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.

Overweight children are at increased risk for:

- High blood pressure
- High cholesterol
- Joint disorders
- Type 2 diabetes
- Psychosocial disorders
- Social discrimination
- Adult obesity
Dietary Guidelines for Americans

- 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
www.MyPyramid.com

Food Groups

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

Half of all the grains eaten should be 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
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
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
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 1/6 ounces (uncooked weight) for adults and 1 ounce for children age 12 years and under.

Alaska fish is good for you. State health officials recommend that everyone eat 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.

**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.

For more information:
www.epi.hss.state.ak.us/
(907) 269-0600
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
Oils are part of foods

- Peanut butter
- Sunflower seeds
- Nuts
- Olives
- Most Alaska fish
- Mayonnaise
For children exercise is active play
See Physical Activity Modules in this manual for more information.
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
Preschooler Eats Three Vegetables Servings Each Day!

1/2 ear steamed corn for lunch

1/2 cup carrots and celery sticks as an after school snack

Moose stew made with vegetables for dinner
Preschooler Eats Three Fruit Servings Each Day!

1/4 cup dried raisins (counts as 1/2 cup) added to oatmeal

1/2 cup fruit cocktail canned in water for lunch

1/2 banana (counts as 1/2 cup) for snack after school
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
Health Benefits of Fruits and Veggies
Physical Activity and Nutrition for Alaska’s Kids

≠ Vegetable
≠ Vegetable
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
Health Benefits of 5 A Day

blue

purple
Health Benefits of 5 A Day

green

kiwi
broccoli
spinach
Health Benefits of 5 A Day

yellow  orange

Physical Activity and Nutrition for Alaska’s Kids
Health Benefits of 5 A Day

red

- Raspberries
- Tomatoes
- Beetroots
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
**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**
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

- Required on label since January 1, 2006
- Direct, proven relationship between diets high in trans fat content and an increased risk of heart disease

### Nutrition Facts

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<thead>
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<th>Amount Per Serving</th>
<th>% Daily Value*</th>
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<td>Calories 260</td>
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<td>Calories from Fat 120</td>
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<tr>
<td>Total Fat 13g</td>
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<td>Total Carbohydrate 31g</td>
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<tr>
<td>Dietary Fiber 0g</td>
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<tr>
<td>Sugars 5g</td>
<td></td>
</tr>
<tr>
<td>Protein 5g</td>
<td></td>
</tr>
</tbody>
</table>
Trans Fat Free ≠ 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.
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

**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

- 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
Smart Shopping

- 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

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

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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
Figure 5m: Buy More, Save More

100% Orange Juice (96 oz.)

UNIT PRICE: $1.33 PER QUART
YOU PAY: $3.99

100% Orange Juice (64 oz.)

UNIT PRICE: $1.48 PER QUART
YOU PAY: $2.96

- 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.
Nutrition Distilled

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

- 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

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
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
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
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