

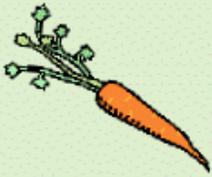
Physical Activity and Nutrition for Alaska's Kids



Making Healthy Food Choices

Section 2: Module 5





Physical Activity and Nutrition

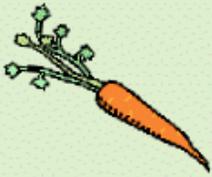
for Alaska's Kids



Introduction

- **Nutrition For Health**
- **What is healthy**
- **Tips on planning meals**
 - Making a shopping list/
Bulk orders
 - Using WIC foods
 - Cook and freeze
- **What foods to choose**
 - How to read labels
 - Sales, coupons
- **Meal, snack and food ideas**

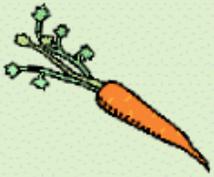




Why the concern?

The obesity epidemic threatens to make this generation of American children the first to have a shorter life span than their parents

Source: Ohshansky, SJ, et al. A Potential Decline in Life Expectancy in the United States in the 21st Century. New England Journal Of Medicine 2005; 352:11.

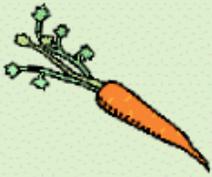


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Overweight children
are at increased risk for:

- High blood pressure
- High cholesterol
- Joint disorders
- Type 2 diabetes
- Psychosocial disorders
- Social discrimination
- Adult obesity



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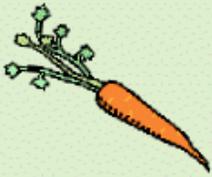
Dietary Guidelines for Americans



Dietary Guidelines
for Americans
2005

U.S. Department of Health and Human Services
U.S. Department of Agriculture
www.healthierus.gov/dietaryguidelines

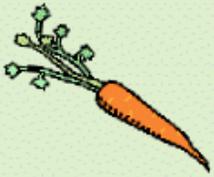
- Science-based nutrition recommendations for the general American public aged two years and older
- MyPyramid are the recommendation for the public



Disease Prevention Guidance

Disease Prevention Dietary Recommendations

- American Heart Association recommends that adults eat two servings of fish a week to prevent heart disease
- Produce for Better Health Foundation recommends a variety of colorful fruits and vegetables every day
- The American Academy of Pediatrics recommends limiting juice to no more than 4–6 ounces of 100% juice a day



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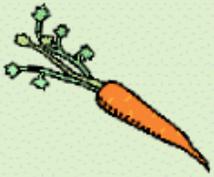


www.MyPyramid.com

Food Groups

1. Grains
2. Vegetables
3. Fruit
4. Milk
5. Meat & Beans
6. Oils

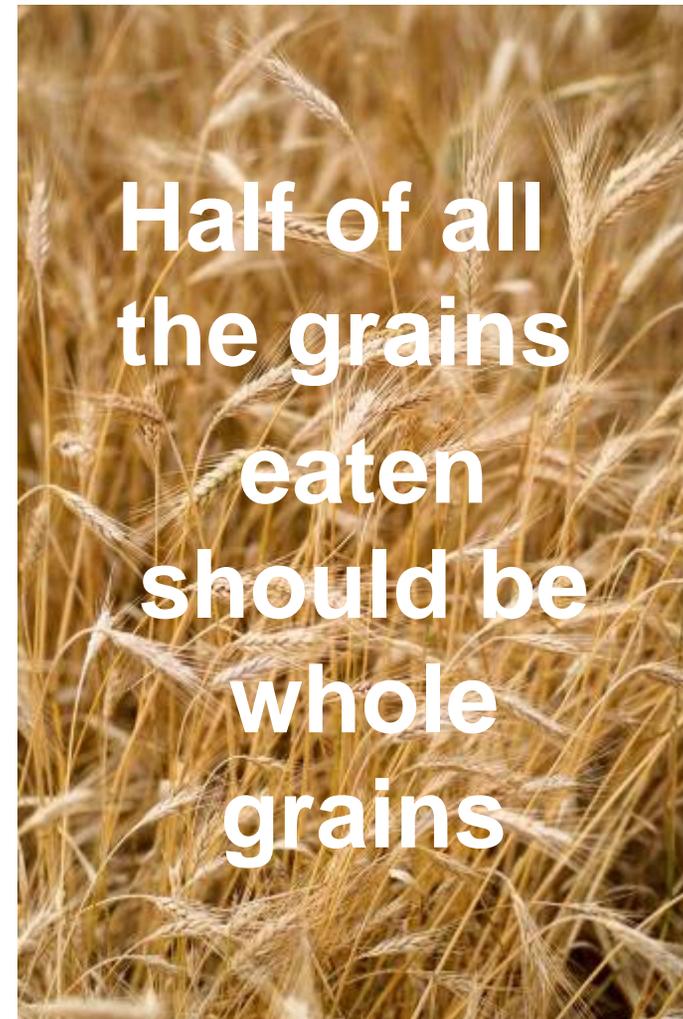


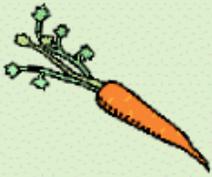


Eat Whole Grains

1 ounce of grain equivalent =

1 slice	whole grain bread
1 cup	ready-to-eat cereal
½ cup	cooked rice
½ cup	cooked pasta
½ cup	cooked cereal





Physical Activity and Nutrition for Alaska's Kids



CEREAL FLAKES

Nutrition Facts

Serving Size 3/4 Cup (27g)
Servings Per Container 10

Amount Per Serving

Calories 100 **Calories from Fat** 5

% Daily Value*

Total Fat .5g

Saturated Fat 0g 0

Trans Fat 0g

Cholesterol 0mg 0

Sodium 190mg 10%

Total Carbohydrate 22g 12%

Dietary Fiber 5g 20%

Sugars 5g

Protein 3g

Vitamin A 6% Vitamin C 0%

Calcium 0% Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.

Buying Whole Grains

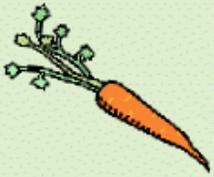
Select foods that list

- Higher % daily value for fiber
- Brown rice
- Bulgur
- Graham flour
- Oatmeal
- Whole grain corn
- Whole wheat, oats, rye
- Wild rice

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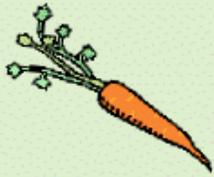
MODULE
FIVE



Meat, Beans & Nuts

- **Fish**
- **Poultry & game bird**
(turkey, chicken, ptarmigan, duck)
- **Game meat** (moose, caribou, deer)
- **Sea mammal** (sea lion, whale, seal)
- **Meat** (beef, pork, lamb, veal)
- **Eggs**
- **Beans, peas, & nuts**





Physical Activity and Nutrition for Alaska's Kids



Guide to Eating Fish for Alaska Women and Children

Mix and match your fish meals* for up to:

**24 POINTS
PER WEEK**

* A meal size is 6 ounces (uncooked weight) for adults and 3 ounces for children age 12 years and under.

PER MEAL
6
Points

AK halibut 20–39 pounds
All store-bought AK halibut
AK rougheye rockfish
AK lingcod 30–39 inches
AK black cod (sablefish)

PER MEAL
8
Points

AK halibut 40–49 pounds
Canned albacore tuna

PER MEAL
12
Points

AK halibut 50–89 pounds
AK lingcod 40–44 inches
AK yelloweye rockfish

PER MEAL
24
Points

AK halibut 90 pounds or more
AK lingcod 45 inches or more
AK salmon shark
AK spiny dogfish

PER MEAL
0
Points

Unlimited amounts

All species of wild AK salmon
AK halibut 20 pounds or less
AK lingcod 30 inches or less:
AK Pacific cod
AK black rockfish
AK walleye pollock
Canned chunk light tuna
AK Pacific ocean perch

Eat a variety of fish and other seafood
as part of a balanced diet.

Alaska fish is good for you. State health officials recommend that everyone eats fish at least twice a week. All fish contain some level of mercury, a toxic metal that can harm the developing nervous systems in unborn babies and young children.

Women who are or can become pregnant, nursing mothers and children 12 and under should follow these guidelines to limit their mercury intake. Everyone else can eat as much seafood as they like.



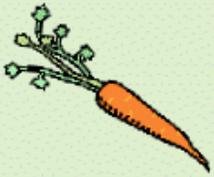
For more information:
www.epi.hss.state.ak.us/
(907) 269-8000



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Meat, Beans & Nuts

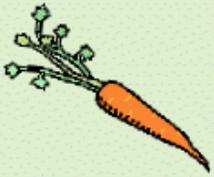
Beans and peas

- Black eyed peas
- Kidney beans
- Lentils
- Soy beans
- Split peas
- Peanut butter

Nuts

- Nut butters





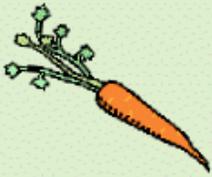
Low Fat Dairy

Milk and Dairy

- Fluid Milk
- Yogurt
- Cheese
- Cottage Cheese



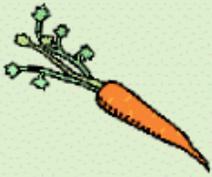
**After age two, most dairy
should be fat-free or low-fat**



Low Fat Dairy

Milk & Dairy Provide

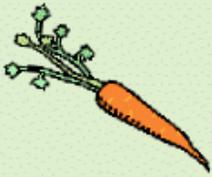
- Calcium for strong bones & teeth
- Protein to build muscles
- Vitamins A & D for healthy growth



Lactose Intolerance

- Cannot digest foods with lactose such as milk and foods made with milk
- Diagnosed by health care provider



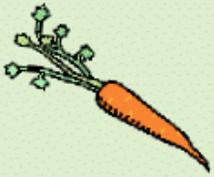


Lactose Intolerance



Good calcium foods

- Lactose-free milk
- Calcium fortified soy milk
- Low fat cheeses
- Yogurt
- Canned salmon with bones
- Dark green leafy vegetables
- Small fish with edible bones
- Broccoli



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Oils are part of foods

- Peanut butter
- Sunflower seeds
- Nuts
- Olives
- Most Alaska fish
- Mayonnaise

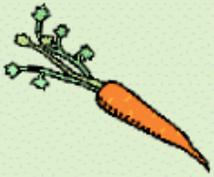
Oils



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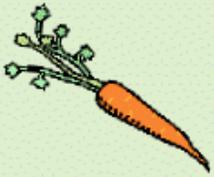


MyPyramid

Eat Right. Exercise. Have Fun.

For Kids

- For children exercise is active play
- See Physical Activity Modules in this manual for more information.



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Canned, Frozen, or Fresh Veggies

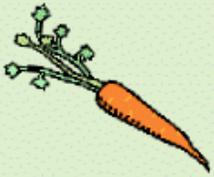
Eat

- Raw or cooked
- Dried or dehydrated;
- Whole, cut-up, or mashed



Cook by

- Steaming
- Sautéing
- Roasting
- Baking
- Adding directly to stews, casseroles, and sauces



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Preschooler Eats Three
Vegetables Servings
Each Day!

$\frac{1}{2}$ ear steamed corn
for lunch

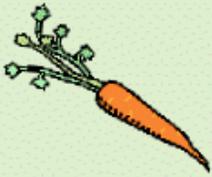
$\frac{1}{2}$ cup carrots and celery
sticks as an after
school snack

Moose stew made with
vegetables for dinner

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Physical Activity and Nutrition for Alaska's Kids



Preschooler Eats Three
Fruit Servings
Each Day!

$\frac{1}{4}$ cup dried raisins
(counts as $\frac{1}{2}$ cup)
added to oatmeal

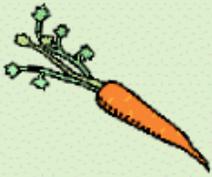
$\frac{1}{2}$ cup fruit cocktail
canned in water
for lunch

$\frac{1}{2}$ banana (counts as
 $\frac{1}{2}$ cup) for snack
after school

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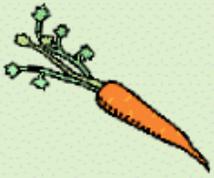
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Food Groups vs. Basics Recommendations

- MyPyramid mostly address foods by food groups
- However, some recommendations can be applied to all foods
- For example, choosing foods low in fat applies to all foods

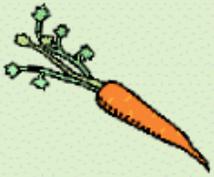


Fruit & Vegetable



Decreased risk

- heart disease
- cancer
- diabetes
- obesity

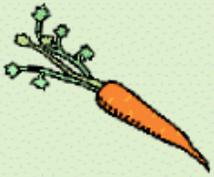


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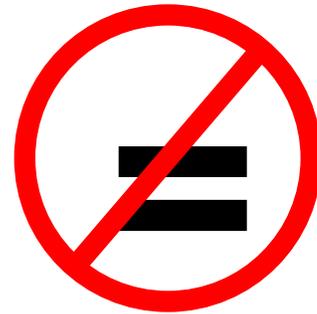


Health Benefits of Fruits and Veggies

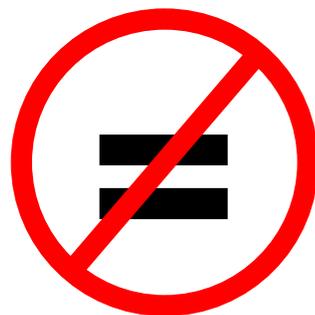
COLOR



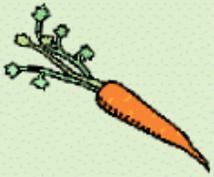
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Vegetable



Vegetable



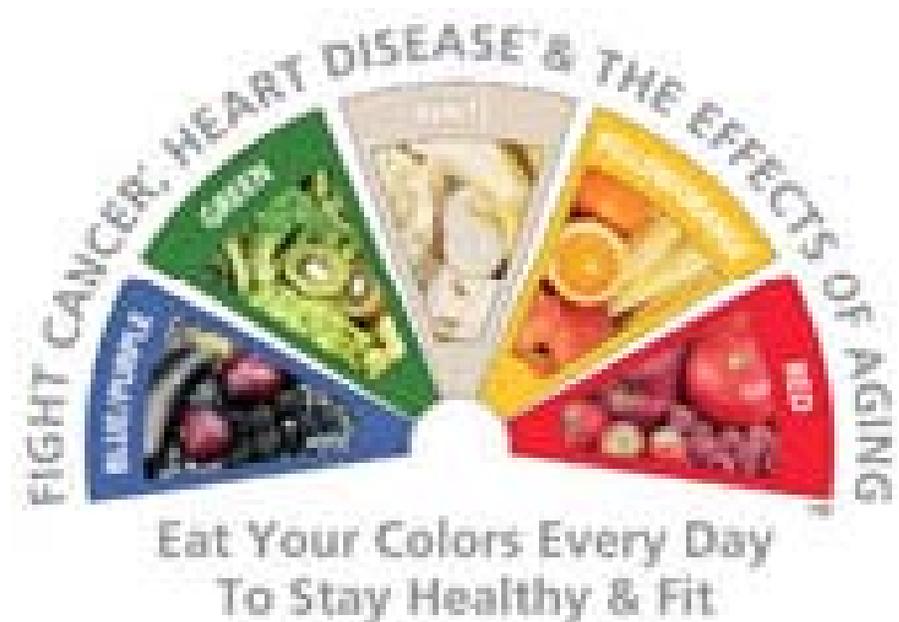
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Eat Your Colors Every Day to Stay Healthy & Fit

The Rainbow

- **Blue/ Purple**
 - blueberries, purple cabbage
- **Dark green**
 - Green apple, broccoli
- **White**
 - Banana, cauliflower
- **Yellow/Orange**
 - Orange, carrots
- **Red**
 - Pink grapefruit, red potato





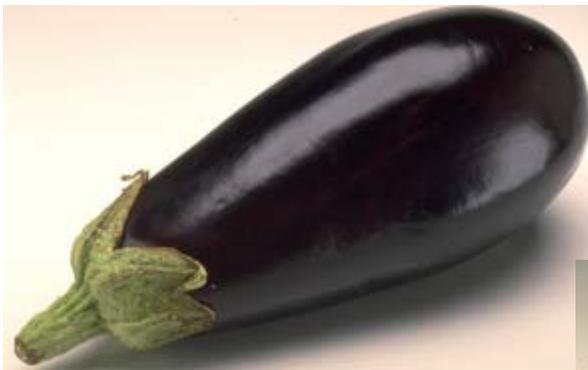
Physical Activity and Nutrition for Alaska's Kids

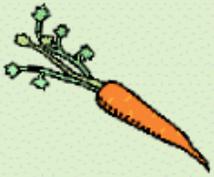


Health Benefits of 5 A Day

blue

purple



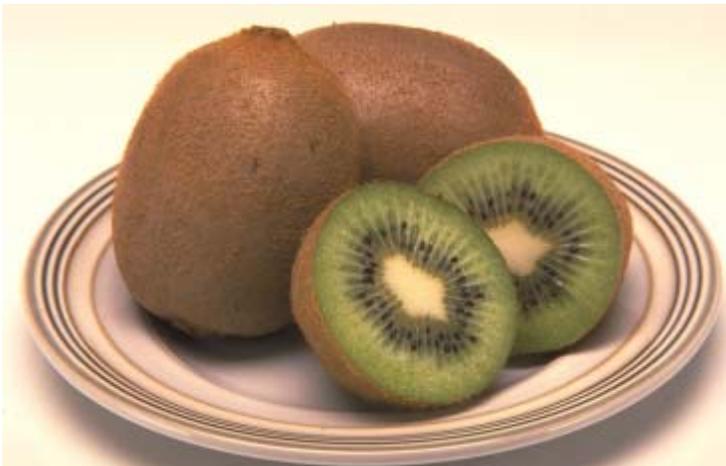


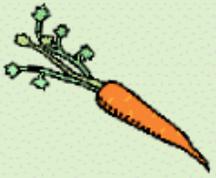
Physical Activity and Nutrition for Alaska's Kids



Health Benefits of 5 A Day

green

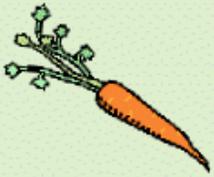




Health Benefits of 5 A Day

white





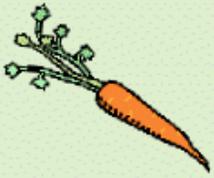
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Health Benefits of 5 A Day

yellow orange





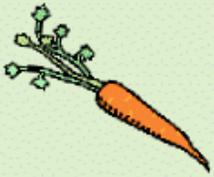
Physical Activity and Nutrition for Alaska's Kids



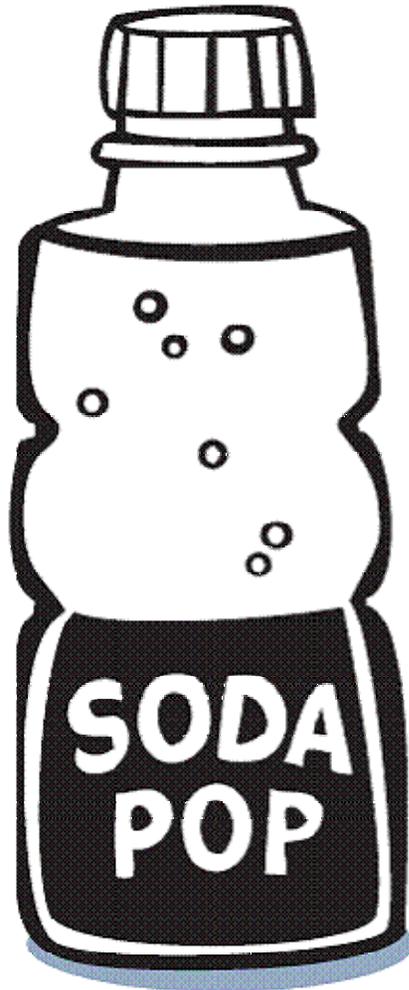
Health Benefits of 5 A Day

red

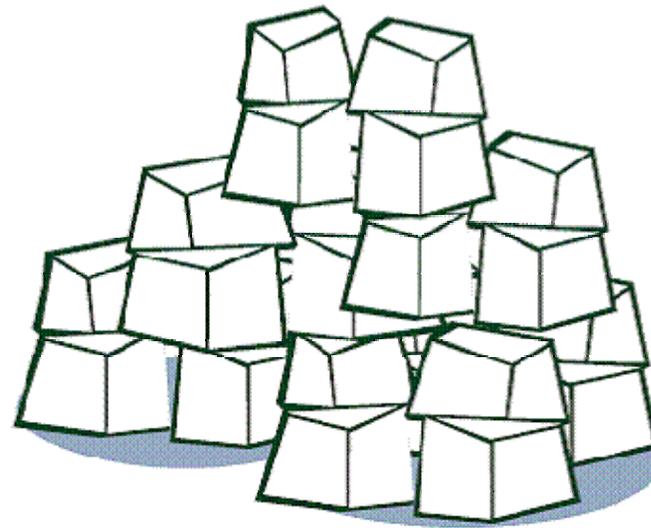


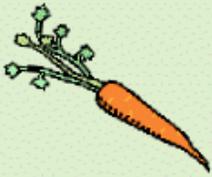


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19 sugar
cubes in a 20
ounce soda!

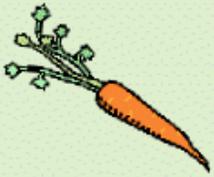




Fruit Juice: children age 6 months to 6 years

- Limit 100% juice to $\frac{1}{2}$ - $\frac{3}{4}$ cup per day
- Whole canned, frozen, or fresh fruit has fiber and more nutrients
- Whole fruit is low in calories, takes time to eat, and helps provide the feeling of fullness



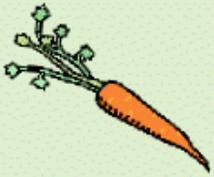


Limit food and beverages sweetened with sugar



Sweetened foods

- provide few nutrients,
- are generally high in fat
- provide extra calories
- may contribute to weight gain
- can cause cavities in young children



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Figure 5H:
**Sneaky
Names for
Sugar**

High fructose
corn syrup

Corn syrup

Brown sugar

Invert sugar

Corn
sweetener

Lactose

Maltose

Dextrose

Malt syrup

Fructose

Molasses

Fruit juice
concentrates

Glucose

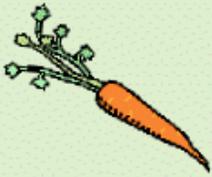
Sucrose

Honey

Syrup

Ingredients: Whole grain wheat, **sugar**, salt, **corn syrup**, canola and/or rice bran oil, **brown sugar syrup**, trisodium phosphate, natural flavor.

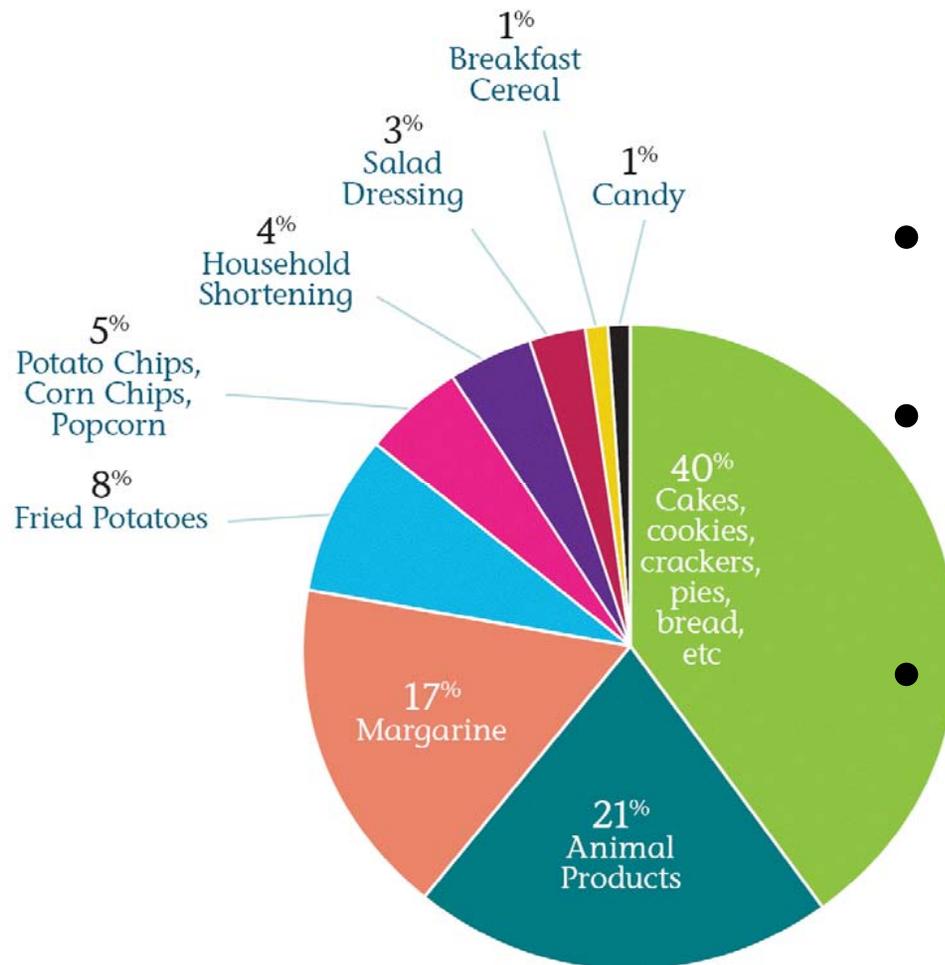
Figure 5i:
**Hidden
Sugars**



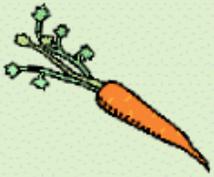
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Trans Fats



- Increase the risk of heart disease and stroke
- may increase the risk of diabetes, cancer, and other chronic diseases
- The Dietary Guidelines recommend keeping *trans* fat intake as low as possible

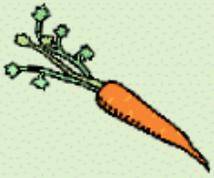


Trans Fat Free \neq Healthy Choice

Trans Fat Free Cookies

- High in Calories
- High in Sugar
- High in Fat
- Low in nutrients
- Sugar is listed first & sixth

Ingredients: sugar, enriched flour, high olei, canola oil and/or palm oil and/or canola oil, cocoa (processed with alkali), **high fructose corn syrup**, baking soda, cornstarch, salt, soy lecithin (emulsifier), vanillin-an artificial flavor, chocolate.



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Grains: Whole grain cold cereal, whole wheat pasta noodles, whole grain bread

Milk: Non fat milk and yogurt, cheddar cheese

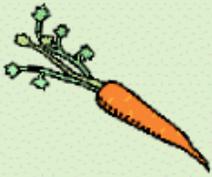
Meat & Beans: chicken breast, eggs, dried white beans

Vegetables: Canned Tomatoes, frozen broccoli

Fruit: Fresh apples or oranges, bananas, pears canned in water

The Shopping List

- Use the MyPyramid recommendations to make a shopping list
- Does not have to be specific
- Food selection can be made at the store
 - cost and label reading



Physical Activity and Nutrition for Alaska's Kids



The Shopping List

- List “whole grain cereal”
 - Check for sales
 - Compare unit prices
 - Check ingredients
 - Made with whole grain
 - Read the nutrition facts label
 - Little added sugar
 - High in fiber
- Create a master shopping list

CEREAL FLAKES

Nutrition Facts

Serving Size 3/4 Cup (27g)
Servings Per Container 10

Amount Per Serving

Calories 100 **Calories from Fat** 5

% Daily Value*

Total Fat .5g

Saturated Fat 0g 0

Trans Fat 0g

Cholesterol 0mg 0

Sodium 190mg 10%

Total Carbohydrate 22g 12%

Dietary Fiber 5g 20%

Sugars 5g

Protein 3g

Vitamin A 6% Vitamin C 0%

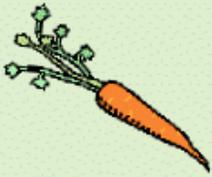
Calcium 0% Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.

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Physical Activity and Nutrition for Alaska's Kids



Smart Shopping

Grains: Whole grain cold cereal, whole wheat pasta noodles, whole grain bread

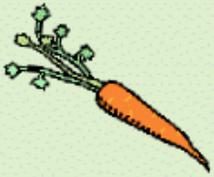
Milk: Non fat milk and yogurt, cheddar cheese

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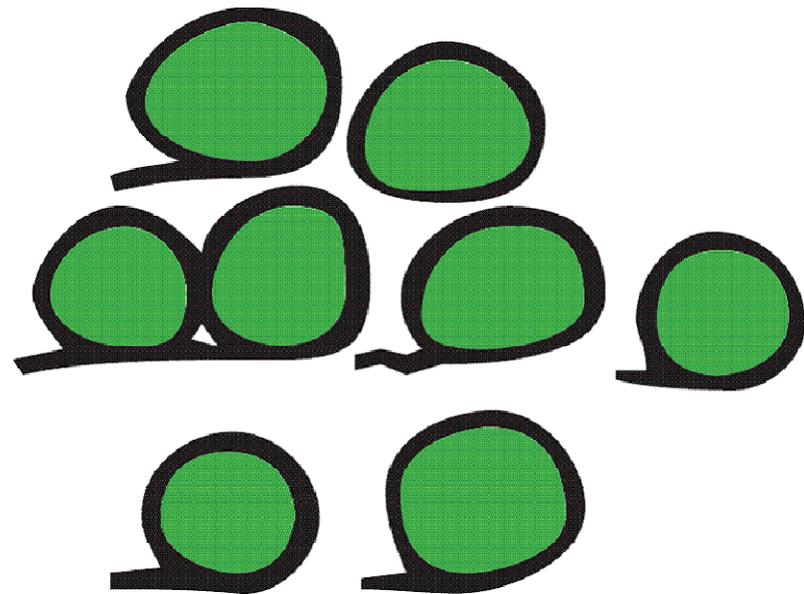
Fruit: Fresh apples or oranges, bananas, pears canned in water

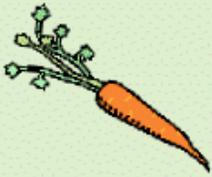
- Stick to the list
- Do not shop when hungry
- Shop without children
 - Stores intentionally put unhealthy foods such as candy and products with prizes, where kids can see and reach



Save Money

- Use discount coupons
- Compare price tags
- Purchasing items with the lowest per unit price
- Select store brand food
- Buy bulk foods
- Buy foods with the best nutrition





Physical Activity and Nutrition for Alaska's Kids



Figure 5m: Buy More, Save More

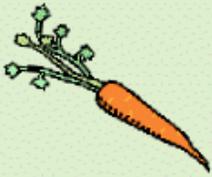
100% Orange Juice (96 oz.)

UNIT PRICE \$1³³ PER QUART	YOU PAY \$3⁹⁹
--	---

100% Orange Juice (64 oz.)

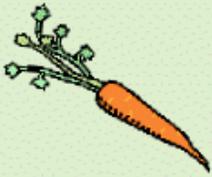
UNIT PRICE \$1⁴⁸ PER QUART	YOU PAY \$2⁹⁶
--	---

- Unit prices let you compare brands and sizes
- Especially helpful when comparing different sized containers.
- These 100% OJ are the same except for the size of the container
- The less expensive choice would be the 96 ounce 100% OJ.



Bulk Ordering

- Many people in Alaska do not have access to a fully stocked grocery store
- Consider placing large food orders several times a year
 - takes planning, consideration, and a substantial outlay of money.
- Save money on food orders by placing order with other families.
- Placing large orders takes organization and planning
- However, you will save money and have healthier food choices in the house.



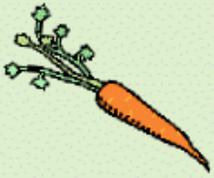
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Nutrition Distilled



- Nutrition recommendations for preschool aged children apply to older children and adults.

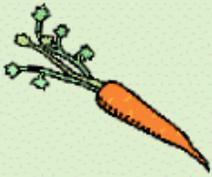


- Choose whole grain food products
- Serve whole grain rice, bread, pasta, and cereals
- Look for whole grain ingredients
- Choose foods with a Daily Value for fiber at 5% or more listed

Whole Grains

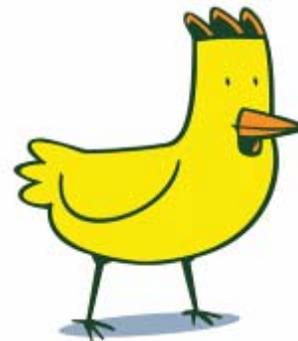
1 ounce of grain equivalent =

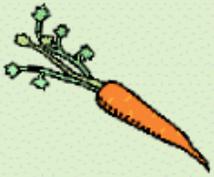
1 slice	whole grain bread
1 cup	ready-to-eat cereal
½ cup	cooked rice
½ cup	cooked pasta
½ cup	cooked cereal



Lean Meat

- Serve lean cuts of meat
- Select fish from Alaskan waters more often
- Choose poultry more often
- Prepare meat by baking, broiling, or poaching
- Limit high fat meats
- Eat beans more often
- Limit the amount of fried meats





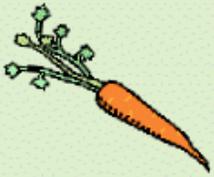
Physical Activity and Nutrition for Alaska's Kids



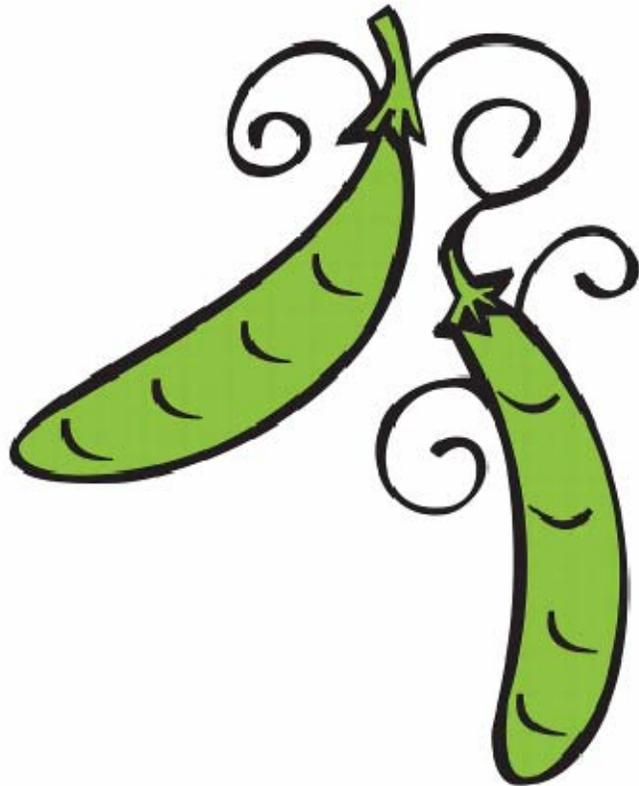
Low Fat

- After the age of two, serve only low-fat and non-fat milk.
 - Serve other calcium rich foods each day.





Fruits & Vegetables



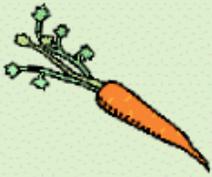
- Provide a variety of colorful fruits and vegetables each day.
 - Include fruits and vegetables at every meal and for snacks.
 - Look for blue, purple, green, white, yellow, orange, and red colored fruits and vegetables.



Avoid High Sugar Foods



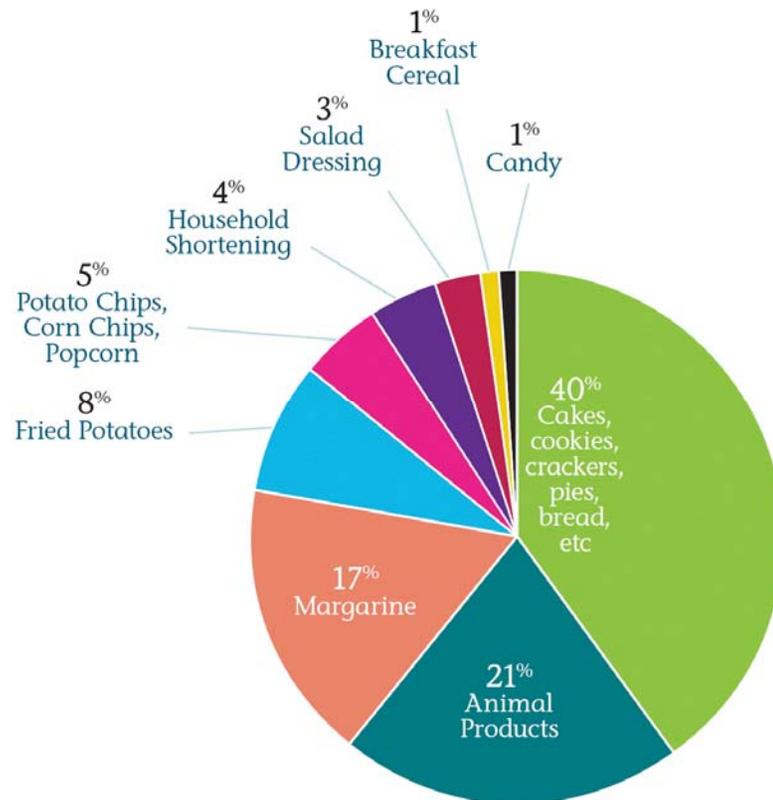
- No more than 4-6 ounces of 100% juice each day
- Limit sweet such as soda pop, sports drinks, candy, sweetened cereals and baked products
- Avoid foods with sugar listed as one of the top three ingredients



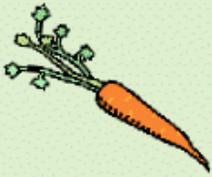
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Ban the Trans Fat



- Select foods without *trans* fat
- Avoid ordering fried food at restaurants
- Foods marketed as *trans* fat free are not necessarily low in fat, sugar or healthy



Physical Activity and Nutrition for Alaska's Kids



Shop Smart

Grains: Whole grain cold cereal, whole wheat pasta noodles, whole grain bread

Milk: Non fat milk and yogurt, cheddar cheese

Meat & Beans: chicken breast, eggs, dried white beans

Vegetables: Canned Tomatoes, frozen broccoli

Fruit: Fresh apples or oranges, bananas, pears canned in water

- Make a menu for the week
- Make a shopping list
- Clip out coupons for foods
- Compare unit prices