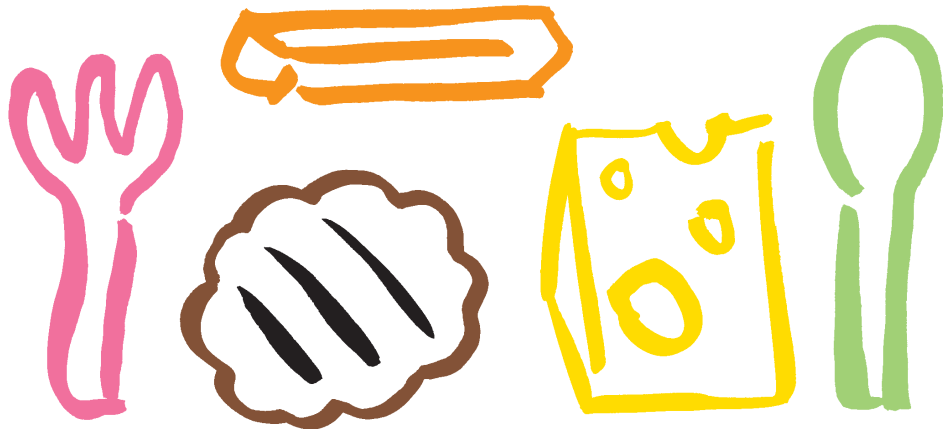




A FOOD GUIDE



FOR THE
FIRST
FIVE YEARS



BUILDING THE FOUNDATION FOR A LIFETIME OF HEALTHY EATING



THE AMERICAN ACADEMY OF FAMILY PHYSICIANS
FOUNDATION HAS FAVORABLY REVIEWED
THIS MATERIAL THROUGH 2004.
FAVORABLE REVIEW MEANS THAT MEDICAL
INFORMATION IS ACCURATE, BUT DOES NOT IMPLY
ENDORSEMENT OF ANY CONCLUSIONS PRESENTED.

THIS HEALTH EDUCATION MATERIAL
HAS BEEN REVIEWED FAVORABLY
BY THE AMERICAN ACADEMY
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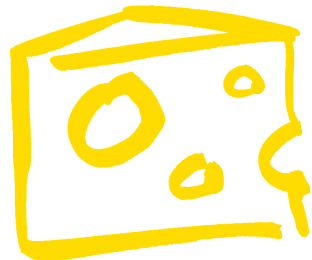
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1 MAINTAINING A CHILD'S GOOD HEALTH

Children need security, affection, a safe environment, plenty of rest, physical activity and a balanced and varied diet to maintain optimum health. Routine health and dental care are necessary to ensure a child's physical well-being.

This booklet was developed to serve as a guide for planning a well-balanced, nutritious diet and offers tips for teaching children healthy eating habits.

About 50 nutrients are needed daily by both children and adults for body growth, maintenance and repair. No one food contains all of these nutrients in the required amounts. For this reason, a wide variety of foods from several different food groups should be consumed every day. To help people choose the right variety and amounts, food guides have been developed.

USING THE FOOD GROUPS CHART

On page 2 you'll find a chart which can be used as a quick reference when preparing meals for children. Each food group is highlighted, along with a list of some of the foods contained in each group. The chart recommends appropriate serving sizes according to a child's age and specifies the number of servings needed daily from each food group.

An easy guide to minimum serving sizes for children is: **One measuring tablespoon of cooked food for each year of a child's age.** You'll also find a list of the "key" nutrients provided by each food group. These "key" nutrients are among the nutrients for which the Food and Drug Administration has established Daily Values (DVs) for purposes of nutrition labeling.

Getting enough of the "key" nutrients from food usually assumes that needs for the rest of the 50 nutrients will be met as well.

BE SURE TO SELECT A VARIETY OF FOODS FROM EACH FOOD GROUP DAILY!

FUNCTIONS OF KEY NUTRIENTS

CARBOHYDRATES

Provide energy and dietary fiber; aid in elimination

FATS

Provide energy, cushion organs, maintain body temperature, promote healthy skin and carry fat soluble vitamins

PROTEINS

Promote growth and repair of body cells

MINERALS

Calcium Builds and strengthens bones and teeth

Iron Combines with protein to form hemoglobin, found in red blood cells, which transports oxygen throughout the body where it is used to make energy

Important for intellectual development

Zinc Aids in energy production, supports the immune system, and is essential for growth and cognitive development

VITAMINS

Vitamin A Prevents night blindness, promotes growth and bone development and keeps skin and mucous membranes healthy

Vitamin B-Complex (Thiamin, Riboflavin and Niacin) Releases energy from food and aids in metabolism

Vitamin C Maintains structure of bone, cartilage, teeth, skin and blood vessels and promotes wound healing

FOOD GROUPS CHART

	FOODS INCLUDED IN THIS GROUP ARE:	SERVING SIZES			DAILY RECOMMENDED SERVINGS	KEY NUTRIENTS SUPPLIED
		1 Year	2-3 Years	4-5 Years		
BREADS AND CEREALS	6 servings daily in the amounts recommended from the variety of foods listed in this group					
	whole-grain, enriched or restored breads	1/2 slice	3/4 slice	3/4-1 slice	6 servings daily	Thiamin Iron Niacin Carbohydrates including fiber
	cooked cereals, rice and pasta	1/4 c.	1/3 c.	1/2 c.		
	whole-grain or fortified ready-to-eat cereals	1/2 oz.	3/4 oz.	1 oz.		
5 servings daily in the amounts recommended from the variety of foods listed in this group						
FRUITS AND VEGETABLES	VITAMIN C SOURCE FRUITS AND VEGETABLES citrus fruits, berries, melons, tomatoes, peppers, cabbage, cauliflower, broccoli, chilies and potatoes	1/3 c.	1/2 c.	1/2 c.	1 Vitamin C source daily	Vitamin C Carbohydrates including fiber
	VITAMIN A SOURCE FRUITS AND VEGETABLES (DEEP GREEN AND YELLOW) melons, peaches, apricots, carrots, spinach, broccoli, squash, pumpkin, sweet potatoes, tomatoes, Brussels sprouts	1-2 T.	3-4 T.	4-5 T.	1 Vitamin A source 3-4 times per week	Vitamin A Carbohydrates including fiber
	OTHER FRUITS	1/4 c.	1/4 c.	1/2 c.	3 servings of other fruits and vegetables daily	Carbohydrates including fiber
	OTHER VEGETABLES	1-2 T.	3-4 T.	4-5 T.		
MEAT AND MEAT ALTERNATES	2 servings daily in the amounts recommended from the variety of foods listed in this group					
	beef, pork, lamb, fish and poultry liver (every few weeks)	2 T. or 1 oz.	2-3 T. or 1½ oz.	4 T. or 2 oz.	2 servings daily	Protein Niacin Iron Thiamin Zinc
	eggs	1	1	1		
	cooked legumes, dried beans or peas	1/4 c.	1/3 c.	1/2 c.		
nuts	Nuts and chunks of unspread peanut butter are not recommended for children under 4 because they can cause choking.					
MILK AND DAIRY PRODUCTS	3 servings daily in the amounts recommended from the variety of foods listed in this group					
	milk, yogurt and milk-based soups	1/2 c.	1/2 c.	1/2 c.-3/4 c.	3 servings daily (2 of which should be servings from the milk, yogurt and milk-based soups). For children around 1 year, additional calories and nutrients may come from breast milk, infant formula and cow's milk.	Calcium Riboflavin Protein
	cottage cheese custard, milk pudding and ice cream (served only after a meal)	2-4 T.	4-6 T.	6 T.		
	cheese (1 oz. = 1 slice or a 1 inch cube)	1/3 oz.-2/3 oz.	2/3 oz.-1 oz.	1 oz.		
FATS/OILS						
FATS/OILS	margarine, butter, oils, mayonnaise and salad dressings (1 Tablespoon = 100 calories)	1 tsp.	1 tsp.	1 tsp.	3 servings daily in the amounts recommended	This group is a significant source of fats for which there is no U.S. RDA.
OTHER FOODS	jams, jellies, sweet desserts, gravies, and catsup	USE IN MODERATION			NO AMOUNT RECOMMENDED 3 servings daily is maximum	This group is a significant source of carbohydrates and fats for which there is no U.S. RDA.

This chart has been adapted from:
Endres J. and Rockwell R., *Food, Nutrition and the Young Child*, St. Louis, 1980, C.V. Mosby Co.
by the American Academy of Pediatrics and the National Live Stock and Meat Board (1992).

DIETARY RECOMMENDATIONS FOR YOUNG CHILDREN

Many health and nutrition experts have struggled over the question of whether, or at what age, children should adopt a low-fat diet like that recommended for adults. The American Academy of Pediatrics (AAP) cautions against any extreme restrictions in growing children who have no evidence of disease risk due to family history.

The AAP does not advise restriction of fat during the first two years. Breast-feeding (or alternatively, infant formula) is recommended during the first year of life. During the second year, whole cow's milk may be introduced.

After one year of age, infants should receive a varied diet including each of the major food groups. This provides the best assurance of meeting your child's needs: the key is balance from variety. The AAP notes that an optimal total fat intake for children is not known, but that approximately 30% of calories seems sensible for adequate growth and development. The Academy cautions against restriction of meats because they are the primary dietary sources of iron and zinc, and against the restriction of dairy products because they are the primary dietary sources of calcium.

The National Cholesterol Education Program (NCEP) has urged that as infants become toddlers and are weaned from breast milk or formula, they should begin to follow heart-healthy dietary patterns. Food choices should strike a balance between the possible dangers associated with diets that are either overly restrictive or completely unrestricted in fat intake. The NCEP advocates that dietary fat account for no more than 30% of calories; saturated fatty acids, less than 10% of calories; and that dietary cholesterol not exceed 300 mg per day.

2 "ASSESSING "NORMAL" GROWTH

One of the most common concerns among caretakers of children is whether a child is growing normally. If you are concerned about a child's physical development, ask a health care specialist like your family physician or pediatrician who is trained to assess a child's growth and development. They can use a variety of measurements and show you on a growth chart where the child compares to other children of the same age and sex. The health care specialist will also consider factors which influence a child's growth rate and development (heredity, bone structure and muscle development) before making an assessment of whether a child's growth is normal.

3 BUILDING THE BASE FOR A LIFETIME OF HEALTHY EATING

GUIDING PRINCIPLES

Children thrive on regularity and routine in their daily activities. Try to serve meals at the same time each day.

Eating is a new experience for children. Don't be surprised if at first a child is cautious and curious, plays with food, is reluctant to try new foods and rebels when forced to eat. Try to be patient, relax and maintain a sense of humor as children go through this difficult period.

Snacks are not always bad for children. Nutritious snack foods can help children obtain required nutrients. Since children have smaller stomachs than adults, serving three small meals with a nourishing snack in between each meal may be more appropriate than serving three large meals.

Frequent snacking may contribute to tooth decay. Have children brush their teeth after snacks and meals and check with a dentist about the need for fluoride.

An obese child is more likely than a child of normal weight to become an obese adult. Since medical and perhaps psychological problems have been linked to obesity, it is important to prevent it. Encourage children to eat moderate amounts of a variety of foods which are high in nutrients. Try to promote physical activity in children and limit TV watching to one to two hours a day.

If you are worried about nutritional deficiencies in a child's diet, examine the child's food intake over a period of time. Children eat more food some days than others. By recording the food eaten over several days, you will see that deficiencies in the diet on one day are usually made up on another day.

Children often want to eat a certain food every chance they get. This is called a food jag and typically occurs among toddlers. As long as the preferred food is nutritious and the jag does not last long, there is nothing to worry about.

It will take children anywhere from a few weeks to a few months to learn to feed themselves. At one-and-a-half years old, most children should be feeding themselves and will be quite messy until they master feeding skills.

Children's appetites may suddenly decrease around the age of two due to a decrease in their growth rate. As growth slows down, energy requirements are also reduced.

Children involved in meal preparation are more enthusiastic about eating and trying new foods. See Section 3 for tips on involving children in food preparation.

“Drinking from a glass, not with a straw, improves eye-hand coordination.”



MEAL PREPARATION TIPS

MILK AND DAIRY PRODUCTS

- Children usually do not like milk ice-cold. Try pouring it a short time before serving to take off the chill.
- Serve milk in plastic cups with covers that fit or unbreakable cups with weighted bottoms. Fill cups halfway to make milk more difficult to spill; this will also make the task of drinking milk seem less awesome.
- Even though a straw makes it easier for a child to drink milk, you may want to encourage a child to drink directly from a glass. Drinking from a glass can help to develop eye-hand coordination.
- Only offer flavored milk on special occasions. Children should develop a taste for plain milk, which has fewer calories than flavored.
- If children refuse to drink milk, try to include milk-based soups, cottage cheese, yogurt, cheese, custard or cereal with milk in their diets.
- If a child is over age 2, serve low-fat milk rather than whole milk.

MEATS AND MEAT ALTERNATES

- Slice frankfurters into four strips lengthwise and cut into pieces so fragments can't block the windpipe and cause the child to choke.
- When children are first learning to feed themselves, cut meat into small julienne strips that can be picked up and eaten by hand. Older children who are using tableware still need to have their meat cut into bite-size pieces with fat and gristle trimmed to prevent choking.

- Serve peanut butter with jelly, never alone or by the spoonful. Plain peanut butter is hard to swallow and can cause choking.

- Although higher in fat and sodium than fresh meat, processed meats are acceptable when served in moderation as part of a variety of protein sources. Children often find processed meats easier to chew than other meats.

Children enjoy the following foods found in the meats and meat alternates group:

- macaroni and cheese
- hamburgers and cheeseburgers
- peanut butter and jelly sandwiches
- pizza with meat and cheese topping
- meat and cheese sandwiches cut with cookie cutters
- meat or chicken soup
- scrambled eggs
- tuna sandwiches
- spaghetti and meatballs
- tacos

FRUITS AND VEGETABLES

- Children usually enjoy brightly-colored fruits and vegetables.
- Children like their vegetables crunchy, not soft. Vegetables steamed in a small amount of water, microwaved or stir-fried are not only crisp, but retain most of their color, flavor and nutrients better than those cooked in large amounts of water.

- Many strong vegetables such as cabbage, turnip, cauliflower, spinach, broccoli and asparagus are very acceptable to children when served with grated cheese or a cheese sauce.

- Avoid feeding raw carrots and whole peas, corn and grapes to children under four years old to prevent choking. Cook and mash carrots, corn and peas, and cut grapes into fourths.

- Young children often prefer the taste of bland sweet fruits over tart fruits. Serve tart fruits from time to time to develop a child's taste for all fruits.

- Peel, core and seed fruits for very young children. Fresh, dried, canned and frozen fruits and juices make nutritious snacks and desserts.

- Many older children enjoy raw vegetables served with their own individual bowl of dip.

- When shopping with children, encourage them to help select fruits and vegetables, especially ones they have never tried before.

BREADS AND CEREALS

- Serve whole-grain, enriched, restored or fortified breads, macaroni or cereal products whenever possible.
- Add fresh, dried, canned or frozen fruit to ready-to-eat cereals for more appealing color, better flavor and additional nutritive value.
- Choose ready-to-eat cereals with a sugar content of 6 grams or less. Look on the side panel of the box for this information.

- Serve toasted bread as an alternative to plain bread. Cut bread or toast into strips for easy eating.

- Allow children to help prepare cereals and sandwiches.

- Be sure to have children brush their teeth or “swish and swallow” a glass of water after eating crackers, cereals and cookies. Brushing after breakfast and before bedtime is extremely important to prevent cavities.

FATS, OILS AND OTHER FOODS

- Do not offer sweets as a bribe or withhold them as punishment.

- Since children know that sweets do exist, serving sweets on special occasions may be a more sensible approach than excluding them completely. Offer sweets at the end of a meal, never in between meals when they can spoil a child’s appetite.

- If you do serve children sweets, try serving breads, muffins and cakes made with dates, raisins, nuts, bran, banana, pumpkin, zucchini, berries, lemons, oranges or carrots.

- Taste food before adding butter, margarine, dressing, jellies and jams. Since children follow the example of adults, limit your own use of fats and sugars and use only moderate amounts of these foods in meal preparation.

MEALTIME TIPS

- Seat children at a table for meals and snacks and discourage them from eating while walking or standing.

- Cover the floor directly under a child’s seat with paper, vinyl or plastic.

- Purchase a spoon and fork with a short, straight, broad, solid handle; the spoon should have a wide mouth and the fork should have blunt tines. Children will begin to feed themselves with a spoon and will learn to use a fork later.

- Young children should use unbreakable, bowl-shaped dishes when they first start to feed themselves.

- Place food at the level of a child’s stomach, where it is less tiring for a child to reach.

- Encourage finger feeding by serving meat, vegetables, bread and cheese in julienne strips or finger sandwiches, which are easy to handle if cut into small pieces.

- Cut all foods for children except those which can be easily handled by a child.

- Don’t get discouraged when children begin to use tableware and alternate between the use of their fingers and tableware. As children get more proficient with tableware, they gradually decrease the use of their fingers.

- Children playing with food should be allowed to leave the table rather than disturb others. This usually indicates that a child has had enough to eat. Don’t encourage children to clean their plates when they’re no longer hungry. This may lead to overeating or the development of an aversion to food.

- Allow children to eat with other family members. Since children learn by imitating others, eating with the family offers an opportunity to introduce table manners. Sometimes children behave better and enjoy mealtime more when they sit down to a meal with the family at a nicely-set table.

- Encourage children to try at least one bite of a new food. If after one bite children reject it, reintroduce the food later.

- Allow children to eat at their friends’ homes. These visits offer an excellent opportunity for them to try new foods. Try incorporating these new foods in meals you prepare.

“Encourage children to try at least one bite of a new food.”



- Start nutrition education early by explaining the function of nutrients found in common foods (e.g. milk makes bones and teeth strong).
- Meal preparation should not be a burden. Salads, raw vegetables, fruits and ready-to-serve meats, fish and cheese are nutritious and easy to prepare.
- Set a good example for children by eating moderate amounts of a wide variety of foods and drinking milk.
- Breakfasts don't have to be traditional. Any nutritious combination of foods from all food groups is recommended. Incorporate leftovers when preparing breakfast.
- Encourage children to participate in quiet activities before mealtime. It's difficult to get an excited child to settle down to eat.
- Feed children before guests arrive. Children require a lot of attention at mealtime and it may be impossible to give it to them while entertaining guests.
- Allow children the same freedom of choice that others have at meals. Be sure to give them small servings (see recommended serving sizes on the Food Groups Chart, p. 2-3) and allow children enough time to eat. Try not to make young children the center of attention at meals.
- Be sure children's teeth are brushed and flossed before bedtime. Supervise brushing and flossing to make sure it's done correctly and offer help to children who are unable to do it themselves.

CHOKING PREVENTION TIPS

While it's essential to know the correct way to treat a choking child, the best advice is to *prevent* instances of choking by taking a few simple precautions.

Whenever they eat, children should be sitting upright, not lying down or running around. Always supervise at snack and meal times, because a child who is choking cannot make noise to attract your attention. Coughing, on the other hand, is a sign that the child is removing the obstacle naturally. Before intervening, give the child the chance to cough out the food.

The grinding action of a child's teeth is not very effective until at least four years of age. Because of this, foods that are hard or tough to chew, small and round or sticky are most often choked on. These include:

frankfurters	raw apples
candy	raw carrots
nuts	corn
grapes	peas
popcorn	chunks of meat
raisins	peanut butter served in chunks (unspread)

While you should avoid feeding gumdrops, jelly beans, hard candy, nuts and popcorn to very young children, many other childhood favorites can still be enjoyed. Simply cut frankfurters into fourths lengthwise and then into pieces; cook and mash carrots, corn and peas; cut grapes into fourths; and serve peanut butter with jelly, not by the spoonful.

UPDATED FIRST AID FOR CHOKING

The abdominal thrust—commonly known as the Heimlich Maneuver—is the only treatment for choking, both for adults and for children over one year of age, recommended by the American Academy of Pediatrics, the American Heart Association, the American Red Cross and the Surgeon General. Make sure you know CPR or take an approved first aid class.

Place small children over one year of age into the position shown and give six to ten rapid compressions to the chest.



Give older, larger children abdominal thrusts as shown here.

TRAVEL TIPS

When traveling by car, bus or train with young children, consider their special needs. Pack snacks when taking a trip which will last longer than one hour. Be sure to keep hot foods hot and cold foods cold. A cooler, which can be stored in a car or below the seat of a bus or train, will allow you to pack a variety of foods which must remain cold. Raw vegetables, fruits, cheese, crackers and yogurt are easily eaten in a car and store well. Pack cheese, cold cuts, peanut butter, jelly and a loaf of bread to make sandwiches on an extra long trip. Milk and fruit juices are more nutritious than soft drinks and can be stored in a cooler or thermos. Juice will remain cold if you freeze individual cans before packing. Pack tableware, napkins, moist towelettes or a washcloth that has been moistened and stored in a plastic bag.

When traveling by plane, don't expect the airlines to cater to the needs of children, although sometimes they do. Today, many airlines are limiting meal service in order to reduce air fares. It's usually a good idea to bring along sandwiches, fruits, cheese, crackers and raw vegetables, which can be kept for a short period of time without refrigeration. Even though airlines usually provide beverages during a flight, you may want to bring a thermos of milk or cans of juice to prevent children from getting fussy.

RESTAURANT TIPS

Pay attention to the special needs of children when dining with them at restaurants. If you must wait before being seated, take children for a walk outside the restaurant to prevent them from becoming impatient.

Some children expect to eat as soon as they sit at a dinner table and will fill up on appetizers and bread, leaving no room for their meal. Try to prevent this and when you order, inquire about children's portions. Children will feel more at home in a restaurant if you bring along their cups and tableware.

INVOLVING CHILDREN IN MEAL PREPARATION

Children involved in meal preparation develop a more active interest in food. They can accomplish many different tasks when working one-on-one with an adult in the kitchen. A number of activities that children can do successfully at various ages are listed at the right. Having patience and time to spend with children when involving them in meal preparation is the key to success.

If you would like to involve children in food preparation, be sure to:

- Supervise all activities.
- Match the task to the child's capabilities.
- Provide detailed instructions, demonstrations and time for practice.
- Repeat instructions before a child begins to perform a task.
- Incorporate cleanup as a part of each job.
- Have children stand on sturdy stools to perform some tasks.

FOOD PREPARATION ACTIVITIES

Two and Three-Year-Olds

- Personal hygiene—washing hands
- Shuck corn
- Wash vegetables
- Snap beans
- Unload dishwasher (with help)
- Wipe table
- Tear lettuce
- Shape burgers and meatballs
- Peel bananas (if top is cut)
- Place things in trash
- Clear own place setting

Three and Four-Year-Olds

- Break eggs into bowl
- Measure and mix ingredients
- Open packages
- Knead and shape dough
- Pour cereal, milk and water
- Make sandwiches
- Toss salads
- “Wash” baking utensils (water play)

Five-Year-Olds

- Make cakes and cookies using baking mixes
- Use blenders or hand mixers with close supervision
- Help make pancakes, French toast, scrambled eggs, hot cereal and rice with close supervision
- Set and clear the table
- Load the dishwasher



“Involve children in meal preparation to help them develop an interest in food and healthy habits to last a lifetime.”

4 UNDERSTANDING WEIGHT CONTROL

NUTRIENT DENSITY

The Food and Nutrition Board of the National Research Council recommends 1,300 calories per day for children 1-3 years and 1,800 calories per day for children 4-6 years. This caloric intake is needed to provide energy for the growth process. Very active children or children large for their age may require extra calories daily.

Foods high in nutrients and low in calories are nutrient dense. Calorie-dense foods are high in calories but may be low in nutrients. Some foods are nutrient dense in their natural state, but ingredients added during food preparation add calories and lower their nutrient density. For example, a plain, baked potato is a nutrient-dense food. When that potato is fried in oil to make potato chips or French fries, it becomes calorie dense. Serve children nutrient-dense foods to prevent obesity and help those with a weight control problem.

Here are some suggestions for serving foods high in nutrient density:

Choose lean meats, fish and poultry that have been broiled, roasted or baked, not fried. Use herbs, spices, vegetables and lemon juice for flavor, rather than rich sauces and gravies.

Serve fresh, frozen or canned fruits with no added sugar.

Serve raw, steamed or stir-fried vegetables and use herbs and spices instead of rich sauces to enhance flavor.

Purchase low fat milk for children over age 2.

Select whole-grain or enriched breads and whole grain or fortified cereals with a low sugar/low salt content.

Use sauces, gravies, dressings, butter, margarine and sour cream in moderation.

Serve fruit instead of sweet desserts and reserve sweets for special occasions.

ENERGY BALANCE

You can help an overweight child and prevent a child from becoming overweight by paying attention to energy balance. Energy balance occurs when the calories taken in from foods equal the calories spent for bodily functions and physical activity. Controlling calorie intake and encouraging physical activity are both important.

Here are some suggestions for making sure a child gets plenty of physical activity:

Don't carry a child who can walk.

Provide a safe environment for children which allows them to run and play without confinement.

Encourage children to play outdoors all year long. Good outdoor activities are: playing with balls, jumping rope, swimming and sledding. During cold weather, dress children in multiple layers.

Supervise children so they can play in sand, snow and water safely.

Walk with children instead of driving when you are going anywhere within walking distance.

Influence children's fondness for physical activity by playing with them whenever possible.

Encourage children to play with other youngsters. Running, skipping, jumping, dancing and marching are good group activities.

Limit the amount of television a child watches to one to two hours a day.

ACTIVITIES PRE-SCHOOLERS ENJOY

- Running in place, doing jumping jacks, throwing and catching balls and doing pushups and chinups
- Pushing, pulling, riding and loading using wagons, tricycles, carriages, pulltoys, wheelbarrows and baskets with handles
- Rocking, swinging and sliding on playground equipment

“Encourage physical activity in children.”



5 SERVING NUTRITIOUS SNACKS AND BEVERAGES

SNACK SUGGESTIONS

Fresh* vegetables	Serve with a dip of cottage cheese or yogurt blended with dried buttermilk dressing.
Celery*	Spread with either cream cheese or peanut butter* and sprinkle on raisins,* shredded carrots or nuts*.
Bananas	Dip in yogurt or spread with peanut butter* and roll in coconut, chopped nuts or granola.
Sliced apples* or crackers	Spread with peanut butter,* cream cheese, honey, nuts,* raisins* and coconut mixed together.
Bagels	Spread with cream cheese, spreadable cheese or peanut butter* and top with chopped bananas, crushed pineapple or shredded carrots.
Quick bread or muffins	Make with carrots, zucchini, pumpkin, bananas, nuts, dates, raisins, lemons, squash, or berries.
Flour tortillas	Spread with refried beans or canned chili, sprinkle with grated cheese and broil; top with either sour cream or yogurt and chili sauce.

Pita loaf	Place sliced meat, cheese, lettuce and tomato in open pocket.
English muffins or pita bread	Top with spaghetti sauce, grated cheese and processed meats; broil or bake and cut in fourths.
Potato skins	Sprinkle with shredded cheese, broil and top with either sour cream or yogurt and bacon bits.
Canned chili	Heat and top with onion, lettuce and tomato; use as dip for Italian or French bread, biscuits or corn bread.
Kabobs*	Make with any combination of the following: cheese, fruit, vegetables and sliced or cubed cooked meat (remove toothpicks before serving).
Popcorn*	Serve to older children plain or make three cups and sprinkle with ¼ cup grated cheese.
Parfait	Make with yogurt, fruit and granola.
Gelatin	Add fruit or vegetable juice, vegetables, fruits or cottage cheese.
Frozen fruit cubes	Freeze pureed apple-sauce or fruit juice into cubes.

Fruit fizz	Add club soda to fruit juice instead of serving soft drinks.
Fruit shake	Blend milk with fresh fruit (bananas, berries, or peaches) and add a dash of cinnamon and nutmeg.
Yogurt frost	Combine fruit juice and yogurt; add fresh fruit if desired.
Hot chocolate	Make hot chocolate or cocoa with milk, chocolate and a dash of cinnamon.

IS FAST FOOD NUTRITIOUS?

Typical fast food menus provide good sources of some nutrients and poor sources of others. Any diet which consists of only one type of food will not be nutritionally sound. However, an occasional meal from a fast food restaurant will not do nutritional harm. When dining in a fast food restaurant, avoid foods with a high salt, fat and sugar content. Order milk rather than soft drinks and salads if they're available. If salads aren't available, include vegetables at another meal.

“Nutritious snacks help children obtain required nutrients.”



*These snacks are appropriate for children ages four and older. They may present a choking hazard for very young children.