

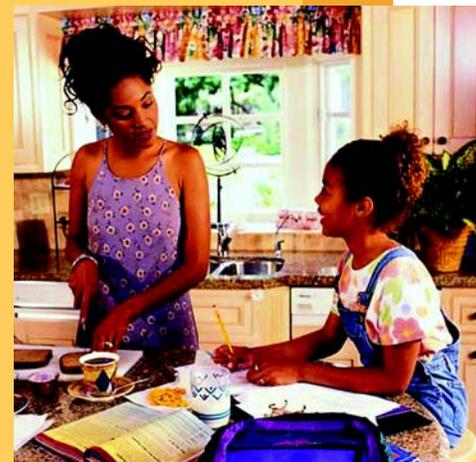


Healthier diet of young children

Overweight and obesity in children have become the most prevalent nutritional problems in the United States. Since 1980, the rates have doubled for children and tripled for teenagers. More than 15% of all children 6 – 19 years of age are overweight. More than 23% of African American and Mexican American teens are overweight.

To get children interested in food and meals, involve your child in the kitchen, meal planning and grocery shopping. Having children involved in meal preparation will increase the likelihood of their trying new foods. They will be interested in trying food they have helped prepare. To cut down on constant snacking (grazing), eat meals around the kitchen or dining room table at set times.

When preparing family meals, think about cutting down on fat and sugar and increasing fruits, vegetables and fiber. Here are some suggestions for substitutions in meal planning and preparation:



Substitutions:

Instead of	Use
Butter, margarine, cream cheese	Lite butter, margarine or cream cheese
Mayonnaise	Lowfat or fat-free mayonnaise
Frying	Baking, sautéing, grilling
Whole milk	Skim or lowfat milk
Cheese	Lowfat and reduced-fat cheese
Cookies	Animal crackers, vanilla wafers, graham crackers
Ice cream	Fruit bars, lowfat frozen yogurt, sugar-free Popsicles
White bread	Whole-grain bread
Soda, punch, fruit drinks, sport drinks	Water and 100% fruit juice
Sugared cereal	Whole-grain cereal
Candy bars, chocolate	Dried fruit, fruit cocktail, cinnamon apple sauce

Use MyPyramid

Using the MyPyramid to feed your child

The MyPyramid way of eating can also be used to plan children's meals. A child-sized serving is one-fourth to one-third of an adult serving size. Teen-agers need full adult servings.

The MyPyramid food groups are:

Food Group		Ages 3-6 Years*	Ages 6-9 Years*
Bread, Cereal, Rice and Pasta Group	3-7 servings	1/2 slice 1/4 cup 1/2 cup dry cereal	3/4 slice 1/3 cup 3/4 cup
Vegetable Group	2-6 servings	1/4 cup cooked vegetable 1/2 cup raw vegetable 1/4 cup vegetable juice	1/3 cup cooked vegetable 3/4 cup raw vegetable 1/3 cup vegetable juice
Fruit Group	2-4 servings	1/4 cup fresh, frozen or canned 1/2 cup medium fruit 1/4 cup fruit juice 2 tbsp dried fruit	1/3 cup fresh, frozen or canned 3/4 cup medium fruit 1/3 cup fruit juice 3 tbsp dried fruit
Milk Group	4-6 servings	1/2 cup milk 3/4 oz. natural cheese 1 oz. lowfat or fat-free processed cheese	3/4 cup milk 1 oz. natural cheese 1 1/2 oz. lowfat or fat-free processed cheese
Meat Group	2-5 servings	1/2 oz. lean meat 1/2 egg 1 1/2 tsp peanut butter 2 tbsp dry beans 1/4 cup nuts or seeds	3/4 oz. lean meat 3/4 egg 2 tsp peanut butter 3 tbsp dry beans 5-6 tbsp nuts or seeds

*Another measure for serving food is to serve a tablespoon for each year of child's life.

Snack time

Snacks are important part of a child's diet. It is important to understand that young children need more frequent meals than adults, and they need snacks between meals to support growth and development. A mid-morning and a mid-afternoon snack can increase a child's intake of dairy, fruits and vegetables.

When the snacks are planned, the child will most likely have a healthier snack. Also, having snacks will cut down on the feeling of hunger and less likelihood of overeating at mealtimes by going for second helpings.



Here are some ideas for healthy snacks:

healthy snacks

milk

lowfat fruited yogurt

string cheese

instant pudding made with nonfat milk

frozen fruit bars

fresh fruit (peeled and cut up)

fruit juice

individual servings of applesauce or canned fruit

raisins

dried pineapple rings

cut-up vegetables with lowfat salad dressing

baby carrots

graham crackers

pretzels

dry cereal

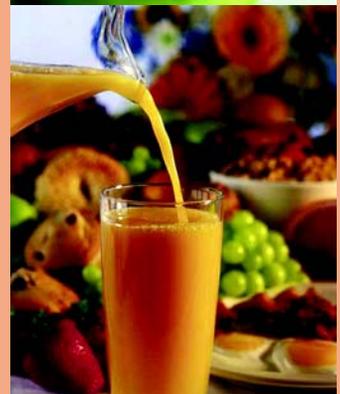
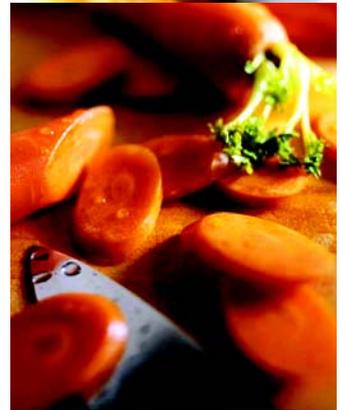
vanilla wafers

animal crackers

soft pretzels

chicken taco

half of a grilled cheese sandwich



Breakfast:

Cereal and milk with fruit on the side make a nutritious and filling breakfast. It is fast, nutritious and easy to prepare. Just make sure the cereal is made from whole grains and does not have a lot of added sugar and salt. You can do that by checking the list of ingredients carefully. The FIRST ingredient on the label should be a whole grain.

Cereals Made from Whole Grains

Cheerios
Wheat Chex
Grape Nuts
Healthy Choice Toasted Brown Sugar Squares
Just Right with Fruit & Nuts
Kashi
Raisin Squares Mini-Wheats
Bite-Size Frosted Mini-Wheats
Frosted Mini-Wheats
Muesli
Golden Wheat Nutri-Grain
Almond-Raisin Nutri-Grain
Almond Oatmeal Crisp
Apple Cinnamon Oatmeal Crisp
Raisin Oatmeal Crisp
Oatmeal Squares
Puffed Wheat
Shredded Wheat
Shredded Wheat & Bran
Frosted Shredded Wheat
Spoon Size Shredded Wheat
Crispy 'n' Raisins Wheaties

All Bran or High Bran Cereals

100% Bran
Bran Buds All-Bran
Extra Fiber All-Bran
Original All-Bran
Bran Flakes
Multi-Bran Chex
Complete Wheat Bran Flakes
Complete Oat Bran Flakes
Fiber One
Oat Bran
Oat Bran Flakes
Oat Bran Flakes with Raisins
Organic Bran with Raisins
Raisin Bran
Raisin Bran Flakes
Whole Grain Wheat Raisin Bran
Raisin Bran Total



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Phillip Brantley, PhD, Director

Pennington Biomedical Research Center

Claude Bouchard, PhD, Executive Director

Visit our Web site: www.pbrc.edu

Author: Heli Roy, PhD, RD, Associate Professor

Louisiana State University Agricultural Center

William B. Richardson, Chancellor

Louisiana Agricultural Experiment Station

David J. Boethel, Vice Chancellor and Director

Louisiana Cooperative Extension Service

Paul D. Coreil, Vice Chancellor and Director

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