



Nutrition in the Preschool Setting: Tools for Healthy Living

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Healthy Communities

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North Coast and Cascades Training and Resource Center (TRC)

- A Program of the *Center for Healthy Communities* at California State University, Chico
- One of 7 regional programs funded by California Department of Public Health's Nutrition Education and Obesity Prevention (NEOP) Branch



Nutrition Education Obesity & Prevention Branch (NEOPB)

NEOPB funds Local Health Departments to create innovative partnerships that empower low-income Californians to:

- increase consumption and access to healthy foods and beverages
- reduce consumption of unhealthy foods and beverages
- increase physical activity

With goal of preventing obesity and other diet-related chronic diseases.



Overview

- Nutrition Education
- Reading Food Labels
- Building Healthy Eating Habits
- Division of Responsibility



Welcome Activity

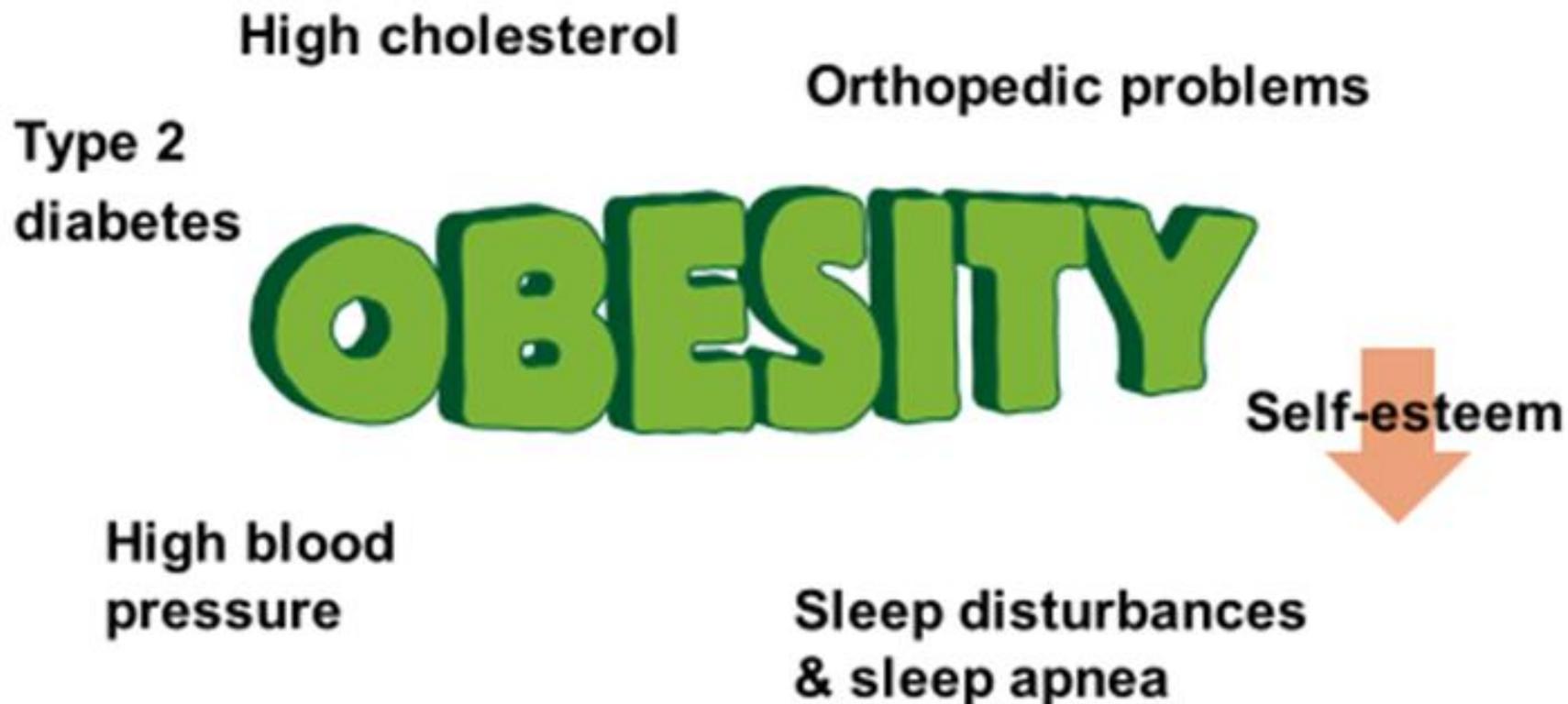
*Do you
teach
nutrition?*

*How often
do you eat
school lunch
with your
students?*

*How often
do you eat
breakfast?*



Childhood Obesity



What Do You Notice?

What foods and beverages do children in your school consume?

Did you know?



The top sources of calories/day for children are grain desserts, pizza, & soda.



Only 26% of kids ages 6-11 eat the recommended amount of fruits.



Only 16% of kids eat the recommended amount of vegetables.

Let's Discuss Nutrition Education

What does it mean to you?

Does your school currently offer it?

What benefits can it provide to you, your students, and your school community?

Benefits Now and Later

Children with healthier eating and physical activity patterns tend to:

**Perform
better
academically**



**Have lower
rates of
obesity**

**Learn the
skills they need
for lifelong
healthy habits**



Meet *MyPlate*



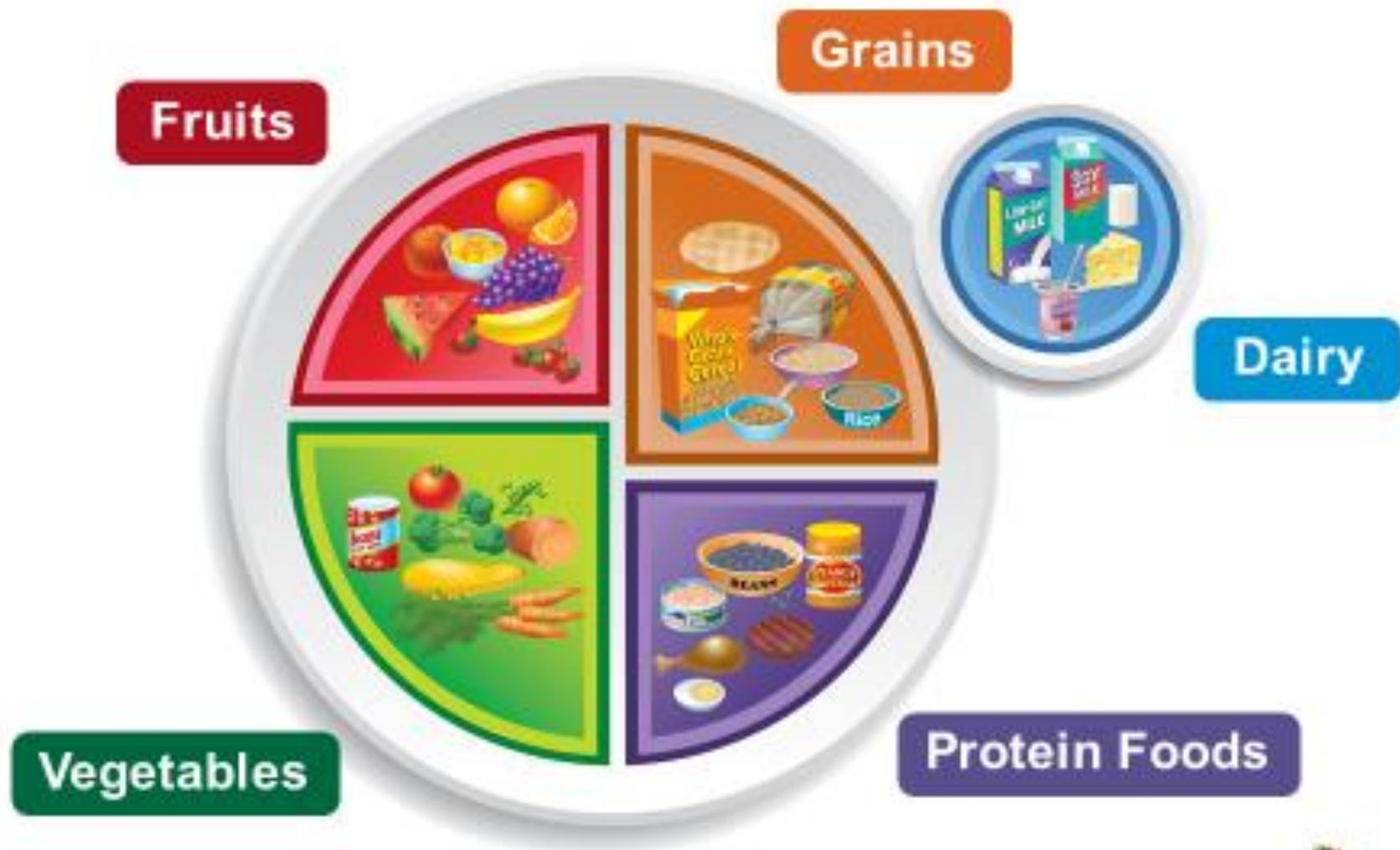
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Learn more about *MyPlate* by visiting:
<http://www.choosemyplate.gov>



The Five Food Groups



“Anytime” Foods

Healthiest
options

Choose
more often

Lower in solid
fats, added
sugars, and
sodium (salt)



Less healthy options

“Sometimes” Foods

Have more solid fats, added sugars, and/or sodium (salt)

Okay on special occasions, but not every day



“Anytime” Foods



“Sometimes” Foods



Nutrition Education

- MyPlate is a tool we use to remind us how to eat healthfully
- It illustrates the five food groups and portion size using a familiar mealtime visual, a place setting



MyPlate Food Groups

- Fruits and Vegetables
 - Should take up half the plate
 - Should represent a rainbow of colors
 - Provide fiber, antioxidants, vitamins and minerals



MyPlate Food Groups

- Protein
 - Choose lean proteins
 - Meat and non-meat sources
 - Portions
 - Use your palm to illustrate the portion size
 - Healthy vs unhealthy fats



MyPlate Food Groups

- Dairy
 - Whole milk vs low-fat and non-fat milk
 - Choose low-fat and non-fat sources
 - Other sources of dairy



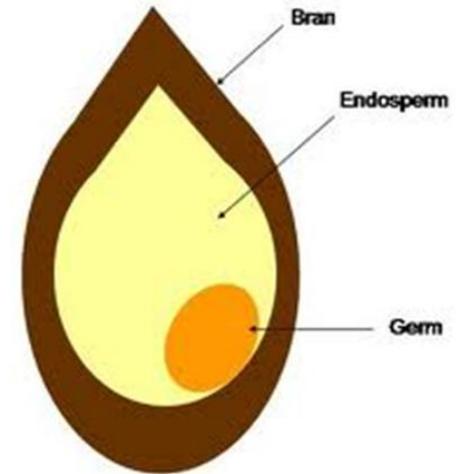
MyPlate Food Groups

- Grains
 - Half your grains should be whole
 - What makes a whole grain
 - Good source of fiber
 - Sources



What is a Whole Grain?

- A whole grain has 3 layers:
 - Bran: fiber, B vitamins, minerals
 - Germ: vitamins, minerals, and antioxidants
 - Endosperm: carbohydrates and protein
- A refined grain *only* has the endosperm
- An enriched grain has the endosperm and *some* nutrients added back



Fiber

- Non-digestible part of plant foods
- Important for maintaining good health
 - Keeps you fuller longer
 - Helps you stay regular
- Fiber can help prevent:
 - Obesity
 - Type 2 diabetes
 - Diverticulitis
 - Colon cancer
 - Heart Disease

Fruit

Vegetables

Whole grains



High Fiber Grains

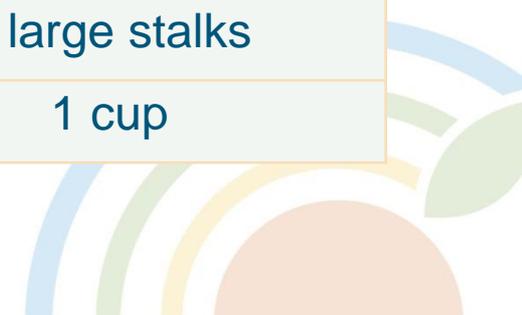
Whole Grain Food	Grams (g) of Fiber per Serving	Amount of food in a serving
Oatmeal (instant)	4	1 cup
Whole wheat spaghetti (cooked)	6	1 cup
Whole wheat bread	2	1 slice
Raisin bran cereal	7	1 cup
Whole wheat English Muffin	4	1 muffin
Popcorn, air-popped	3.5	3 cups
Brown rice	3.5	1 cup
Whole wheat pretzels	2	1 ounce

High Fiber Fruits

High-Fiber Fruit	Grams (g) of Fiber per Serving	Amount of fruit in a serving
Raspberries	8	1 cup
Pear	5.5	1 medium pear
Blueberries	4	1 cup
Apple, with skin	4	1 medium apple
Banana	3	1 medium banana
Mango	3	1 cup
Raisins	2	1 small box (1.5 oz.)
Dried plums	3.5	5

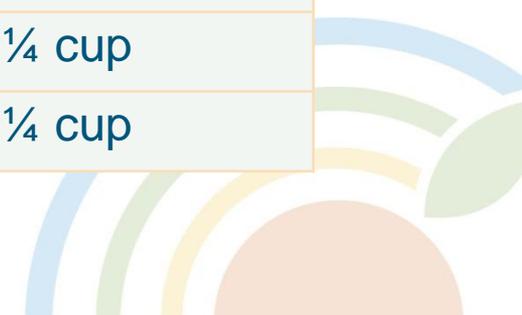
High Fiber Vegetables

High-Fiber Vegetable	Grams (g) of Fiber per Serving	Amount of vegetable in a serving
Peas, cooked	9	1 cup
Potato, baked with skin	4	1 medium potato
Corn, cooked	4	1 cup
Sweet potato, baked with skin	4	1 medium potato
Spinach, cooked	4	1 cup
Broccoli, cooked	5	1 cup
Celery, raw	2	2 large stalks
Carrots, raw	4	1 cup



High Fiber Beans, Nuts, and Seeds

High-Fiber Beans, Nuts, and Seeds	Grams (g) of Fiber per Serving	Amount of food in a serving
Lentils	8	½ cup
Black Beans	7.5	½ cup
Kidney Beans	6	½ cup
Lima Beans	6.5	½ cup
Hummus (made from chickpeas)	2	2 Tablespoons
Almonds	3.5	23 nuts
Sunflower Seeds	3	¼ cup
Peanuts	3	¼ cup



Ingredients List

Ingredients:

Whole Grain Oats, Modified Corn Starch, Corn Starch, Sugar, Salt, Tocopherols, Trisodium Phosphate, Calcium Carbonate, Natural Colour. Contains Wheat Ingredients.

Choose foods with a whole grain ingredient listed first on the label's ingredient list.



Food Labels

- Look at serving size
 - Portion size
- Limit Trans fat
- Sodium
- Fiber
 - Good source: 3g
 - Excellent source: 5g
- Sugar

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount Per Serving			
Calories	250	Calories from Fat 110	
			% Daily Value*
Total Fat	12g		18%
Saturated Fat	3g		15%
<i>Trans</i> Fat	3g		
Cholesterol	30mg		10%
Sodium	470mg		20%
Potassium	700mg		20%
Total Carbohydrate	31g		10%
Dietary Fiber	0g		0%
Sugars	5g		
Protein	5g		
Vitamin A			4%
Vitamin C			2%
Calcium			20%
Iron			4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Activity: Reading Food Labels

1. **Portion Distortion**: What is a serving size?
2. **Fiber**: Identify excellent source vs good source
3. **Ingredients list**: What is a whole grain?
4. **Sugar**: How much are you drinking?

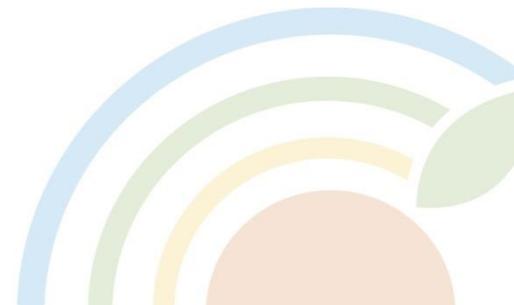


Building Healthy Eating Habits



Breakfast

- How many hours does your body go without eating when you skip breakfast?
 - On average: about 16 hours
- According to the USDA, the School Breakfast Program must supply at least 25% of our key nutrients including protein, calcium, iron, vitamin A, vitamin C, and calories
- A Well-Balanced Breakfast should include 3 food groups



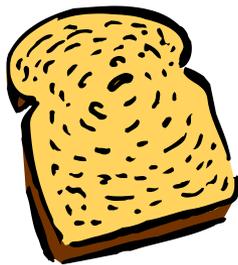
A Healthy Breakfast Should Include Which of these Nutrients?

Carbohydrate

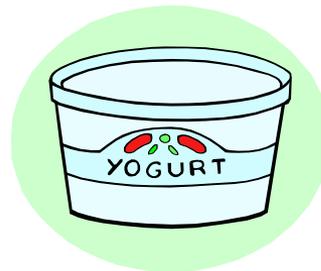
Protein

Fat

- All 3: carbohydrate, protein, and a little fat
 - Carbohydrates are the fuel we need to keep our bodies going
 - Protein and fat will help us feel more full



Carbohydrate



Protein



Fat

Many Breakfast Cereals Contain Added Sugar



- Too much sugar can cause weight gain, cavities, and hinders the body from getting other healthier nutrients it needs
- Always look at the ingredient list for those “hidden” ingredients that add sugar
- Choose cereals that are high in essential nutrients like iron, calcium, fiber, vitamin C



How can eating breakfast affect your performance in school?

Students who don't eat breakfast...

- Are more tired
- May experience headaches and stomach cramps
- May be grumpy



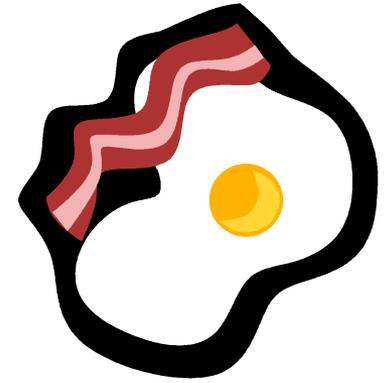
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Which of these is the leanest breakfast meat?

Bacon
Canadian Bacon

Sausage
Pork Roll

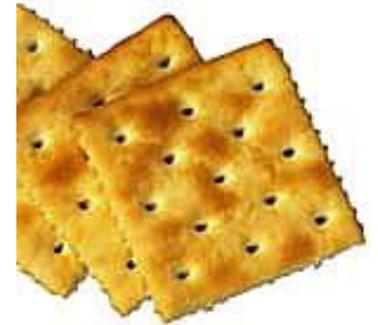


- Some meats are leaner (lower in fat) than others
- What are other lean meats we could eat for breakfast?
 - Turkey Bacon
 - Turkey Sausage
 - Ham
- Choose foods higher in fiber so you stay fuller longer



Quick & Easy Breakfast Ideas

- Bagel with peanut butter or low fat cream cheese
- Pack of crackers
- Fruit
- Granola bar
- Instant oatmeal
- Yogurt
- Graham crackers
- Cereal
- Leftovers



How to beat the barriers

- Set your alarm 10-15 minutes earlier
- Have grab and go foods in the house
- Microwave leftovers
- Get organized the night before



Division of Responsibility

- The parent is responsible for *what, when, where*
- The child is responsible for *how much and whether (or not)*



Parents/Teachers' Roles

- Choose and prepare the food
- Provide regular meals and snacks
- Make eating times pleasant
- Show children by example how to behave at family mealtime
- Be considerate of children's lack of food experience without catering to likes and dislikes
- Do not let children have food or beverages (except for water) between meal and snack times
- Let children grow up to get bodies that are right for them



Child's Roles

- Children will eat
- They will eat the amount they need
- They will learn to eat the food their parents eat
- They will learn to behave well at mealtime



Building Healthy Eating Habits

- Set a good example
 - Eating together
 - Cooking together
 - Encourage appropriate child participation
 - Keep things positive
 - Discourage older children and other family members from making yucky faces or negative comments about unfamiliar foods



Building Healthy Eating Habits

- Offer a variety of foods
- Start with small portions
 - Preschoolers can practice serving from small bowls that you hold for them. They'll learn new skills and feel "all grown up."
- Maintain a regular eating schedule
- Make mealtime family time



Building Healthy Eating Habits

- Honor hunger and fullness cues
 - Avoid praising a clean plate. Your child should stop eating when he/she is full
 - Try not to restrict specific foods. If those foods becomes available, your child might eat it despite feeling full.
 - Don't restrict sweets or other treats as punishment for bad behavior



Building Healthy Eating Habits

- Encourage children to try new foods
- Don't give in to picky eaters!
 - Let your kids be “produce pickers.” Let them help pick out fruits and veggies at the store and prepare meals
 - Offer the same foods for the whole family. Don't be a “short-order cook,” making a different meal for your preschooler



Activity!

Jeopardy!



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