

## EAT SMART. PLAY HARD.<sup>(tm)\*</sup>

### A Guide to Healthy Eating and Exercise for Children and Adolescents

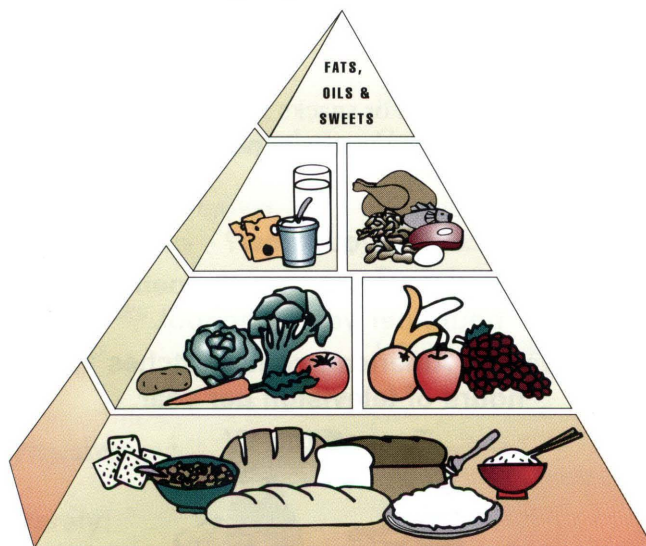
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Today one in five children in the United States is overweight. Overweight children are at risk of becoming overweight adults. Overweight adults are at risk of health problems including heart disease, diabetes and high blood pressure.

Children become overweight for many reasons. The most common causes are family history, consuming too many high-calorie foods, and lifestyle factors, such as too much TV watching and too little physical activity.

### EAT SMART

Childhood and the teen years are a time of rapid growth. For that growth to take place, your child needs the right amount of calories, protein, vitamins, and minerals. Follow the Food Guide Pyramid and eat foods from ALL the food groups for meals and snacks. Follow the principles of eating a VARIETY of foods from all the food groups and eat in MODERATION



foods that are high in fat, sugar, and salt. It's the combination of all foods eaten over the course of several days that counts.

### FOCUS ON THE FAMILY

Family involvement teaches everyone healthy eating and exercise habits and does not single out the overweight child.



### Follow these tips to help your family Eat Smart!

- Eat meals together as a family.
- Encourage pleasant conversation during meals. Avoid arguing or scolding during mealtime.
- Schedule regular mealtimes and snacks. Without regular mealtimes and snacks, children tend to eat all day long and choose foods high in calories, fat and sugar.
- Make meals last more than 15 minutes.
- Plan and prepare meals together with your children. Let children help you shop for groceries. Children are more likely to try new foods if they helped prepare them.

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## TAILOR PORTION SIZES

Young children need smaller portions than adults do. Use smaller plates. Let children know they can have seconds if they are still hungry. Especially watch portion sizes when you eat out; many restaurants promote specials that are 2 to 3 times the recommended serving size.

### What counts as one serving?

#### Don't overdo it!

#### Grain Group -

One serving is 1 slice of bread or 1 ounce of ready-to-eat cereal.

#### Vegetable Group -

One serving is 1/2 cup cooked or raw vegetables.

#### Fruit Group -

One serving is a piece of fruit, 1/2 cup of canned fruit or 3/4 cup fruit juice.

#### Milk Group -

One serving is 1 cup of milk or eat 1 cup yogurt or 2 ounces of cheese.

#### Meat Group -

One serving is 2 to 3 ounces of a cooked lean meat, poultry, fish (The size of a deck of cards), eggs, beans or nuts.

#### Fats and Sweets Group -

Eat sparingly from this group. It includes foods such as salad dressing, butter, margarine, sugars, soft drinks, and candies.

### Fats and Sweets



## MAKE MILK OR WATER THE DRINK OF CHOICE FOR CHILDREN

Soft drink consumption has greatly increased in the United States in the past 20 years. Soft drink container sizes have increased, too. The concern is that soft drinks - which are high in sugar and calories - are replacing milk and juice in children's diets and, therefore, decreasing their calcium and vitamin C intake.

- Milk is the best drink for children with meals or in between. Parents should be a role model and drink their milk, too.
- Keep a pitcher of cold water in the refrigerator. Serve it in a colored glass with a straw and slice of lemon to make it special.
- Juice that is 100% fruit juice may have more vitamins, minerals and fiber than fruit drinks or dry mix-type drinks. However, some fruit drinks may be fortified with vitamins. Read the label to make informed choices.
- Fruit juice and fruit drinks are high in sugar; therefore, like many high-sugar foods, they can be filling and lead to cavities if drunk too often.

## READ THE LABEL

Read the label on food packages to determine fat and sugar content. It is a guide for amounts that are too high.

## MONITOR SCREEN TIME

Being a "couch potato" by watching too much TV and playing video games takes children away from physical activities. The amount of time spent watching TV and playing video games is directly related to obesity in children.

- Avoid eating meals or snacks while watching TV.
- Limit TV and video games to no more than 2 hours per day.

### Did you know?

The average American youth spends 900 hours per year in school.

The average American youth watches 1,023 hours of television per year.

### Turn off the TV



And get outside!

## PLAY HARD

Regular physical activity, combined with healthy eating, is the most efficient and healthful way to control your weight.

Children need at least 30 minutes of exercise per day—preferably more.

- Involve the whole family in physical activity: walking, dancing to music, hiking, swimming, biking, skating, and jumping rope.
- WALK - to school, to work.
- Climb the stairs.
- Participate in sports and recreational activities.



## BE A GOOD ROLE MODEL

Let your children see you eating healthy foods and having fun being physically active. They are more likely to join in and develop good habits, too.

### Suggestions of foods to eat from each Food Group of the Food Guide Pyramid.

#### Breads and Cereals

##### Often:

Whole grain or enriched breads	Bagels
English muffins	Tortillas, flour and corn
Ready-to-eat un-sugared cereals	Pita
Rice white and brown	Cooked cereals
Oyster crackers	Spaghetti
Macaroni	Noodles
Breadsticks	Grits, boiled
Saltines	Pretzels
	Quick breads
	Graham crackers

##### Sometimes:

Pancakes	Waffles
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##### Rarely:

Croissants	Granola
Ready-to-eat sugared cereals	Cheese crackers
Pastries	Corn chips
Tortilla chips	Granola bars
	Snack crackers

## Fruits and Vegetables

### Often:

All fresh fruits & vegetables	Canned vegetables
Fruits canned juice	Plain frozen yogurt
Fruit juices	Vegetable juices
Soups, include cream soups made with skim milk	Frozen fruit-juice bars

### Sometimes:

Fruits canned in light syrup	Pickles, olives
Vegetables frozen with butter or other sauce	

### Rarely:

Fruits canned in heavy syrup	French-fries
Frozen Fruit-flavored bars	Hash browns
Canned cream soups	

### Hints:

- The method of preparation affects the caloric value of foods. Bake, boil or stir-fry in small amount of oil. Avoid fried and deep fat fried foods. Example: baked potato vs French fries.
- Herbs and spices add flavor to food and are low in calories.
- Keep a bowl of fresh fruit on the kitchen counter or table to encourage your kids to eat fruit.
- Keep a crisper of cut-up veggies in the refrigerator so your kids can help themselves to an easy snack.
- Add fruit or applesauce to sugar-free gelatin for a dessert.
- Choose plain frozen vegetables (not vegetables in cream sauce or cheese sauce) for less fat and fewer calories.

## Milk and Milk Products

### Often:

Nonfat milk	Nonfat or low-fat dry milk
Milk, reduced fat 1% or 2%	Low-fat cheeses such as Cottage cheese,
Chocolate milk, reduced fat	reduced fat ricotta or mozzarella.
Buttermilk made from skim or low-fat milk	Yogurt, low-fat or nonfat
Cream cheese, nonfat	

### Sometimes:

Cheese made with whole milk such as cheddar, jack or Swiss	Cottage cheese
Ice cream, reduced fat, low-fat, or light Sherbet nonfat milk	Frozen yogurt
Cream cheese, light or reduced fat	Whole milk



**Rarely:**

Ice Cream	Heavy Cream
Half and half	Chocolate milk
Whipped Cream	Sour Cream

**Hints:**

- Drink low-fat or nonfat milk and dairy products. The calcium content is the same; only the fat content is reduced.
- Make instant pudding with skim milk and cream soups with skim milk or water.

**Meat, Poultry, Fish, Eggs, Beans, and Nuts****Often:**

Well-trimmed, lean cuts of beef, pork, veal, and lamb.	Hamburger (lean)
Chicken and turkey without skin	Tuna canned in water
Refried beans made without lard	Beans
Light or reduced-fat deli meat products	Peas (split, chick, black-eyed)

**Sometimes:**

Pumpkin & sunflower seeds	Eggs
Peanuts, pistachios, cashews, macadamia nuts, walnuts, almonds, pecans	Tofu
	Peanut Butter

**Rarely:**

Frankfurters	Bacon and Sausage
Deep-fried chicken and fish	Bologna and Salami
Tuna canned in oil	Pepperoni
Hamburger or ground beef with 30% fat	Chitterlings
Refried beans made with lard	Ham hocks & salt pork

**Hints:**

- Meats should be baked, broiled, or grilled; avoid fried and deep-fat-fried foods.
- Breading or coating, sauces and gravies add many calories to food.
- Any visible fat should be trimmed from meat and poultry and skin should be removed from poultry.
- Solidified fat can be skimmed from soups and stews after leaving them in the refrigerator overnight.
- Choose low-fat luncheon meats and deli-meats.

**Sweets, Fats, and Snack Foods****Often:**

Unbuttered popcorn	Frozen Fruit-juice bars
Fresh fruits and vegetables	Low-fat or nonfat yogurt
Bagels	Ready-to-eat cereals (unsweetened)

**Sometimes:**

Cookies, low-fat or fat-free like fig bars, ginger snaps, animal crackers	Diet soft drinks
Salad dressing, reduced fat	Butter, reduced fat
	Margarine, reduced fat

**Rarely:**

Margarine and butter	Jam, jelly, marmalade
Salad dressing	Soft drinks
Candy	Fruit-flavored drinks
Chocolate	Rich sauces and gravies
Sugar	Potato chips, corn chips
Donuts	Sweet Rolls

**Hints:**

- How food is prepared makes a difference: Preferred methods of food preparation are BAKING, BOILING, STEAMING, BROILING, and STIR-FRYING in a non-stick pan using little, if any, fat. Pan-frying and deep fat frying are NOT recommended, as these methods of food preparation greatly increase the fat and thus the caloric value of food. Nonstick sprays can be used for frying and baking.

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