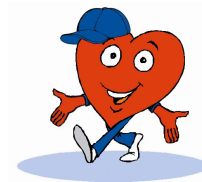


Grocery Shopping Be a Role Model



Children will be more willing to try what their parents do and eat.

- Give your children the challenge of finding products with less sugar and fat.
- Encourage them to identify fruits and veggies by their color and count how many of each color they eat each day.
- Congratulate your children when they make a healthier choice.
- Compromise. Some youngsters have suggested keeping their favorite high sugar cereal but eating it fewer times a week.



CARDIAC Kinder Project

CARDIAC
Kinder Project

**Dietary and
Nutritional
Intake
Information**



Component of CARDIAC
Research

Tel: 304-293-1149

Providing a Healthy Diet for Kindergarteners

Offer a variety of foods

- Prepare a variety of foods daily in adequate amounts from the following food groups:

Bread, cereal, rice and pasta

Vegetables

Fruits

Milk, yogurt, and cheese

Meat, poultry, fish, dry beans, and eggs

- Provide ways that children can increase their physical activity.
- Provide a special time for meals and snacks.
- Don't use food as a reward for good behavior.
- Don't use food as a comforting device.
- Limit snacks to two times a day about two hours before a meal.
- Examples of nutritious snack food choices in place of soft drinks, candy, chips, or pastries.

Fruit and Fruit Juices

Vegetable and Meat Sticks

Yogurt

Toast and Crackers

Finger Sandwiches

Oatmeal Cookies

Bran Muffins

Offer Foods Low in Fat, Saturated Fat and Cholesterol

Offering children less fat from animal products will help lower their cholesterol levels, total fat, and saturated fat in their diets. Here are some ways you can quickly modify their diets to reduce the fat content and cholesterol:

- Use fats and oils sparingly in cooking (even sprays).
- Choose lean cuts of meat and trim visible fat.
- Take skin off poultry
- Have cooked dry beans and peas instead of meat occasionally.
- Choose low-fat milk and non-fat yogurt and cheese most of the time.
- Check labels on foods to see how much fat and saturated fat are in a serving.
- Choose liquid vegetable oils most often because they are lower in saturated fat.
- Broil, bake, or boil rather than fry.

Use Sugar in Moderation

Americans today eat thirty times more sugar than our ancestors did 200 years ago!



Work with your children on being aware of foods with a lot of sugar

Work with your children to investigate your family's sugar consumption habits. Develop a plan for reducing sugar in your diet.

4 grams = 1 teaspoon sugar

1 gram of sugar = 4 calories

Additional Resources for You and Your Family

National Kidney Foundation:

www.kidney.org/meetings/kidneymonth/htbabyfat.cfm

Sugar Sleuths:

<http://hs.berkeley.edu/familyhealth/activities/sugarsleuths/sugarsleuths.html>



Check that your children are getting the right foods for their diets.

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