flavored yogurt for a dessert.
- Top a baked potato with fat-free or low-fat yogurt.



Tip

Choose a variety of protein foods. Eat lean or low-fat meats and poultry.

Protein group

All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts and seeds are included in the protein group. (Beans and peas are also in the vegetable group.)

Select a variety of foods from this group. Examples of foods in this group include:

- **meats (choose lean or low-fat meats):**
beef, ham, lamb, pork, veal
- **poultry (choose lean or low-fat poultry):**
chicken, turkey, goose and duck
- **beans and peas:**
black beans, black-eyed peas, chickpeas, falafel, kidney beans, lentils, navy beans, pinto beans, split beans, processed soy products (tofu, bean or veggie burgers, tempeh)
- **nuts and seeds (choose unsalted nuts and seeds):**
almonds, cashews, hazelnuts, peanuts, peanut butter, pecans, pistachios, pumpkin seeds, sunflower seeds, walnuts
- **seafood:**
finfish (cod, haddock, halibut, mackerel, salmon, sea bass, swordfish, trout, tuna), shellfish (clams, crab, crayfish, lobster, oysters, scallops, shrimp), canned fish (anchovies, tuna, sardines)
- **eggs:**
chicken and duck eggs

Benefits of eating protein products

Food in the protein group provides protein, B vitamins, vitamin E, iron, zinc and magnesium. These nutrients help keep bones, muscles, cartilage, skin and blood healthy. Iron is used to carry oxygen in the blood.

- Eating a diet rich in low-fat or lean proteins may reduce your risk of heart disease.
- Eat at least 8 ounces of seafood each week. Seafood is rich in omega-3 fatty acids, which helps protect your heart against heart disease. Follow any precautions if you have a shellfish allergy.
- Some meats and poultry are high in cholesterol and/or saturated fat. These foods can raise your blood cholesterol level. Limit the amount of these foods you eat: fatty cuts of beef, pork and lamb; regular ground beef; sausages, hot dogs and bacon; some luncheon meats (bologna and salami); duck; egg yolks; organ meats.

Did You Know?

A great resource for your family is choosemyplate.gov from the U.S. Department of Agriculture. Topics include:

- MyPlate
- weight management and calories
- physical activity
- daily food plans
- sample menus and recipes
- tips for vegetarians
- picky eating
- how to develop healthful eating habits.

Tips for making wise choices

- Choose lean cuts of meat, including:
 - beef: round steaks and roasts, top loin, top sirloin, chuck shoulder, arm roasts, extra lean ground beef (90 to 95 percent lean)
 - pork: pork loin, tenderloin, center loin, ham
 - poultry: boneless, skinless chicken breasts and turkey cutlets.
- Choose lean turkey, roast beef, ham or low-fat luncheon (deli) meats for sandwiches.
- Trim fats from meat and poultry before cooking.
- Broil, grill, roast, poach or boil meat, poultry or fish.
- Drain off any fat during cooking.
- Prepare beans or peas without added fats.
- Choose seafoods high in omega-3 fatty acids, such as salmon, trout and herring.
- Choose beans, peas or soy products as a main dish or part of a meal often.
- Choose unsalted nuts as a snack, on salads or in main dishes.

Understanding Fats

Different kinds of fat

Fats are an essential nutrient, but your child and family only need small amounts each day. Total dietary fat is made up of saturated, polyunsaturated and monounsaturated fats.

- **Saturated fats** are found in animal products such as butter, cheese, whole milk, ice cream and fatty meats. They are also found in some vegetable products (coconut, palm and palm kernel oil). Saturated fats raise blood cholesterol more than anything else in your diet.
- **Polyunsaturated fats** can help lower cholesterol if you eat them instead of saturated fats. Polyunsaturated fats usually come from vegetable products such as corn, safflower, sunflower, soybean and sesame seed oils.
- **Monounsaturated fats**, in the right amounts, may lower your total cholesterol and LDL (bad) cholesterol levels. Monounsaturated fats usually come from seeds or nuts such as avocado, olive, peanut and canola oils.

Tip

When eating out at a fast food restaurant, help your child make good choices:

- water instead of a soft drink
- small size of fries
- grilled chicken sandwich
- plain hamburger
- baked potato (with a little butter or sour cream)
- thin or medium crust pizza (one or two slices)
- baked chips or pretzels instead of fried chips
- salad (with a little dressing).

Source: U.S. Department of Health and Human Services' National Diabetes Education Program.

Did You Know?

Trans fats are often used in cooking in many restaurants and fast food chains.

- **Omega-3 fatty acids** are polyunsaturated fats. They include ground flaxseed, flaxseed oil, soybean oil, canola oil, walnuts and fatty fish (such as salmon, mackerel, herring and trout). If your triglycerides are high, try to add these foods to your diet.
- **Trans fats** result from a chemical process known as hydrogenation. Trans fats can raise LDL cholesterol levels and increase risk for heart disease.

Shortening, partially hydrogenated vegetable oil and hydrogenated vegetable oils are examples of trans fats. They also occur naturally in some foods such as meat and milk.
 - Read ingredient labels and buy items that have a recommended fat, such as canola or soybean oil.
 - Avoid foods that have hydrogenated vegetable oil, partially hydrogenated oil or shortening.
 - Choose foods that have as close to zero grams trans fat as possible.

How to lower fat in your foods

- Limit the fats you add to foods in cooking or at the table.
- Remove all fat from meats and skin from poultry before cooking.
- Prepare foods by boiling, broiling, baking, roasting, poaching, steaming, sauteing, or by using the microwave instead of frying.
- Use a low-calorie vegetable oil cooking spray instead of shortening, butter or margarine when cooking.
- Avoid gravies made with fat drippings. Use a gravy strainer to separate fat from the juices.
- Skim fat from soups and stews before serving.
- Use herbs, spices or lemon juice to add flavor, instead of butter or bacon.
- When making a salad or sandwich, watch the calorie and fat content of each ingredient. For example, 2 teaspoons of regular mayonnaise equals 10 grams of fat (about two servings from the fat group).
- Choose skim or 1 percent milk and nonfat or low-fat yogurt and cheeses.

Added Sugars

How to Lower Sugars in Your Foods

- Choose few foods that are high in sugars.
- Drink water instead of sugary drinks.
- Limit the sugars you add to foods in cooking or at the table.

Tip

Learn more about sugar with your child on pages 56 to 58.

Sugars are found naturally in fruits and milk. Added sugars are sugars and syrups that are added to foods. Major sources of foods and drinks that have added sugars are:

- regular soft drinks, energy drinks, sports drinks
- candy
- cakes
- cookies
- pies and cobblers
- sweet rolls, pastries, doughnuts
- fruit drinks
- dairy desserts (such as ice cream).

To tell if a food has added sugar, look at the food label for words that include “sugar” or “-ose” at the end of a word. These words include:

- brown sugar, powdered sugar, invert sugar, white granulated sugar, raw sugar
- dextrose, fructose, lactose, sucrose
- corn syrup
- honey
- maple syrup
- molasses
- nectars.

Sodium (Salt)

Sodium (salt) is a compound that is found in nature as well as in foods. Many foods have sodium naturally, but do not taste salty. The general recommendation is to limit sodium to 2,300 milligrams or less each day.

There are a few simple things you can do to reduce the sodium in your family’s diet. They are:

- Use less salt when you cook.
- Leave the salt shaker off the table.
- If salt is important to the flavor of the food, reduce the salt amount gradually (by a fourth, then by a half, and then by three-fourths).

- Use herbs and spices to season food.
 - Try flavored vinegar, sherry, wine and lemon juice.
 - Parsley, thyme, and basil are easy to grow and flavorful in many foods.
- Cut back or eliminate:
 - processed foods (such as luncheon meats, prepackaged soups and sauces, TV dinners)
 - salty foods (such as pickles, olives, sauerkraut, salted snacks, flavored salts, seasoned salts).
- Avoid products with these words on the labels: monosodium glutamate (MSG), sodium nitrate, sodium benzoate, sodium bicarbonate.
- Use bouillon granules in half the amount called for on packaging; they contain a high amount of sodium. Use lower sodium bouillon granules.
- Use lemon and lime juices or tomatoes to add zest to meat, salads, vegetables and fruits.

Snacks

Give your child healthful snacks. Avoid foods high in sugar or foods that have empty calories (such as soft drinks or juice).

Empty calories give your child calories but not vitamins or minerals. Your child can have empty calories but too many can fill up your child. Examples include:

- sugars or sweeteners: soft drinks, fruit punch, candy, cakes, cookies, pies and ice cream
- solid fats: cookies cakes, pizza, cheese, sausages, fatty meats, butter and stick margarine.

Eating extra sugar puts your child at risk for tooth decay, even if he or she is just getting baby teeth.

Go to choosemyplate.gov for snack ideas.

Tip

Learn more about healthful snacks with your child on pages 54 to 55.

Understanding Calories

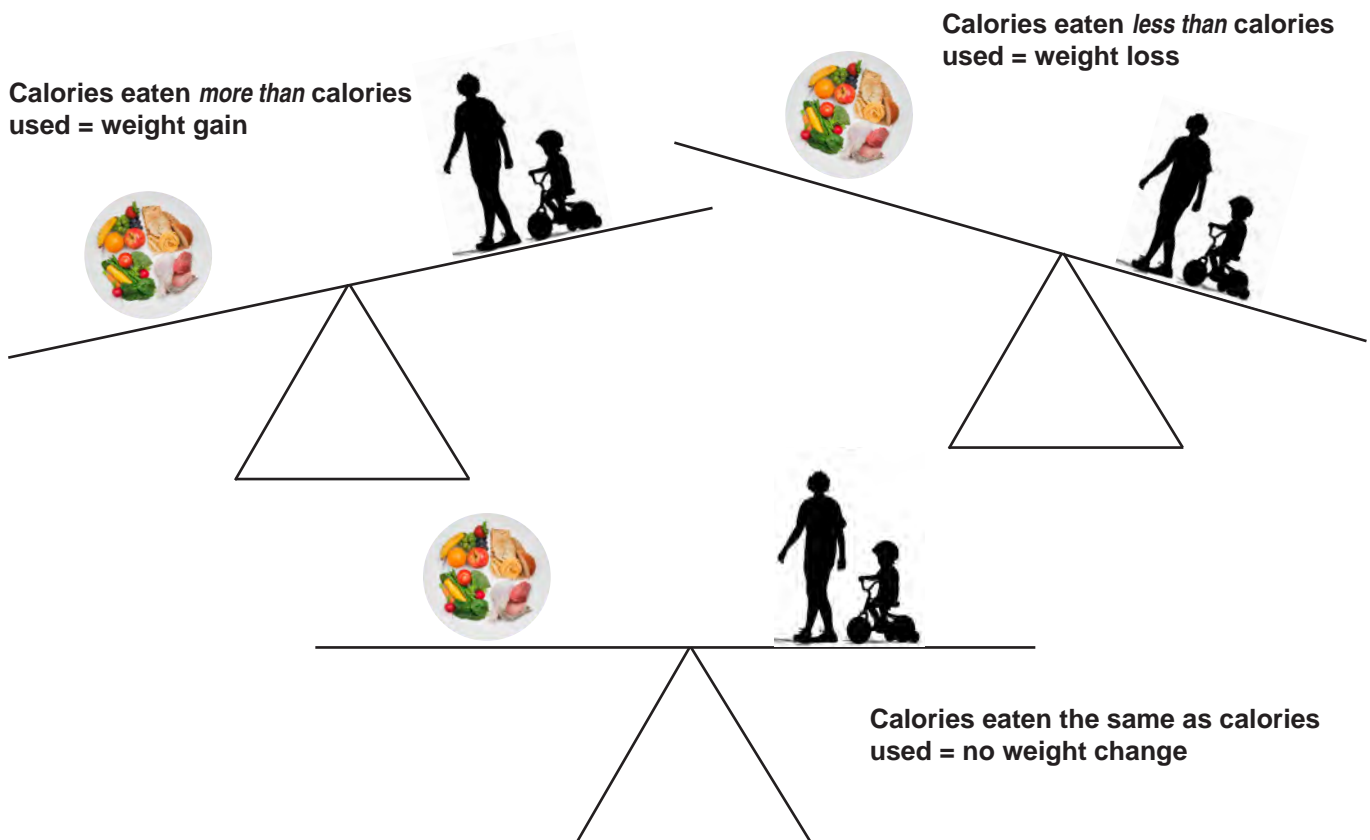
The amount of calories in a food tells you how much energy is stored in that food. Your child's body needs energy (calories) to perform everyday tasks.

If your child has an active lifestyle, his or her body needs more calories to give him or her more energy. If your child has an inactive (sedentary) lifestyle, he or she does not need as many calories as an active child.

If your child gets regular physical activity, his or her metabolism will increase. This means that your child's body can use (or burn) calories from food at a faster rate.

The calories that your child's body does not burn turn into fat. This means if your child eats more calories than his or her body needs, your child will gain weight.

The pictures below show what happens when your child's diet is out of balance.



How Many Calories Your Child Needs

Your child's body needs a certain amount of calories each day to function. Your child's need depends on his or her body weight and activity level. As a guideline, typical calorie needs are as follows:

Gender	Age (Years)	Calorie requirements by activity level: Sedentary	Calorie requirements by activity level: Moderately active	Calorie requirements by activity level: Active
Child	2 to 3	1,000 to 1,200	1,000 to 1,400	1,000 to 1,400
Female	4 to 8	1,200 to 1,400	1,400 to 1,600	1,400 to 1,800
	9 to 13	1,400 to 1,600	1,600 to 2,000	1,800 to 2,200
	14 to 18	1,800	2,000	2,400
	19 to 30	1,800 to 2,000	2,000 to 2,200	2,400
Male	4 to 8	1,200 to 1,400	1,400 to 1,600	1,600 to 2,000
	9 to 13	1,600 to 2,000	1,800 to 2,200	2,000 to 2,600
	14 to 18	2,000 to 2,400	2,400 to 2,800	2,800 to 3,200
	19 to 30	2,400 to 2,600	2,600 to 2,800	3,000

Source: National Heart lung and Blood Institute's Expert Panel on Integrated Guidelines for Cardiovascular Health and Risk Reduction in Children and Adolescents: Summary Report.

Activity levels

The United States Department of Agriculture defines your child's activity level as the amount of moderate or vigorous activity (such as brisk walking, jogging, biking, aerobics, or yard work) he or she does in addition to his or her normal daily routine, most days.

- Sedentary: less than 30 minutes
- Moderately active: 30 to 60 minutes
- Active: 60 minutes or more.

How Many Food Group Servings Your Child Needs

The number of servings from each food group your child needs will depend on the amount of calories he or she needs each day. As a guideline, typical servings per day are as follows:

Food Group	Servings Per Day						Serving Sizes
	1,200 Calories	1,400 Calories	1,600 Calories	1,800 Calories	2,000 Calories	2,600 Calories	
Grains	4 to 5	5 to 6	6	6	6 to 8	10 to 11	1 slice of bread 1 ounce dry cereal $\frac{1}{2}$ cup cooked rice, pasta or cereal
Vegetables	3 to 4	3 to 4	3 to 4	4 to 5	4 to 5	5 to 6	1 cup raw leafy vegetable $\frac{1}{2}$ cup cut-up raw or cook vegetable
Fruits	3 to 4	4	4	4 to 5	4 to 5	5 to 6	1 medium fruit $\frac{1}{4}$ cup dried fruit $\frac{1}{2}$ cup fresh, frozen, or canned fruit $\frac{1}{2}$ cup fruit juice
Dairy (fat-free or low-fat milk and milk products)	2 to 3	2 to 3	2 to 3	2 to 3	2 to 3	3	1 cup milk or yogurt 1 $\frac{1}{2}$ ounces cheese

Source: National Heart lung and Blood Institute's Expert Panel on Integrated Guidelines for Cardiovascular Health and Risk Reduction in Children and Adolescents: Summary Report.

Food Group	Servings Per Day						Serving Sizes
	1,200 Calories	1,400 Calories	1,600 Calories	1,800 Calories	2,000 Calories	2,600 Calories	
Protein (lean meats, poultry, and fish)	3 or less	3 to 4 or less	3 to 4 or less	6 or less	6 or less	6 or less	1 ounce cooked meats, poultry, or fish 1 egg
Protein (nuts, seeds, and legumes)	3 per week	3 per week	3 to 4 per week	4 per week	4 to 5 per week	1	$\frac{1}{3}$ cup or 1 $\frac{1}{2}$ ounces nuts 2 tablespoons peanut butter 2 tablespoons or $\frac{1}{2}$ ounce seeds $\frac{1}{2}$ cup cooked legumes (dry beans and peas)
Fats and oils	1	1	2	2 to 3	2 to 3	3	1 teaspoon soft margarine 1 teaspoon vegetable oil 1 tablespoon mayonnaise 2 tablespoons salad dressing
Sweets and added sugars	3 or less per week	3 or less per week	3 or less per week	5 or less per week	5 or less per week	2 or less per week	1 tablespoon sugar 1 tablespoon jelly or jam $\frac{1}{2}$ cup sorbet, gelatin 1 cup lemonade

Source: National Heart lung and Blood Institute's Expert Panel on Integrated Guidelines for Cardiovascular Health and Risk Reduction in Children and Adolescents: Summary Report.

Sample Daily Food Plans and Menus

These are sample daily food plans and menus for children ages 9 to 17.

To create a daily food plan for your child, follow these steps:

- Go to supertracker.usda.gov.
- On the right-hand side, select “Create Profile.”

1,600 Calories Daily Food Plan



Chart is from choosemyplate.gov (U.S. Department of Agriculture).

1,600 Calories Sample Menu

Breakfast

- 1 mini whole grain bagel, toasted
- 1 tablespoon natural peanut butter
- 1 small banana
- ½ cup skim or 1 percent milk

Morning Snack

- ½ cup baby carrots
- 2 tablespoons raisins

Lunch

- black bean quesadilla
 - 2 small corn tortillas filled with:
 - ¼ cup black beans
 - 2 tablespoons salsa
 - 2 tablespoons low-fat shredded cheddar cheese
 - Heat filled tortillas with 1 teaspoon cooking oil in pan until golden-brown and cheese is melted.
- ½ cup red and yellow peppers, cut into strips
- 1 kiwi fruit, sliced
- 1 cup skim or 1 percent milk

Afternoon Snack

- 1 ounce whole wheat pretzels
- 2 tablespoons hummus
- ½ cup grape tomatoes

Dinner

- ½ cup cooked brown rice
- 2 ounces salmon fillet, grilled (coat salmon with 1 teaspoon cooking oil on both sides before grilling)
- ½ cup green beans, steamed
- 1 small orange, cut into segments
- 1 cup skim or 1 percent milk

Evening Snack

- Berry smoothie: blend together ½ cup low-fat plain or vanilla yogurt and ½ cup frozen berries.

Try to drink at least six to eight 8-ounce cups of water each day.

1,800 Calories Daily Food Plan



Chart is from choosemyplate.gov (U.S. Department of Agriculture).

1,800 Calories Sample Menu

Breakfast

- yogurt parfait
 - ½ cup strawberries, sliced
 - 1 cup low-fat plain or vanilla yogurt
 - ¼ cup low-fat granola
- ½ English muffin, toasted

Morning Snack

- ½ cup celery sticks
- 1 tablespoon natural peanut butter

Lunch

- turkey pita
 - 1 whole wheat pita pocket
 - 2 ounces lean low-sodium turkey breast, sliced
 - 1 tablespoon chipotle mayo
 - romaine lettuce, tomato slices and red onion slices
 - 2 tablespoons low-fat cheddar cheese
- ½ cup red grapes
- 1 cup skim or 1 percent milk

Afternoon Snack

- 1 cup low-sodium vegetable soup
- 5 whole-grain crackers

Dinner

- 2 ounces lean meat grilled kabobs with chicken, lean beef and/or shrimp
- ½ cup broccoli spears, steamed
- 1 small baked sweet potato
- ½ cup pineapple chunks
- 1 cup skim or 1 percent milk

Evening Snack

- 3 cups air-popped popcorn

Try to drink at least six to eight 8-ounce cups of water each day.

2,000 Calories Daily Food Plan



Chart is from choosemyplate.gov (U.S. Department of Agriculture).

2,000 Calories Sample Menu

Breakfast

- 1 cup cooked oatmeal
- 2 tablespoons raisins or mixed dried fruit
- 1 hard boiled egg
- ½ cup skim or 1 percent milk

Morning Snack

- ½ cup blueberries
- ½ cup low-fat plain or vanilla yogurt

Lunch

- 2 slices of thin crust veggie pizza
- ½ cup roasted soybeans or edamame
- 1 cup fresh mixed greens salad with 1 tablespoon low-fat dressing
- ½ cup strawberries
- 1 cup skim or 1 percent milk

Afternoon Snack

- 3 graham cracker squares
- ½ cup pudding made with low-fat milk

Dinner

- 2 ounces barbeque chicken
- 1 (2-inch) corn bread square
- 1 cup jicama sticks
- ½ cup watermelon balls
- 1 cup skim or 1 percent milk

Evening Snack

- ½ small apple
- ½ cup baby carrots
- 2 tablespoons low-sodium nuts or seeds

Try to drink at least six to eight 8-ounce cups of water each day.

How to Read Food Labels

Learning to read labels carefully and accurately is important. By reading food labels you will become aware of what's in the foods you eat. The following explains how to read the food label.

- **Serving size:** The serving size lists how many calories and nutrients are in one serving of the food. If you eat twice the serving size, you are getting twice the calories, fat, carbs, sodium, etc.
- **Calories and calories from fat:** Calories are a measure of energy released by a food. Try to limit your food choices to those that have less than one-third calories from fat.
- **Total fat:** Total fat includes all types of fat. Try to eat foods low in saturated and trans fats.
- **Saturated fat:** Saturated fat raises LDL cholesterol (the “bad”) cholesterol. Reduce saturated fats to help protect your heart.
- **Trans fat:** Trans fats can raise LDL cholesterol, lower HDL cholesterol, and add to heart disease. Eat as little trans fats as possible. Avoid foods that contain “partially hydrogenated” and “hydrogenated” oils, including shortening.
- **Cholesterol:** Foods from animals (meat, fish, eggs, cheese, butter) have cholesterol.
- **Sodium:** Too much sodium (salt) can lead to high blood pressure. One teaspoon of salt has 2,400 milligrams of sodium. This is the upper limit most people need each day.
- **Total carbohydrate:** Carbohydrates give your body energy. However, too many can raise your blood glucose.
- **Fiber:** If the food has five or more grams of fiber, subtract half of the grams from the total carbohydrate.
- **Sugar:** Sugar is included in the number of total carbohydrates.
- **Protein:** Choose lean meats, poultry and fish.

Food label for a granola bar

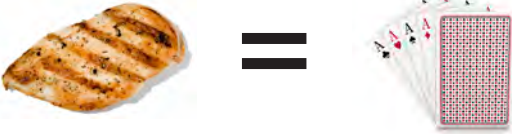

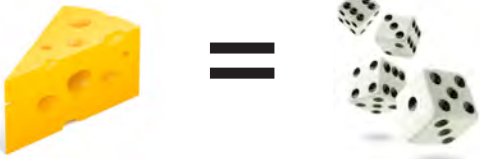



Nutrition Facts			
Serving Size 1 bar (40 g)			
<hr/>			
Amount Per Serving			
<hr/>			
Calories 170		Calories from Fat 60	
<hr/>			
			% Daily Value*
<hr/>			
Total Fat 7 g			11%
<hr/>			
Saturated Fat 3 g			15%
Trans Fat 0 g			
<hr/>			
Cholesterol 0 mg			0%
<hr/>			
Sodium 160 mg			7%
<hr/>			
Total Carbohydrate 24 g			8%
<hr/>			
Dietary Fiber 3 g			12%
Sugars 10 g			
<hr/>			
Protein 5 g			
<hr/>			
Vitamin A 2%			
<hr/>			
Vitamin C 2%			
<hr/>			
Calcium 20%			
<hr/>			
Iron 8%			
<hr/>			
*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
<hr/>			
Total fat	Less than	65 g	80 g
Sat fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Source: U.S. Food and Drug Administration

Learn more about the nutrition facts label with your child on pages 52 to 53.

Your Guide to Food Portion Sizes

A key part of a healthy lifestyle is eating the right portion sizes. To help keep servings sizes in proportion, use smaller plates. Use the following charts for correct portion sizes:

<p>Three ounces of meat is about the size and thickness of a deck of playing cards.</p>	
<p>One medium apple or one cup of cooked vegetables is about the size of a baseball.</p>	
<p>One ounce of cheese is about the size of four stacked dice.</p>	
<p>One-half cup of ice cream or one-half cup of cooked pasta is about the size of an ice cream scoop.</p>	
<p>One slice of bread or one six-inch tortilla is about the size of a DVD.</p>	
<p>One tablespoon of butter is about the size of a poker chip.</p>	

Chapter 3:

Getting Regular Physical Activity

In This Chapter:

- Physical Activity
- Activity Pyramid
- Types of Physical Activity
- Getting Enough Physical Activity
- Working Hard Enough During Physical Activity



Chapter 3: Getting Regular Physical Activity

Physical Activity

Important

Before you start or increase a physical activity program, or if you have a health concern, please talk with your health care provider.

Physical activity has many benefits. In addition to helping build strong bones and muscles, regular physical activity can:

- reduce the risk for heart disease, diabetes, obesity, certain cancers and joint conditions
- reduce levels of anxiety and stress
- increase self-esteem
- help maintain a healthy weight
- help improve concentration
- help maintain good blood pressure and cholesterol levels.

Children

The American Heart Association recommends children get 60 minutes of moderate to vigorous physical activity **each day**. You can break up the 60 minutes of physical activity into blocks of 10 minutes.

If your child participates in a physical education class at school, he or she may need up to another 30 minutes of physical activity at home.

Tip

Build weekend family activities around physical activities.

Adults

For health benefits, adults should be moderately active for at least 30 minutes a day, most days of the week.

You can break up your 30 minutes of physical activity into chunks of 10 minutes. You can take a 10-minute walk in the morning, walk up and down stairs at work for 10 minutes, and do stretching for 10 minutes before bedtime.

Kinds of physical activity

There are three basic kinds of physical activity: aerobic activities, resistance/strength training, and balance and stretching.

- Aerobic activities speed your heart rate and breathing. It helps improve your heart and lung fitness. Examples include brisk walking, jogging and swimming.
- Resistance, strength training and weight-bearing activities help build and maintain bones and muscles. Examples include lifting weights and walking.
- Balance and stretching activities enhance your stability and flexibility. Examples include gently stretching, dancing, yoga and the martial arts.

How to add physical activity to your routine

If your family life is already packed with activities, set up a physical activity schedule. It may be easier to go for a walk or bike ride if it's on the calendar.

The following suggestions from the U.S. Department of Health and Human Services and Centers for Disease Control and Prevention can get your family started.

- Do physical activities as a family. Go for a bike ride, walk, skate (inline or ice) or play in the park. Choose activities everyone enjoys doing together.
- If your child is bored, challenge him or her to combine two parts of two games or sports or create a new activity.
- Get involved with community service activities, activity clubs, recreational activities or join outdoors groups.
- Explore different activities — especially during the winter. Try yoga, bowling, cross county skiing, ice skating, rope jumping.
- Involve children in active chores such as dog walking, house cleaning, car washing or yard work. Put on some music while cleaning and dance!
- Have an activity party. Consider a bowling, swimming or skating birthday party.
- Set up a home gym. Use household items (such as canned food) as weights and use stairs in place of a stair machine. Dance, run up and down steps, do crunches, walk, do outside activities (rake leaves, shovel snow) or make up your own games.
- Watch TV together in the family room or living room. During commercials, do stretches, sit-ups or march in place.

Tip

Establish a routine. Set aside time for activity every day.

Tip

Your family doesn't need to join a health club or buy expensive health equipment. Choose an activity you all enjoy so you will stick with it.

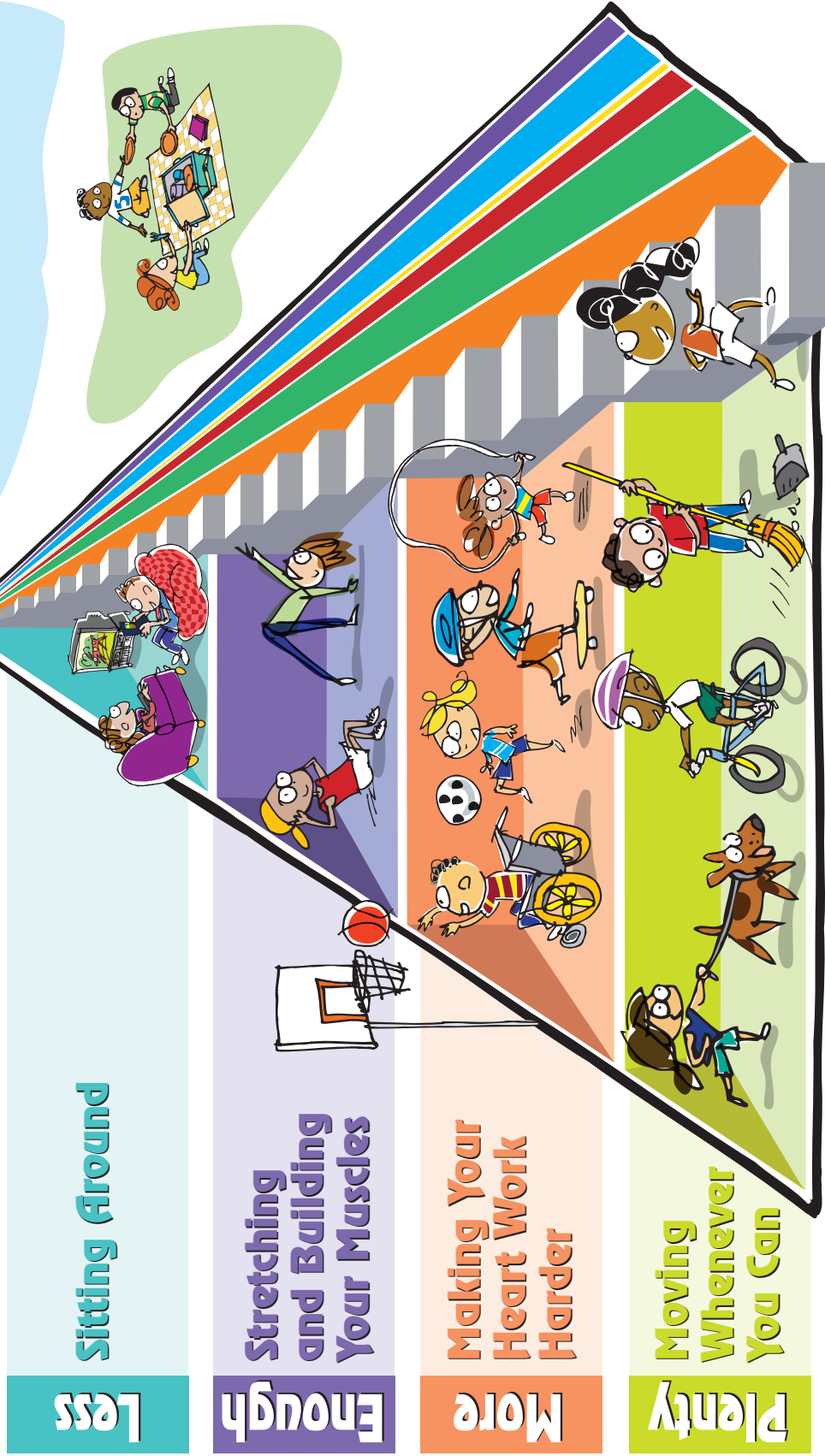
If your family feels adventurous, try something new. You may find a hidden talent or new passion.

Activity Pyramid

Use the activity pyramid on the next page to improve your family's physical fitness. Begin at the bottom of the pyramid and choose activities you all will do every day. Gradually increase the amount of activities and decrease your sitting activities.

Enjoy Moving

Be physically active every day*



Less

Sitting Around

Enough

Stretching and Building and Your Muscles

More

Making Your Heart Work Harder

Plenty

Moving Whenever You Can



* Children and teens should be physically active for at least 60 minutes on most, preferably all, days of the week.



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Types of Physical Activity

Physical activity is moving your body. Here are some examples of moderate activities and vigorous physical activities.

Moderate Activities	Vigorous Physical Activities
walking briskly (about 3 ½ miles per hour)	running/jogging (5 miles per hour)
bicycling (5 to 9 miles per hour)	bicycling (more than 10 miles per hour)
swimming - recreational	swimming (freestyle laps)
hiking	aerobics
playing golf (walking and carrying your clubs)	push-ups or pull-ups
competitive sports such as baseball, softball, volleyball or kickball	competitive sports such as singles tennis, football, basketball, soccer, rugby, hockey or lacrosse
basketball - shooting hoops	jumping rope, skipping or jumping jacks
yard games such as Frisbee, juggling or badminton	Karate, judo, tae kwon do or jujitsu
jumping on a trampoline	canoeing or rowing (4 miles per hour or more)
light housework such as sweeping, doing laundry or taking out the trash	heavy housework such as moving heavy furniture or carrying things while climbing stairs
light yard work such as raking, bagging leaves or trimming shrubs	heavy yard work such as digging large holes or carrying heavy loads

Source: Centers for Disease Control and Prevention

Getting Enough Physical Activity

Tip

If your family likes to swim, bike, ski or work out at a gym, you can use those activities in place of walking, running or jogging. Just keep track of the time you spend doing the activity to get the amount you need each day.

Did You Know?

There are 2,000 steps in one mile.

How do you know your child and family are getting enough activity?

One fun way is to use a pedometer or a step counter. A pedometer is a small device that counts your steps. You wear it on either side of your clothing (pants/shorts) at waist level, straight up from either knee cap. Pedometers can be purchased at local retail or sports stores.

It is recommended that children should have at least 13,000 steps each day. Adults should have at least 10,000 steps each day. To reach your goal, you can walk, jog or run.

Try this!

For 2 weeks, check how many steps each family member takes each day. Keep track of your steps. At the end of the 2 weeks, make a goal for adding steps.

A good starting goal is to increase the total number of steps you take by 10 percent each week. This will help you avoid injury and becoming overwhelmed by doing too much too soon.

Working Hard Enough During Physical Activity

Tip

If your child gets regular physical activity, his or her metabolism will increase. This means that your child's body can use (or burn) calories from food at a faster rate.

The goal is to have your child get 60 minutes of **moderate to vigorous** physical activity each day. But how do you know if your child doing enough during the activity?

The intensity level or how hard your child is working, will depend on his or her level of effort. Some activities can be done at different levels.

For example, A baseball game may take a large amount of time to participate in, but you will need to look at how much your child is moving during the game and at what intensity level. How much time does your child stand or sit? How much time does your child spend running and hitting the ball?

To tell how hard your child is doing an activity, have him or her try the "talk test." This is your child's ability to have a fairly normal conversation while doing a physical activity.

According to the Centers for Disease Control and Prevention (CDC), if your child is doing a:

- **moderate activity**, he or she can talk, but not sing, during the activity
- **vigorous activity**, he or she will not be able to say more than a few words without pausing for a breath.

You can also use a scale of 0 to 10 to tell how hard your child is doing a physical activity.

0 1 2 3 4	Sitting	
5 6	Moderate activities	<ul style="list-style-type: none"> ■ Your child's heart will beat faster than normal. ■ Your child will breathe harder than normal.
7 8	Vigorous physical activities	<ul style="list-style-type: none"> ■ Your child's heart will beat much faster than normal. ■ Your child will breathe much harder than normal.
9 10	Highest level of activity	

Chart Information adapted from the Centers for Disease Control and Prevention.

Chapter 4:

Resources

In This Chapter:

- Websites
- Books and Magazines



Chapter 4: Resources

Websites

- **allinahealth.org/family**
You can find a variety of information about nutrition and physical activity for children, teens and families.
- **kidseatright.org**
You can find lots of information about how families can learn to make nutritious meals each day.
- **kidshealth.org/parent**
This website provides information about health, behavior, and development for children.
- **heart.org**
The American Heart Association has a variety of information about how families can live heart-healthy lives. Visit heart.org and select “Getting Healthy.” Then select “Healthier Kids” to find this information.
- **nhlbi.nih.gov**
The National Heart Lung Blood Institute has a national program called We Can![®] (Ways to Enhance Children’s Activity & Nutrition). This program provides information about how to help children aged 8 to 13 years old stay at a healthy weight.

Visit nhlbi.nih.gov and select “Educational Campaigns.” Then select “We Can! (Ways to Enhance Children’s Activity & Nutrition)” to find this information.
- **choosemyplate.gov**
You can find a variety of tips and resources, foods to eat more and less of, and nutrition information for children.
- **presidentschallenge.org**
Get the entire family moving! You can find information on the President’s Challenge Physical Activity and Fitness Awards Program.

Books and Magazines

- “ChopChop, The Fun Cooking Magazine for Families” is a quarterly food magazine and website (chopchopmag.org) for kids aged 5 to 12 years old and their families.
- “Brown Bag Success: Making Healthy Lunches Your Kids Won’t Trade” by Sandra K. Nissenberg and Barbara N. Pearl, 1997.
- “Easy Meals to Cook with Kids” by Julie Negrin, 2010.
- “The Everything Kids’ Cookbook: From mac ‘n cheese to double chocolate chip cookies - 90 recipes to have some finger-lickin fun,” 2nd Edition by Sandra K. Nissenberg, 2008.
- “I Made It Myself! Mud Cups, Pizza Puffs, and Over 100 Other Fun and Healthy Recipes for Kids to Make” by Sandra K. Nissenberg and Heather Nissenberg, 1998.
- “Quick Meals for Healthy Kids and Busy Parents: Wholesome Family Recipes in 30 Minutes or Less From Three Leading Child Nutrition Experts” by Sandra K. Nissenberg, Margaret L. Bogle, PAudrey C. Wright, 1995.
- “Slim and Scrumptious: More Than 75 Delicious, Healthy Meals Your Family Will Love” by Joy Bauer, 2010.
- “The Hour that Matters Most: The Surprising Power of the Family Meal” by Les and Leslie Parrott, 2011.



Worksheets



Getting Started: Setting Goals and Making a Pledge

Setting realistic, short-term goals will lead to long-term success. Simply getting your child and family more active will help. Make sure your family's goals are specific, reachable, and forgiving.

A good goal may be: "We will walk 30 minutes four times a week." This is a specific goal, something you can do indoors or outdoors, and gives you choices for when to walk.

Write down your goals below.

Our Goals

Our Pledge to Eat Right and Move More

Name: _____ Date: _____

What are your family's favorite healthful foods? Make a list in the space below!

Now, think of a fun, five-minute physical activity that will get everyone's heart pumping and pick the top favorite healthful food from the list above.

In the spaces provided below, pledge to eat the healthful food and do the fun physical activity a certain number of times a week, instead of not eating right or doing an inactive activity.

Our Plan to Eat Right

We will eat _____ for a snack _____ times a week instead of _____.
(insert healthful food) (insert number) (insert unhealthy food)

Our Plan to Move More

We will _____ times a week instead of _____.
(insert physical activity) (insert number) (insert inactive activity)

HEY, KIDS!

Check the Label!

Many foods in the grocery store have Nutrition Facts labels. These labels tell you what is in the food you are eating.

Knowing how to read food labels will help you make good choices.



The Main Parts of a Label

- **Serving Size**

- shows you how much of the food counts as one serving

- **Calories**

- fuels your body

- **Fat**

- helps your body use vitamins

- **Sugars**

- gives you a quick energy boost, but doesn't help your body grow

- **Protein**

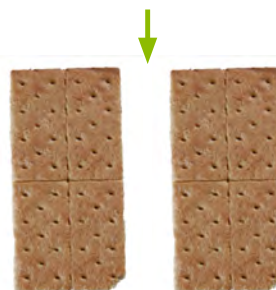
- builds strong muscles.



Flip the page over to practice reading a label!

This is a label for graham crackers. This is one serving!

Nutrition Facts	
Serving Size: 2 full cracker sheets (29 g)	
Amount Per Serving	
Calories 120	Calories from Fat 30
% Daily Value*	
Total Fat 3.5 g	5%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 160 mg	7%
Total Carbohydrate 22 g	7%
Dietary Fiber less than 1 g	3%
Sugars 7 g	
Protein 2 g	
Vitamin A 0%	
Vitamin C 0%	
Calcium 10%	
Iron 6%	



Calories

Calories give your body energy to ride your bike and walk your dog. If you have four full graham cracker sheets, that's two servings. You do the math!

Fat

Your body needs some fat to grow, but it needs the right kind of fat. This graham cracker is a good choice because it is low in saturated fat and trans fat, two types of "bad" fats. "Good" fats are found in nuts, olive oil and fruits like avocados. Try to eat more of these "good" fats.

Protein

Your muscles need protein to grow big and strong. Graham crackers do not have very much protein, but foods like beef, yogurt and peanuts do.

Sugars

Sugars are found in things that taste sweet like pop, candy and ice cream. Try to choose foods and drinks that have less sugar.

HEY, KIDS!

Are You a Smart Snacker?

Did You Know?

Eating healthful snacks will help your body have energy to do your homework or ride your bike.



Healthy Habits

A habit is something you do over and over. It is good to have healthy habits you do every day. Here are some healthy habits you may already do:

- brush your teeth
- walk your dog
- wash your hands before eating.

Start a Healthful Snack Habit

Just like brushing your teeth, you can make it a habit to eat healthful snacks every day.

To make your own healthful snack, try choosing foods from different food groups. This will help you make "smart" snacks to fuel your body and your mind!



Flip the page over to build your own healthful snack!

Mix-And-Match Your Snack!

Circle two or three foods to put together for your snack.
Try to choose foods from different food groups to make your snack “smart!”

Vegetables	Fruits	Grains	Dairy	Protein
Baby carrots	Apple slices	Whole grain cereal	Plain yogurt	Mixed nuts
Celery sticks	Mixed berries	Whole grain crackers	Skim or low-fat milk	Peanut butter
Cucumber slices	Frozen banana	Whole grain bagel	Sliced cheese	Sunflower seeds
Red pepper slices	Grapes	Oatmeal	Low-fat cottage cheese	Sliced turkey
Cauliflower	Sliced peaches	Popcorn	String cheese	Hard boiled egg
Pea pods	Applesauce	Graham crackers	Low-fat chocolate milk	Sliced ham
Pickles	Raisins or other dried fruit	Pretzels	Grated Parmesan cheese	Beef jerky

Try this tasty idea: carrots and peanut butter!

HEY, KIDS! There Are Sneaky Sugars!

Sugar Can Be Sneaky



When you eat sugar, your body uses it for energy. Eating a little bit of sugar is OK, but too much sugar isn't good for your body or your teeth.

Sugar is in many foods like candy and ice cream. But did you know sugar can also be "hidden" in other foods and drinks?

Hidden Sugars

Here are some foods that you might eat or drink that have hidden sugars:

- cereal
- yogurt
- granola bars
- juice and soda.



**FLIP THE
PAGE OVER
TO TEST
YOUR SUGAR
SMARTS.**

How Many Teaspoons of Sugar Are in These Popular Drinks?



1. One Can of Regular Soda

- A. 1 teaspoon
- B. 5 1/2 teaspoons
- C. 10 teaspoons
- D. 25 teaspoons
- E. There isn't any sugar in soda.



12 ounces

2. One Glass of Lemonade

- A. 1 teaspoon
- B. 5 1/2 teaspoons
- C. 10 teaspoons
- D. 25 teaspoons
- E. There isn't any sugar in lemonade.



12 ounces

Answers: 1. C 2. C

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HEY, KIDS!

What Kind of Sugar is in Your Food?

Added Sugar

When someone special makes your favorite chocolate chip cookies or a chocolate cake for your birthday, they usually put sugar in the recipe.

These kinds of food have **added sugars** because someone had to add sugar to make the food taste sweet.



Natural Sugar

Other kinds of food already have sugar in them, like bananas or honey. They have **natural sugars** and do not need sugar added to them to make them tasty.



Notes

Notes



Allina Health

allinahealth.org