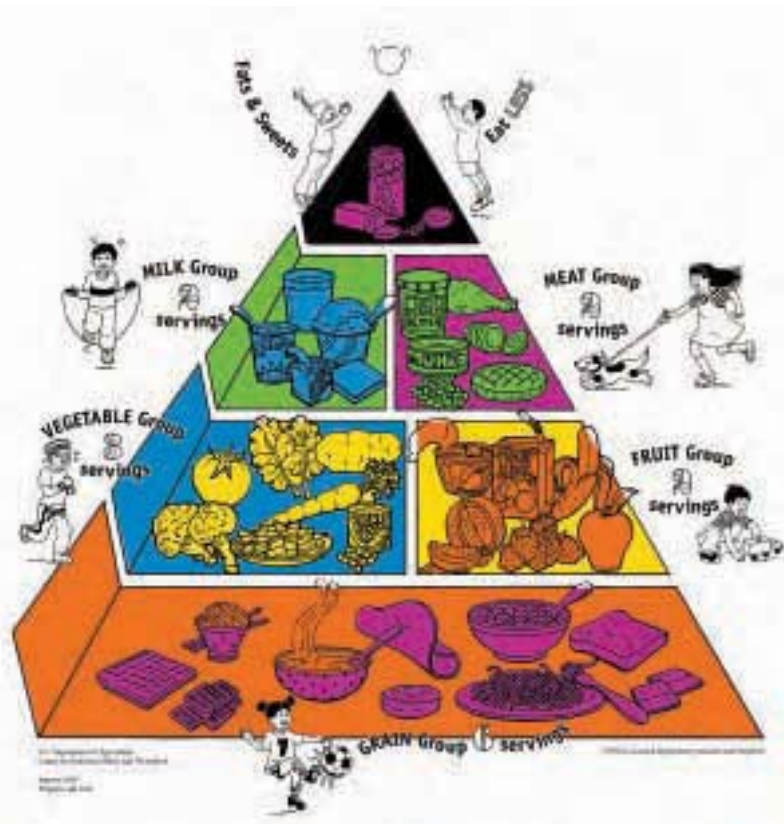


Using the Food Guide Pyramid to Feed Your Child



A Daily Guide for 2- to 6-Year-Olds

WHAT COUNTS AS ONE SERVING?

GRAIN GROUP 1 slice of bread 1/2 cup of cooked rice or pasta 1/2 cup of cooked cereal 1 ounce of ready-to-eat cereal	FRUIT GROUP 1 piece of fruit or watermelon wedge 1/2 cup of juice 1/2 cup of canned fruit 1/2 cup of dried fruit	MEAT GROUP 2 to 3 ounces of cooked lean meat, poultry or fish 1/2 cup of cooked dry beans or 1 egg omelet as 1 ounce of lean meat 2 tablespoons of peanut butter count as 1 ounce of meat
VEGETABLE GROUP 1/2 cup of chopped raw or cooked vegetables 1 cup of raw leafy vegetables	MILK GROUP 1 cup of milk or yogurt 2 ounces of cheese	FATS AND SWEETS Limit calories from these.

Four- to five-year-olds can eat these serving sizes. Offer 2- to 3-year-olds less, except for milk. Two- to three-year-old children need a total of 2 servings from the milk group each day.



References:

1. Sothorn, M., Schumacher, H. and Von Almen, T.K. *Trim Kids: The Proven Plan That Has Helped Thousands of Children Achieve a Healthier Weight*, 2001, Harper Collins Publishers, New York, N.Y.
2. Sothorn, M., and Gordon, S. *Prevention of Obesity in Young Children: A Critical Challenge for the Medical Professional*, Clinical Pediatrics, 2003, 42:101-111.
3. Kosharek, S.M. *If Your Child Is Overweight: A Guide For Parents*, 2nd Ed. 2003, American Dietetic Association.
4. Centers for Disease Control, *Prevalence of Overweight Among Children and Adolescents: United States, 1999-2000*. Accessed January 7, 2004, <http://www.cdc.gov/nchs/products/pubs/pubd/hestats/overwght99.htm>.
5. Mullen, M.C. and Shield, J. *Childhood and Adolescent Overweight: The Health Professional's Guide to Identification, Treatment and Prevention*, 2004, American Dietetic Association.
6. Centers for Disease Control, *Defining Overweight and Obesity*. Accessed January 7, 2004, <http://www.cdc.gov/nccdphp/dnpa/obesity/defining.htm>.
7. *Healthy People 2010*, Department of Health and Human Services, Office of Disease Prevention and Health Promotion, Office of Public Health and Science, Washington, D.C.

Snack Time

Snacks are an important part of a child's diet. It is important to understand that young children need more frequent meals than adults and that they need snacks in between meals to support growth and development. A mid-morning and a mid-afternoon snack can be used to increase a child's intake of dairy products, 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 lessen the likelihood of overeating at meal times by going for second helpings.

Here are some ideas for healthy snacks: Milk, low-fat fruited yogurt, string cheese, instant pudding made with non-fat milk, frozen fruit bars, peeled and cut up fresh fruit, fruit juice, individual servings of applesauce or canned fruit, raisins, dried pineapple rings, cut up vegetables with low-fat salad dressing, baby carrots, graham crackers, pretzels, dry cereal, vanilla wafers, animal crackers, soft pretzels, chicken taco or half of a grilled cheese sandwich.

Breakfast

Cereal and milk with fruit on the side makes a nutritious and filling breakfast. It is also fast and easy to prepare. Just make sure the cereal is made from whole grains and does not contain a lot of added sugar and salt. You should check the list of ingredients carefully. The first ingredient on the label should be a whole grain.

Examples of Cereals Made from Whole Grains

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

All-Bran or High-Bran Cereals

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



AN INDEPENDENT LICENSEE OF THE BLUE CROSS AND BLUE SHIELD ASSOCIATION

Your Child's Health



Your Child's Health

There can be serious medical and emotional consequences when a child is overweight.

Some of the risks of excess weight in children are:

- Orthopedic problems
- Type 2 diabetes
- Premature physical development
- Low self-esteem
- Asthma
- Sleep apnea
- Gallstones
- High cholesterol

Families tend to deal with problems differently and may pretend they don't exist, or they may focus on the one child that has a problem in a different way. However, setting good eating and exercise habits is important for everyone, regardless of weight, and should be made a priority. Additionally, parents are the child's role models, and it is important to model good behavior in eating and activity habits.

Be Physically Active

As children enter adolescence, their physical activity levels decline. Increased use of television and video and computer games has resulted in a decreased level of physical activity in American youth. In addition, school-based physical education programs have declined, particularly at the high-school level.

Insufficient physical activity is a risk factor for becoming overweight or obese and for developing many related chronic diseases. Regular physical activity is associated with immediate and long-term health benefits such as easier weight control, lower blood pressure, improved cardiorespiratory function and enhanced psychological well-being. Active children are more likely to become active adults.

Physical Activity Guidelines

It is recommended that children engage in moderate physical activity daily for 60 minutes or more and vigorous physical activity daily for 15 minutes or more. Begin training in good activity habits as soon as possible, and include the whole family. Think of the long-term benefits derived from incorporating physical activity in children's daily lives. Make one small change at a time, and make it gradually. To increase the chances of family members keeping up with the activities, make sure the activities are fun.

Windows of Opportunity

In order for a child to become physically able to exercise in adulthood, he or she must do different types of physical activity in childhood. The muscles need to be "activated" in order for them to be able to work later. One of the best aerobic activities for children is tag: Children like to run very fast for very short periods of time, then rest, and go again. Make sure your pre-school or school-age child gets plenty of different types of physical activity and has fun doing it.

Toys to provide for fun outdoor activity:

- | | |
|----------------------------------|-------------|
| Bike | Sand box |
| Balls (baseball, tennis, soccer) | Skates |
| Frisbee | Sprinklers |
| Kite | Swing set |
| Monkey bars | Wading pool |
| Rope swings or ladders | Jump ropes |

Toys to provide for indoor activity:

- | | |
|------------|------------------------|
| Boom box | Bean bags |
| Hula hoops | Twister |
| Jump ropes | Indoor basketball hoop |
| Power Pad | Mini-trampoline |
| Soft balls | |

Children's metabolic systems are ideal for short bursts of vigorous activity followed by periods of low-level activities or rest. Aerobic activities for children should include games that have periods of intense activity built into them. The following aerobic activities are ideal for children.

Outdoor aerobic activities:

- | | |
|-------------|---------------------|
| Basketball | Miniature golf |
| Biking | Ping Pong |
| Bowling | Playing at the park |
| Catch | Rollerblading |
| Football | Running |
| Freeze tag | Skipping rope |
| Frisbee | Softball |
| Hacky sack | Swimming |
| Hiking | Tag |
| Hopscotch | T-ball |
| Jump rope | Trampoline |
| Kickball | |
| Kite flying | |

Outdoor activities that children can do around the home:

- | | |
|---------------------|-----------------------|
| Bagging leaves | Riding a bike |
| Brushing the dog | Raking leaves |
| Digging in the sand | Vacuuming the car |
| Gardening | Walking the dog |
| Mowing | Washing the car |
| Painting | Weeding in the garden |
| | Watering the plants |

Indoor activities around the home:

- | | |
|--------------------------------------|-----------------------|
| Cleaning their rooms | Picking up toys |
| Cleaning the playroom or other areas | Playing hide and seek |
| Cooking | Playing with the cat |
| Dancing | Sweeping |
| Dusting | Vacuuming |
| Folding clothes | Washing dishes |
| Making beds | |

Remember to Have Fun!

A Healthier Diet for Young Children

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

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

When preparing family meals, cut down on fat and sugar and increase fruits, vegetables and fiber.

Here are some suggestions for substitutions in meal planning and preparation:

Substitutions	
Use	Instead of
Light butter, light margarine or light cream cheese	Butter, margarine, cream cheese
Low-fat or fat-free mayonnaise	Mayonnaise
Baking, sautéing, grilling	Frying
Skim or low-fat milk	Whole milk
Low-fat and reduced-fat cheese	Cheese
Animal crackers, vanilla wafers, graham crackers	Cookies
Fruit bars, low-fat frozen yogurt	Ice cream
Whole grain bread	White bread
Water and 100% fruit juice	Soda, punch, fruit drinks, sports drinks
Whole grain cereal	Sugared cereal
Dried fruit, fruit cocktail, cinnamon applesauce	Candy bars, chocolate

