



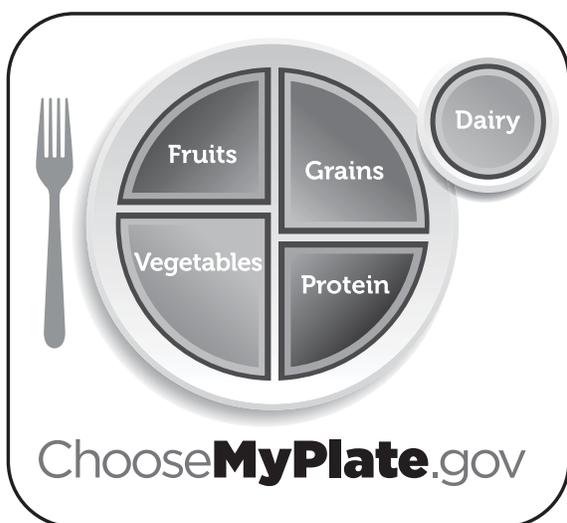
Healthy Ways to Family Fitness

issue 18

A NEWSLETTER PROMOTING CHILDREN'S HEALTH FROM THE ANNE ARUNDEL COUNTY DEPARTMENT OF HEALTH

The Nutrients They Need

The "MyPlate" infographic below provides a simple guide for making healthy meals and snacks for your family. Use it to plan, prepare and serve food that will help your children get the nutrients they need to grow up strong and healthy. Learn more at www.ChooseMyPlate.gov.



Exploring Food Groups with MyPlate

- Focus on fruits and vary your veggies! For meals, make $\frac{1}{2}$ of your child's plate a variety of colorful fruits and vegetables. Choose fruits and vegetables that are fresh, frozen or canned in water or 100% juice.
- Go whole grain! Make $\frac{1}{4}$ of the plate grains. Refined grains, like enriched pasta and white bread, are stripped of their nutritious bran and fiber when processed. Serve whole grains, such as brown rice, oatmeal and whole-grain pasta, at least half of the time.
- Pack a punch with lean protein! Make $\frac{1}{4}$ of the plate a low-fat protein by selecting lean meats, eggs, beans or peas, and nuts or seeds most of the time.
- Don't forget about dairy! Children ages 1 to 2 should drink whole milk. For children over the age of 2, serve low-fat (1%) or fat-free (skim) milk products that are packed with calcium. Other dairy sources, such as sour cream, yogurt and cheese, should be low-fat or fat-free.

Creating Healthy Meals Using MyPlate

Kids' favorite foods are not often the healthiest for them. MyPlate can help transform foods your kids already love into nutritious and balanced meals—with a few simple changes.

For example, use MyPlate to turn the classic cheese pizza into a nutrient-packed meal with:

- 100% whole-wheat English muffins
- Low-sodium tomato sauce
- Shredded mozzarella cheese made with low-fat (1%) milk
- Low-sodium diced chicken or ham
- Fresh-cut veggies (broccoli, zucchini, peppers, etc.)
- Orange slices for dessert

Assemble the mini pizzas and heat in an oven or microwave until the cheese is melted. Have the orange slices for a refreshing dessert! This meal incorporates all of the food groups, has little added fat, sugar or sodium—and it's delicious! To view sample meal plans and proper portion sizes, visit www.ChooseMyPlate.gov/preschoolers.html.



Learn To Live

Anne Arundel County Department of Health
www.LearnToLiveHealthy.org

For free information on healthy living and cancer prevention, contact Learn To Live at 410-222-7979 or at www.LearnToLiveHealthy.org.

Kids Can Help Prepare Meals and Snacks

Kids who help prepare meals and snacks are more likely to try new foods and eat the foods they make. Follow the simple tips below—so that everyone gets involved and has fun!

BEFORE — Think ahead when planning a meal or snack.

- Gather all necessary equipment and ingredients.
- Clean any surface where you will prepare food.
- Be sure that you and your children wash your hands.

DURING — Remember, cooking with kids takes time and patience.

- Check the “I Can Do It” list below for age-appropriate jobs.
- Demonstrate tasks to children. Let them follow through.
- Don’t worry about your children getting it perfect—they are learning!
- A little mess is OK. Get your children involved in cleaning up and make it fun!

AFTER — Be a good role model. Sit and eat with your child.

- Taste-test the food with your child.
- Share your opinions.

The Kids’ ‘I CAN DO IT’ List

Use this list to give your child age-appropriate tasks. Although this list is broken down by age, remember that children improve their cooking skills with practice!

2- and 3-year-olds can:

- Wipe the table
- Wash or scrub fruits and vegetables
- Set and clear the table
- Tear lettuce and salad greens
- Measure and mix
- Put things in the trash

- Peel bananas: If children pinch the bottom of the banana, the peel easily comes apart!

3- and 4-year-olds can:

- Pour and measure
- Knead and shape dough
- Beat with a whisk or fork
- Spread jams, peanut butter, hummus, etc.

5-years and up can:

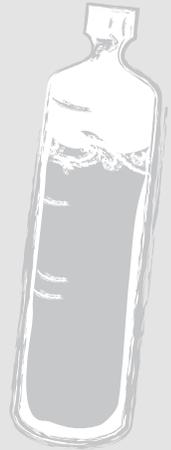
- Use a blender with close supervision
- Use a potato peeler
- Cut soft foods with a plastic knife
- Make a sandwich
- Wash the table surfaces
- Beat eggs
- Mash soft fruits and vegetables



Don’t Forget About Drinks

Providing healthy drinks throughout the day is as important as serving healthy food.

- Be sure to have water available throughout the day, especially when your child is playing outdoors or doing other physical activity.



- Milk is perfect for meals and snacks. Preschoolers need about 2 to 2½ cups a day.*
- If you are planning to serve juice as a beverage, consider serving a whole piece of fruit instead. Fresh fruit offers a wide variety of nutrients, and most fruits are composed of at least 90% water. Children ages 1 to 6 should only consume 4-6 ounces of 100% juice in an entire day, including while at child care and at home. Some fruit-flavored drinks may look like juice, but contain little or no fruit and lots of added sugar, which can put your child at risk of being overweight.

*Children ages 1 to 2 should drink whole milk. Children ages 2 to 5 should be gradually switched to low-fat (1%) or fat-free (skim) milk.

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