

# Eating Well

**Basic Nutrition For Kids**

**And For You**





# Objectives

Participants will be able to:

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- # Describe why good nutrition is important to children and adults
- # Explain how the child care meal pattern was developed
- # Understand messages in 2010 Dietary Guidelines for Americans
- # Make healthier food choices



# Why Good Nutrition?

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- # Young children need to eat well because their bodies are growing fast
- # Children learn eating habits at a very young age
- # Poor eating habits can lead to excess weight gain and other health problems
- # Adults are important role models for young children

# Six Nutrient Categories

- # Carbohydrate
- # Protein
- # Fat

- # Vitamins
- # Minerals

- # Water



# Macronutrients

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- # Needed in large amounts by your body
- # Give you energy in the form of calories
- # Macronutrients are:
  - Carbohydrate
  - Protein
  - Fat

# Carbohydrate

- # Provides energy for body processes and physical activity
- # 45-65% of diet
- # Most should be complex - grains, legumes, starchy vegetables





# Protein

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- # Building blocks for all body tissue - muscles, bones, organs, etc.
- # Needed for growth and brain development
- # Important for healing
- # 10-35% of diet
- # Best sources: meat, poultry, fish, dairy, legumes, nuts, seeds

# Fat

- # Stores energy
- # Helps body absorb vitamins
- # Keeps skin, brain, and nervous system healthy and working well
- # 20-35% of diet - children under 3 need more
- # Vegetable and animal sources





# Saturated Fat

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- # Unhealthy
- # Increases bad cholesterol in the blood
- # Leads to narrowing of blood vessels, heart attacks, and stroke
- # Usually solid, as in lard, visible fat on meat, butter, milk fat
- # Some tropical oils such as palm and coconut are liquid but are mostly saturated fat

# Trans Fat

- # Unhealthy
- # Increases bad cholesterol and decreases good cholesterol
- # Created when oils are made into solid fats
- # Found in margarine and shortening, and used in many store-bought baked goods
- # A product contains *trans* fat if any ingredients are "hydrogenated" or "partially hydrogenated"



# Unsaturated Fat

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- # Can be "mono-unsaturated" or "poly-unsaturated"
- # Decreases bad cholesterol in the blood
- # Improves health of heart and blood vessels
- # Contributes to healthy skin and proper functioning of brain and nervous system
- # Found in foods of plant origin: nuts, seeds, vegetable oils



# Limiting Unhealthy Fats

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- # Cook with vegetable oil
- # Replace high fat desserts with fruit.
- # Use margarines with no trans fat and low saturated fat
- # Use skim or 1% milk after 2 years old
- # Trim visible fat off meat



# Micronutrients

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- # Needed in small amounts by your body
- # Do not provide energy
- # Vitamins and Minerals
  - Regulate many body functions
  - Help keep body healthy
  - Protect against birth defects



# Water

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- # Needed by every cell in the body to function properly
- # Lubricates joints
- # Helps maintain proper bowel function
- # Does not provide energy

# Water

- # Water is the best thirst quencher
- # Make water available through the day
- # Tap water has fluoride for dental health
- # Bottled water is not better

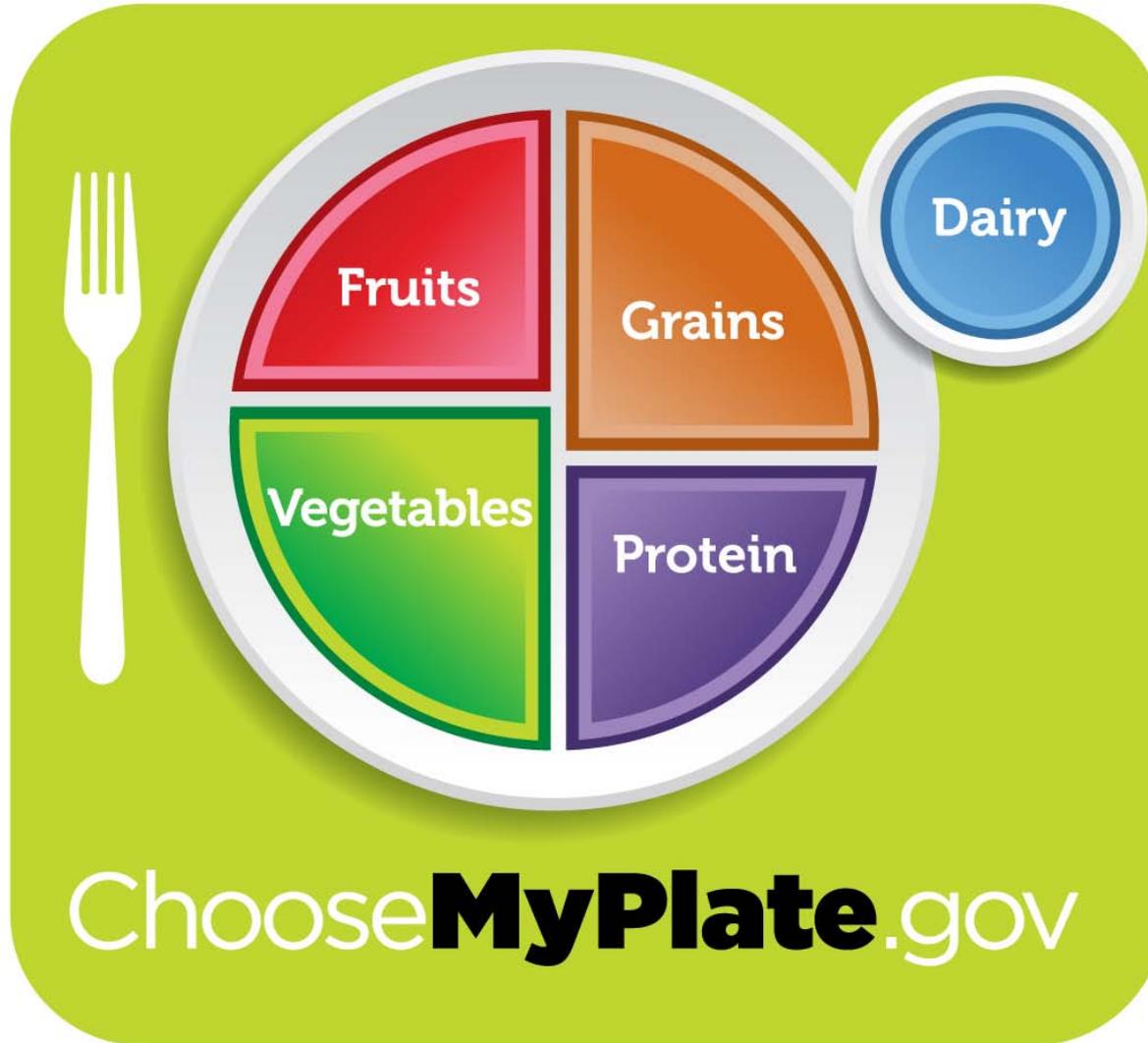


# MyPyramid is now .....



**MyPyramid.gov**  
STEPS TO A HEALTHIER YOU

..... MyPlate



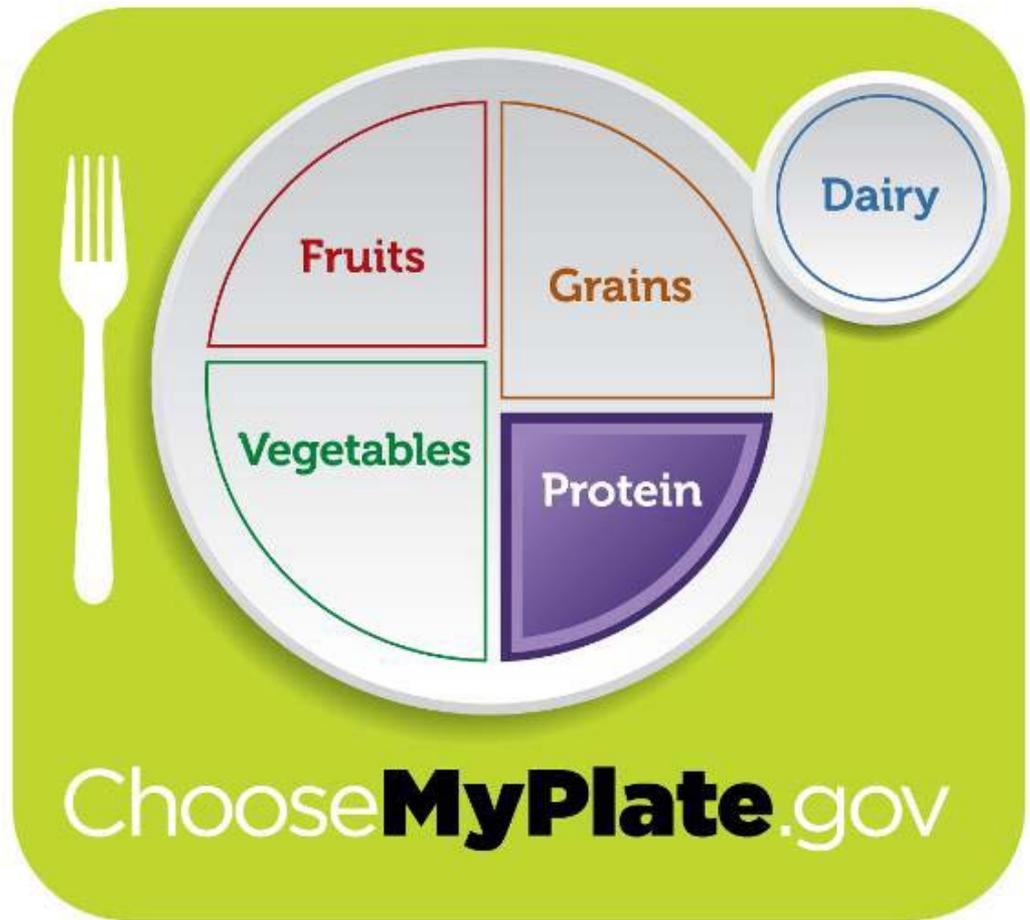
# MyPlate Update

The Meat & Beans Group

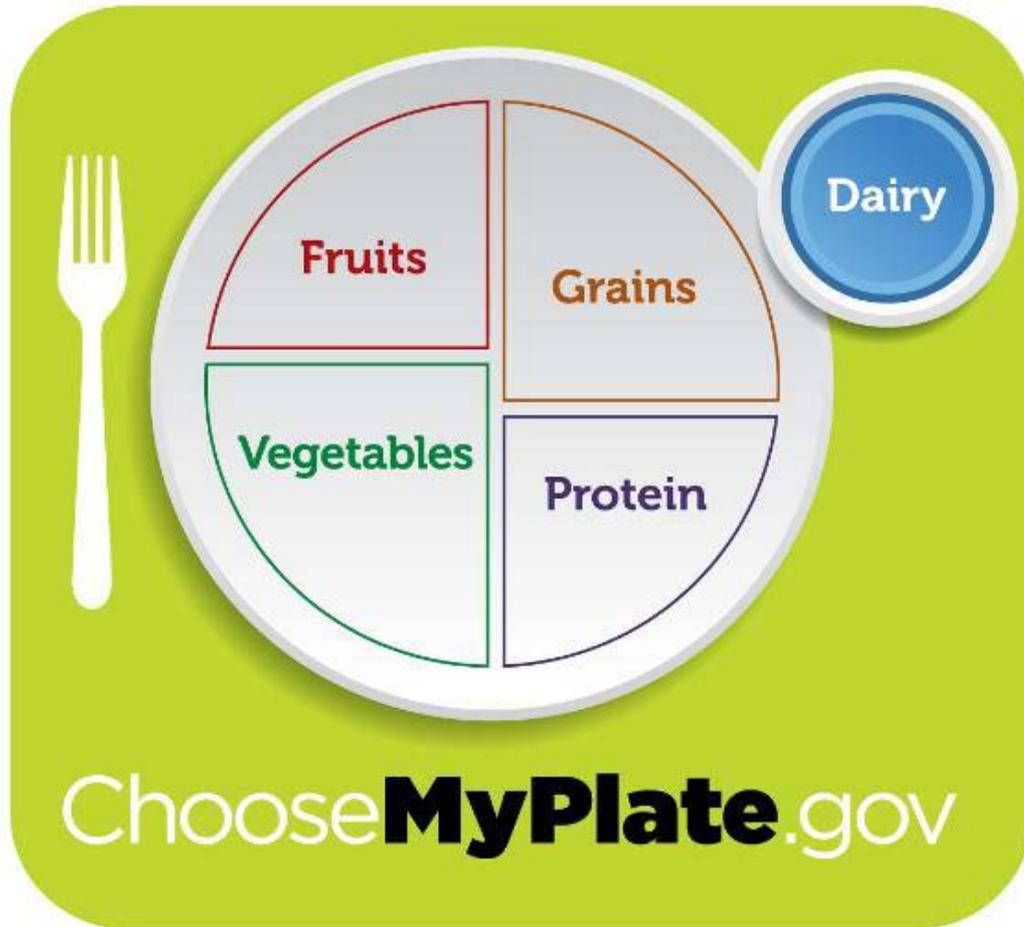
from MyPyramid

is called

The Protein Group  
in MyPlate



# MyPlate Update



The Milk Group from MyPyramid is called

The Dairy Group in MyPlate

# Recommendations 3-5 years old



- # Grains: **5 oz. per day**
- # Vegetables: **1½ cups per day**
- # Fruits: **1½ cups per day**
- # Dairy: **2½ cups milk per day**
- # Protein: **4 oz. per day**
- # Physical Activity: 60 minutes per day

# Met by CACFP Meal Pattern (Breakfast, Lunch & Snack)

- # Grains: 2 to 3 ounces/day
- # Veg. & Fruit:  $1\frac{1}{4}$  to 2 cups/day
- # Dairy (Milk): 16 to 24 ounces/day
- # Protein (Meat & Beans): 2 to 3 ounces/day

# Daily foods comparison for 3-5 years old

## MyPlate:

- # Grains: **5 oz.**
- # Vegetables: **1½ c.**
- # Fruits: **1½ c.**
- # Dairy: **2½ c.**
- # Protein: **4 oz.**

## CACFP:

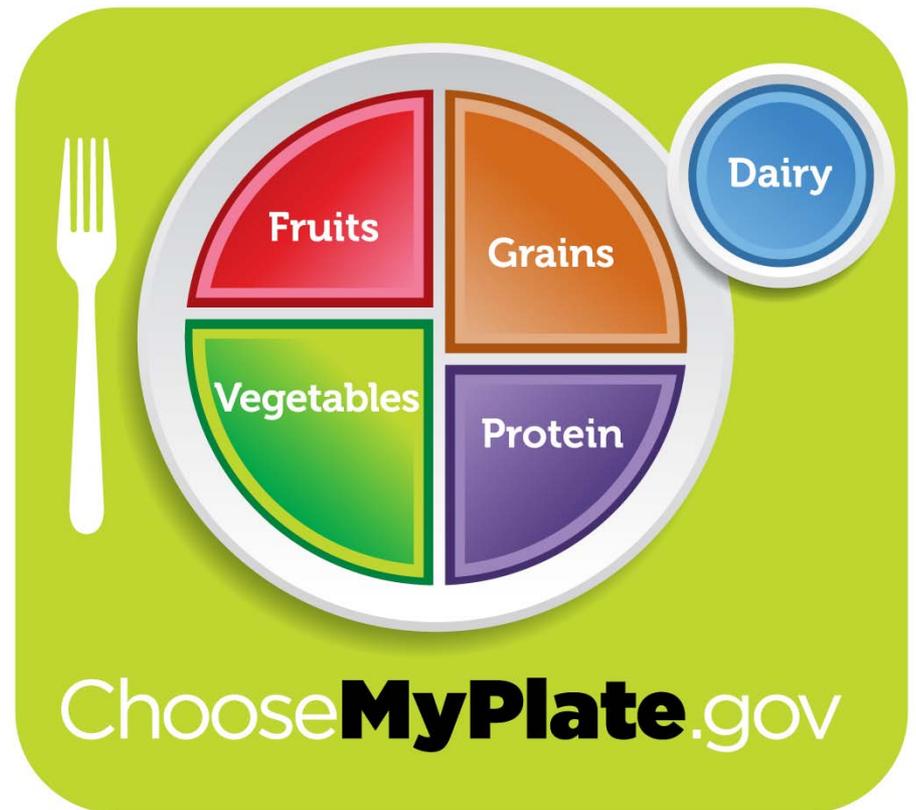
- # Grains: **2-3 oz.**
- # Vegetables & Fruits: **1¼ to 2c.**
- # Milk: **2-3 c.**
- # Meat & Beans: **2-3 oz**

If child gets 75% of needed food at child care....  
How are we doing?

# ChooseMyPlate

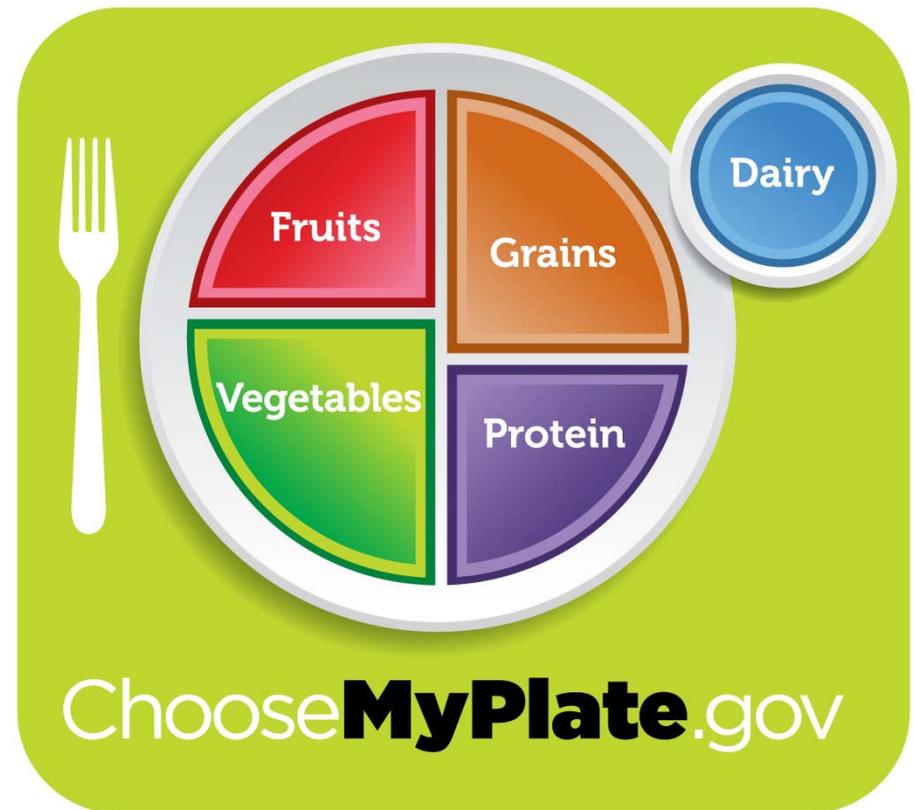
## Selected Consumer Messages

- # Balancing calories
- # Foods to increase
- # Foods to reduce



# Choose MyPlate Messages - Balancing Calories

- Enjoy your food, but eat less
- Avoid oversized portions



# Calories measure energy

## Energy comes from fuel

Let's compare:

- # Food is fuel for our bodies
- # Gasoline is fuel for our cars
- # Our bodies need fuel to keep us going
- # Cars need fuel to keep them going
- # Our bodies can take in more food than we need and store it as fat
- # Cars can only take in as much gas as their tank will hold

Have you ever seen a fat car?



# Food is to be enjoyed!

**“Food is not  
nutritious until  
its eaten.”**

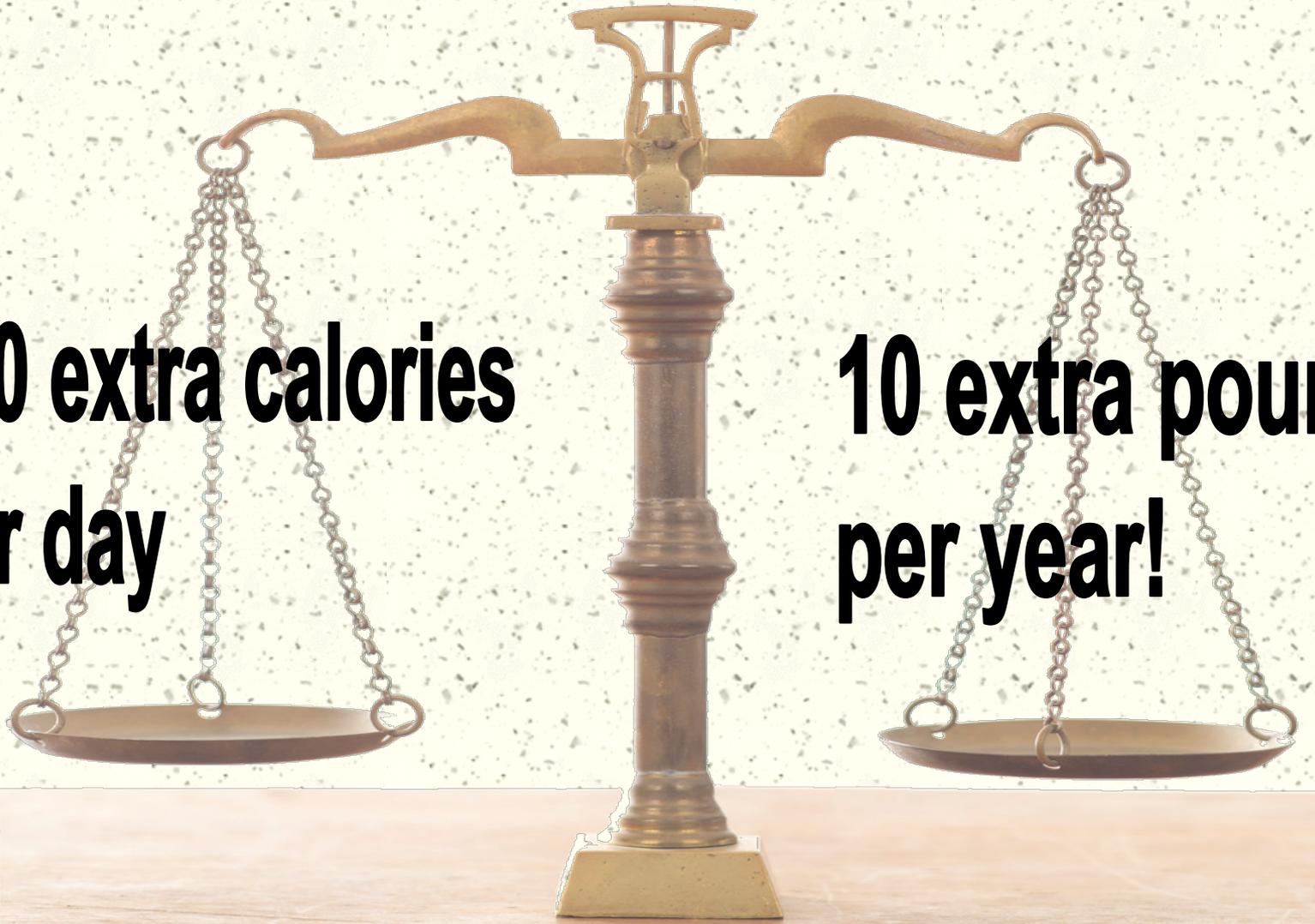
*~ Smarter  
Lunchrooms 2011*



# Enjoy — but eat less!

**100 extra calories  
per day**

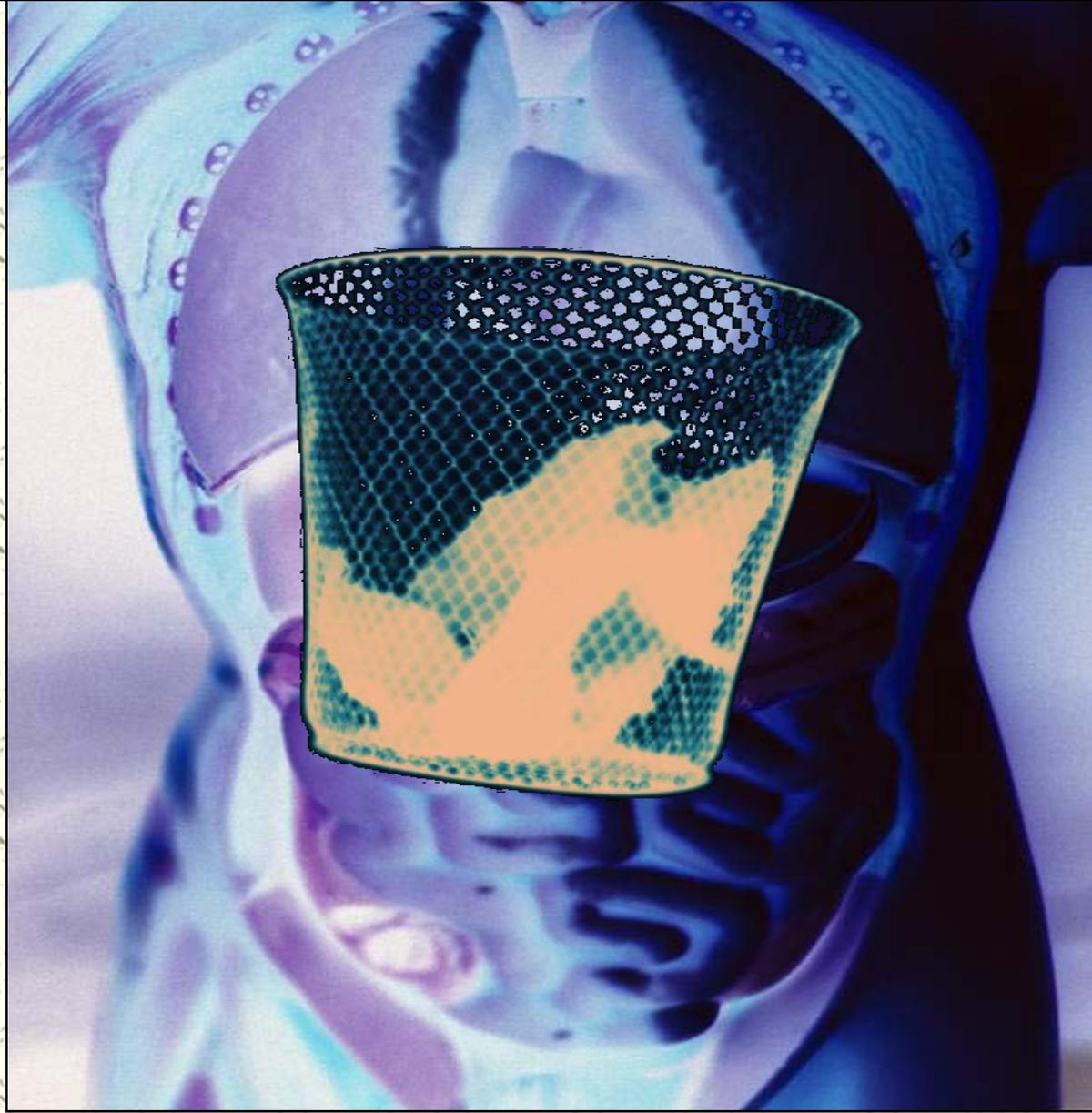
**10 extra pounds  
per year!**



# Eat until “satisfied,” not “full”

**“Your  
stomach  
shouldn’t  
be a waist  
(waste)  
basket.”**

*~ Author  
Unknown*





20 minutes



**It takes about 20 minutes for stomach to tell the brain that you're full**

# Downsize portion size

**The bigger  
the portion,  
the more  
people tend  
to eat**





**“You better cut  
the pizza in  
four pieces,  
because I’m  
not hungry  
enough to eat  
six.”**

*~ Yogi Berra*

Eat  
more  
nutrient-  
dense  
foods



Another name  
for “nutrient-  
dense” foods is  
“nutrient-rich”  
foods



# Nutrient Density vs. Calorie Density

Nutrient Density: the amount of nutrients provided by the food in relation to the amount of calories provided. **Broccoli is a nutrient dense food**

Calorie Density: the amount of calories in a food relative to the physical amount of food that contains those calories. **Cheesecake is a calorie dense food**

# Example:

## Blueberry Muffin:

*Serving Size: 1 oz.*

*Calories: 110*

*Protein: 1 gram*

*Carbohydrate: 36 grams*

*Fiber: 0 grams*

*Sugars: 8 grams*

*36% of calories from fat*

*Nutrient Density: Moderately Low*

*Calorie Density: High*

# Example:

## Whole Wheat English Muffin

*Serving Size: 1 oz.*

*Calories: 57*

*Protein: 2 grams*

*Carbohydrate: 11 grams*

*Fiber: 2 grams*

*Sugars: 2 grams*

*9% of calories from fat*

*Nutrient Density: High*

*Calorie Density: Low*

# Nutrient Density Comparison

CACFP portion size for 3-5 yr. old

Blueberry Muffin

.9 oz

99 calories

English Muffin

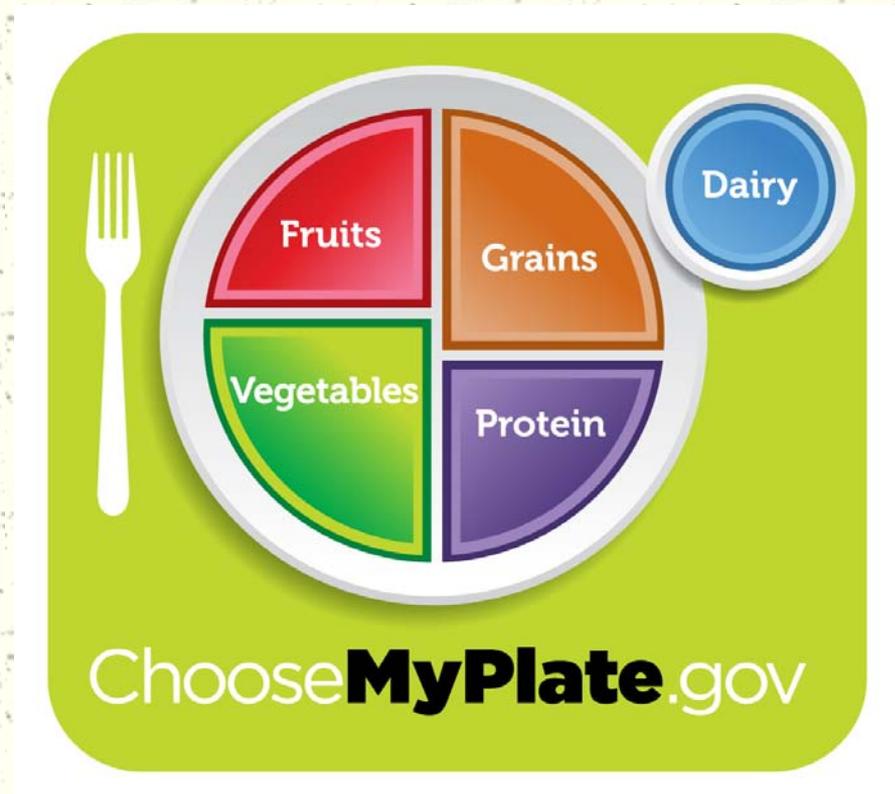
.5 oz.

29 calories

See Bread/Grains Weight Table in CACFP Creditable Foods Guide for required portion sizes

# Choose MyPlate Messages - Foods to Increase

- Make half your plate fruits and vegetables
- Make at least half your grains whole grains
- Switch to fat-free or low-fat (1%) milk



# Fruits & Vegetables



## *Why Important*

- # Nutrient dense - good source of vitamin A, vitamin C and fiber
- # May protect against chronic diseases like high blood pressure, heart disease and some cancers
- # Low calorie - helps with weight control
- # Adds variety to meals - color, texture, taste

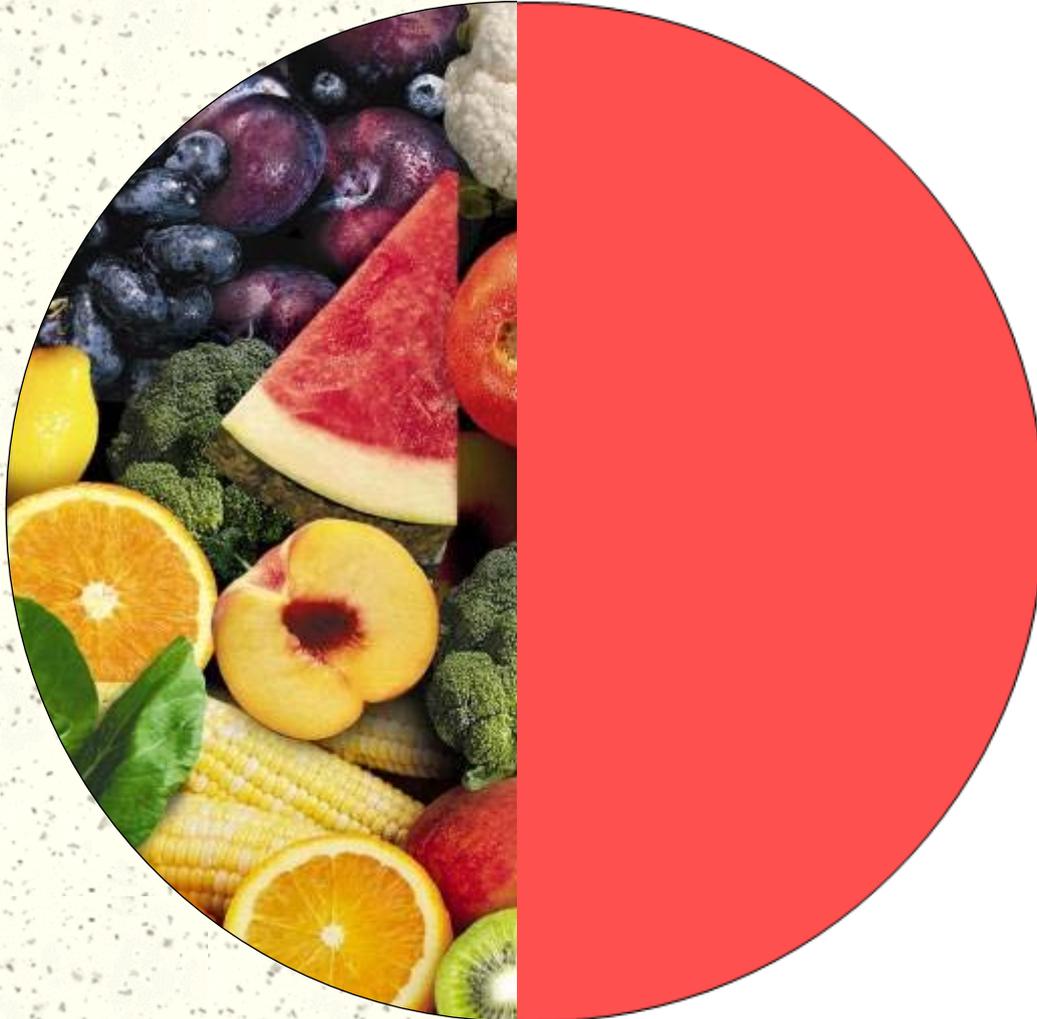
# Fruits & Vegetables



## *Ways to use more*

- # Serve them creatively
- # Add to other favorite foods
- # Try different forms - fresh, frozen, dried
- # Use a dip
- # Have a taste testing in the classroom
- # Set a good example

**Fill half your plate with  
fruits & veggies**



# Pick a variety of vegetables



Red & orange



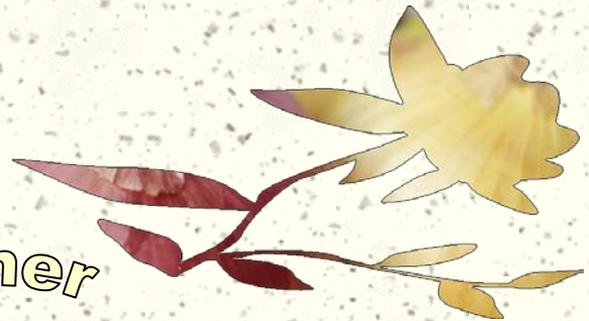
Dark-green



Beans & peas  
(legumes)



Starchy



Other

# Fiber

- # Known as "roughage" and "nature's broom"
- # Part of food that's not digested by body
- # Provides no energy (calories)
- # Speeds up movement of waste through the digestive tract





# Fiber

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## *Why Important*

- # Helps prevent constipation
- # Lowers the risk of some digestive conditions
- # Lowers blood cholesterol levels
- # Controls blood sugar levels
- # Promotes a healthy weight

# Finding Fiber

- # Whole grains, nuts, seeds
- # Fruits & vegetables, especially with skin
- # Processed foods have less fiber
- # Children need 19-25 gm per day
- # Check nutrition labels for "dietary fiber"

*Tip: When increasing fiber in diet, also increase fluid intake*



At least half  
your grains  
should be  
whole grains

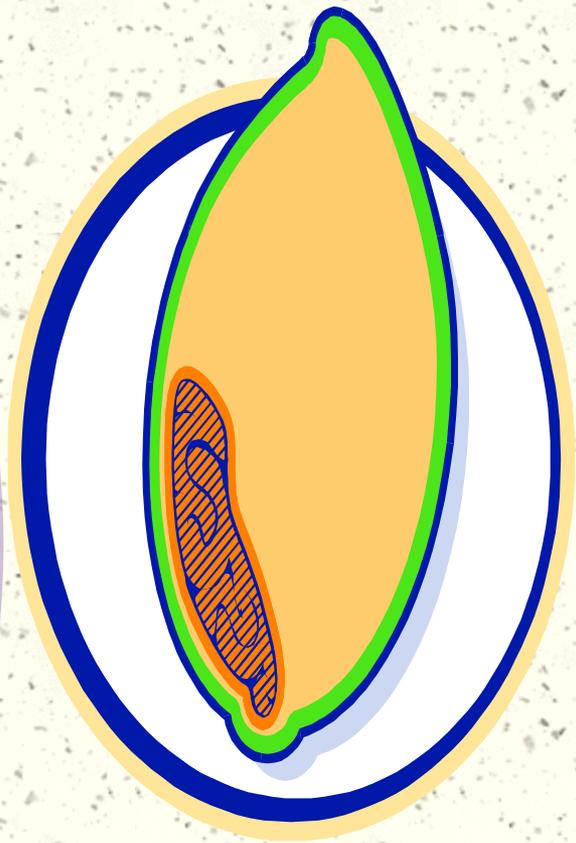
# Whole Grains



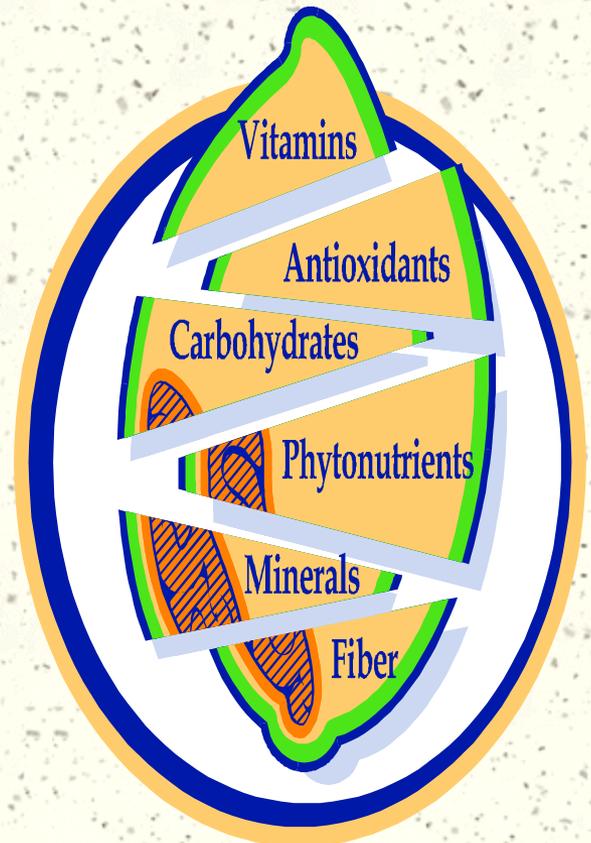
- # Whole grain varieties available for bread, rice, pasta, crackers, and many more products
- # Brown color does not = whole grain
- # Check the ingredient label to make sure a whole grain is the first ingredient listed

# Whole Grains

## More Than Just Fiber



Whole is  
Greater Than  
the Sum of  
the Parts



# Whole Grains

*Reduce the risk of*

- # Coronary heart disease
- # Type 2 diabetes
- # Colon cancer
- # Obesity



# Are these products whole grain?

A. INGREDIENTS: enriched bleached wheat flour, water, whole wheat flour, high fructose corn syrup, molasses, bran.....

B. INGREDIENTS: whole wheat flour, water, wheat gluten, wheat bran, vegetable oil.....

C. INGREDIENTS: whole grain oats, modified corn starch, sugar, salt.....

# Are these products whole grain?

A. INGREDIENTS: enriched bleached wheat flour, water, whole wheat flour, high fructose corn syrup, molasses, bran.....

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C. INGREDIENTS: whole grain oats, modified corn starch, sugar, salt.....

# Switching to fat-free or low-fat (1%) milk makes a difference!



**Whole**

**165  
calories**

**Calories  
saved**



**2%**

**125  
calories**

**40**



**1%**

**100  
calories**

**65**



**Fat-free**

**85  
calories**

**80**

# It's confusing!



***“Whole” is not always better***

**Whole grains = healthy 😊**

**Whole milk = not so healthy 😞**

# Which is more nutrient-dense?

- A. Fat-free and low fat (1%) milk
- B. Whole milk
- C. They are equally nutrient-dense

# Which is more nutrient-dense?

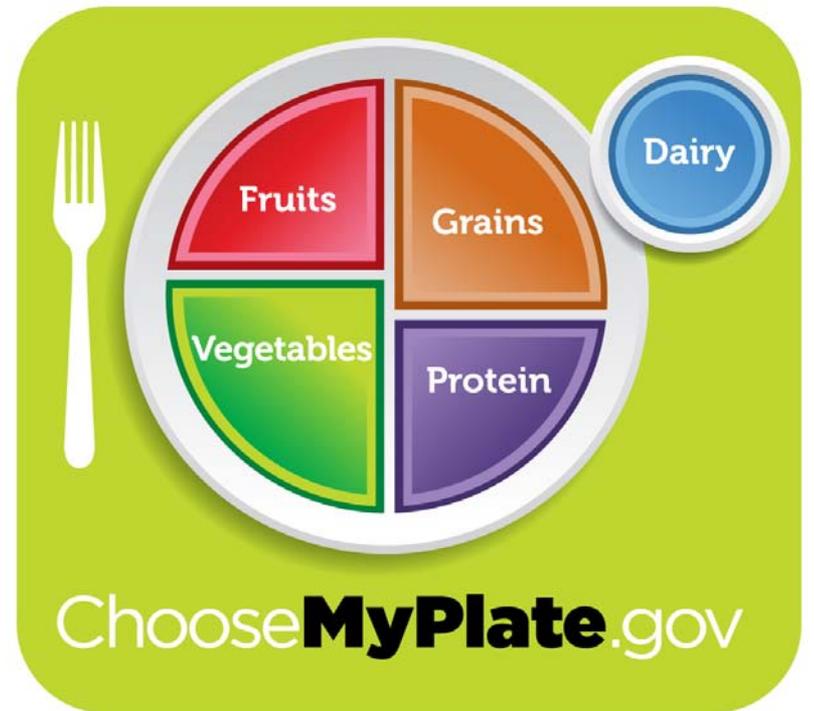
A. Fat-free and low fat (1%) milk

B. Whole milk

C. They are equally nutrient-dense

# Choose MyPlate Messages - Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals — and choose the foods with lower numbers
- Drink water instead of sugary drinks



# Salt



- # Too much salt is linked to high blood pressure, heart disease, stroke, and kidney disease
- # Look for "sodium" on food labels
- # Most of our salt comes from processed and restaurant foods

# Sodium

## Where Does it Come From?

- # Processed food 77%
- # Naturally occurring in foods 12%
- # Salt added at the table 6%
- # Salt added while cooking 5%



# How much sodium is in a teaspoon of salt?

- A. 1,300 mg
- B. 2,300 mg
- C. 3,300 mg



# How much sodium is in a teaspoon of salt?

A. 1,300 mg

**B. 2,300 mg**

C. 3,300 mg



# People ages 2 and older should reduce daily sodium intake to less than ...

- A. 2,300 mg or 1,500 mg, depending on age/other individual characteristics
- B. 2,300 mg or 3,000 mg, depending on age/other individual characteristics

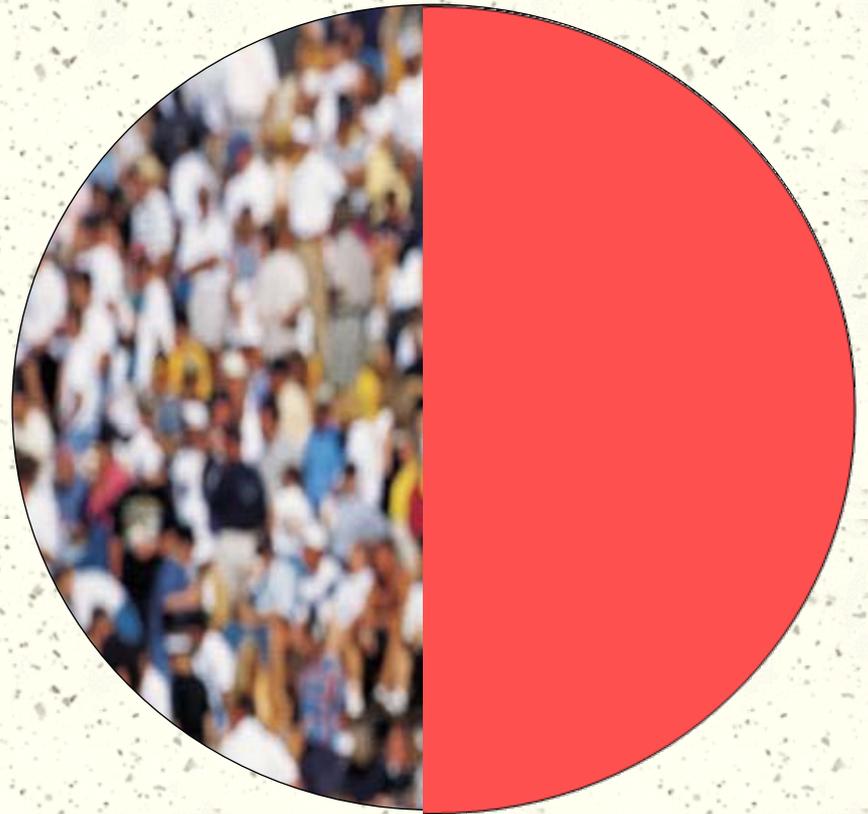
People ages 2 and older should reduce daily sodium intake to less than ...

A. 2,300 mg or 1,500 mg, depending on age/other individual characteristics

B. 2,300 mg or 3,000 mg, depending on age/other individual characteristics

# Groups reduced to 1500 mg. of sodium

- # African Americans ages 2+
- # Adults ages 51+
- # People ages 2+ with high blood pressure, diabetes, or chronic kidney disease



# Sugar



- # Too much sugar adds calories, but no other nutrition
- # Sugar is linked to tooth decay
- # Children love sweets but can learn to like other flavors
- # Gradually reduce amount of sugar - taste buds will get used to it

# Reduce sugar-sweetened beverage intake:



- Sweet beverages are the largest source of added sugars in the diet of U.S. youth
- Strong evidence that youth who drink more sugar sweetened beverages have higher weights

# Beverage Comparison

12 oz. can of soda	150 calories
20 oz. bottle of soda	230 calories
16 oz. cup of sweet tea	200 calories
12 oz. of orange juice	165 calories
12 oz. whole milk	240 calories
Grande café mocha from coffee house	360 calories
<b>As much water as you want</b>	<b>0 calories</b>



You can live  
like there's no  
tomorrow ...

... but,  
tomorrow  
will probably  
come ...



“If I’d known  
I was going  
to live so  
long, I’d  
have taken  
better care  
of myself.”

The Eat Smart Guidelines for Child Care Project is a coordinated effort of:

Missouri Team Nutrition Program

Missouri Child & Adult Care Food Program

University of Missouri Extension



Resources used:

Dietary Guidelines for Americans, 2010  
[www.dietaryguidelines.gov](http://www.dietaryguidelines.gov)

ChooseMyPlate  
[www.choosemyplate.gov](http://www.choosemyplate.gov)

Credit for some slides given to University of Nebraska Lincoln Extension

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ChooseMyPlate

[www.choosemyplate.gov](http://www.choosemyplate.gov)

Some slides adapted from  
Choose MyPlate:  
Selected Consumer Messages



*Thank You* For Your  
Time and Attention!



Program Developed by  
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