

Nutrition: Discovering Your Food Pyramid

Helen Tayag, LDN
Pediatric Dietician
RUSH University
Medical Center
Chicago, IL

Outline

- Understanding Feeding Dynamics
 - From birth to adolescence
- Food Pyramid
 - Grain, fruits, vegetables, milk, and meat groups
- Applying the Food Pyramid Every Day
 - Breakfast
 - Lunch
 - Dinner
 - Importance of Eating as a Family
- Physical Activity

Feeding Dynamics

Ellyn Satter's Division of Responsibilities

Parents are responsible for the
what, when and where of feeding
Children are responsible for the
how much and the whether of
eating

Feeding Dynamics

Birth to 6 Months

Development Principle:

Your baby needs help being calm and organized

Your baby needs to connect with you

Key concept in feeding:

The baby eats best when you pay attention to him and do what he likes

Feeding Dynamics

Older Babies: 5-9 Months

Development Principle:

Your baby is getting interested with things

Key concept in feeding:

The baby eats solid foods best when she has a say in the matter

Feeding Dynamics

Almost Toddler: 7-15 Months

Development Principle:

Your baby wants very much to do things for himself

Key concept in feeding:

The baby eats best when he feeds himself

Feeding Dynamics

Toddler: 11-36 Months

Development Principle:

Your toddler finds out that he is a separate person

Key concept in feeding:

The toddler eats best when you teach him to participate in family meals

Feeding Dynamics

Preschooler: 3-5 Years

Development Principle:

Your preschooler wants to learn, do, and please you

Key concept in feeding:

The preschooler eats best when you provide both structure and support

My Pyramid for Preschoolers

- Set a Good Example
- Offer a Variety of Foods
- Start with Small Portions
- Help Them Know When They've Had Enough
- Follow a Meal & Snack Schedule
- Make Mealtime a Family Time
- Cope with a Picky Eater
- Help Them Try New Foods
- Make Food Fun

Feeding Dynamics

Early Grade School Child.
(Kindergarten thru 3rd Grade)

Developmental highlights

Intellectually: "Preoperational period of development"

Socially: they are egocentric.

Emotionally: they are very energetic and enthusiastic about learning

Nutrition Tips for Early Grade School Children

Pique their interest in food
Tell them, "Try it, you'll like it"
Encourage kids to help themselves
Get them cooking

Feeding Dynamics

Older Grade School Child.
(4th to 6th Grades)

Developmental highlights

Intellectually: "Concrete operations" period of development

Socially: they have a sense of self

Emotionally: they value being independent from their parents

*** Nutrition Tips for Older Grade School Children

- Take a tour of the Pyramid
- Introduce them to the dietary guidelines
- Be a trendsetter
- Get them more involved in the kitchen

*** Feeding Dynamics

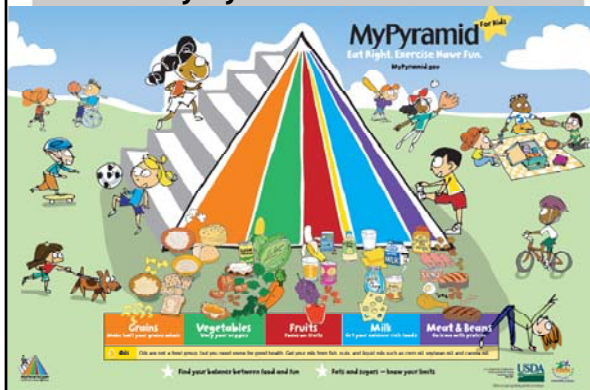
Adolescent: 12-17 years
Growth and Development.

Early adolescent: the theme is autonomy. Your child focuses on peers and learning to make it in a teenage world

Later adolescent: themes are intimacy and identity. They begin to form of who they will be as adults.

Adolescents find ways to be both close with others and separate. They grapple with sexual identity as well as "finding themselves" in general

*** My Pyramid for Kids





Grain Group

This group includes bread, cereal, rice , pasta, English muffins, pancakes, popcorn, and tortillas.

- Has carbohydrates which serve as the main source of energy
- Vitamin B complex which act as spark plugs that helps the body use energy



Food Pyramid: Grain

Whole-grain foods from this group will provided fiber that help regulate bowel movements

A serving is usually 1 slice of bread, ½ cup of rice or noodles or cooked cereal, or ¾ cup of dry cereal



Vegetable Group



This group includes carrots, squash, peppers, broccoli, peas, potatoes, and eggplant.

The vegetable and fruit groups contain phytonutrients (phytochemicals), a substance found in plants that plays a role in preventing disease and promotes health

They are an important source of nutrients like potassium, folate (folic acid), and vitamins A, C, and E.



Fruit Group



This group includes apples, oranges, berries, pears, watermelons, peaches.

This group also contains phytonutrients (phytochemicals), a substance found in plants that plays a role in preventing disease and promotes health

They are an important source of nutrients like potassium, folate (folic acid), vitamin C and fiber



PHYTONUTRIENTS

Lycopene: found in red fruits and vegetables like tomatoes, pink grapefruit, watermelon = helps prevent cancer.

Carotene : found in orange foods like sweet potatoes, carrots, cantaloupe, and oranges = are antioxidants that help prevent cancer and heart disease. Dark green leafy vegetables like spinach, kale, and bok choy also contain carotene.



PHYTONUTRIENTS

Limone: found in yellow foods like lemons and grapefruits = helps prevents certain types of disease like breast cancer

Polyphenols: found in green produce are powerful cancer fighters. These include broccoli, brussels sprouts, peas, and artichokes

PHYTONUTRIENTS

Flavanoids, polyphenols, or ellagic acid: these are the blue or purple fruits and vegetables like raisins, purple onion, eggplant, plums, blueberries, and dark-skinned grapes. Plays a role in preventing heart disease and cancer.

PHYTONUTRIENTS

Ally sulfides – are associated with lowering cholesterol, blood pressure, and risk of cancer. These are the pale or white produce like onion, garlic, leeks

Milk Group



Health benefits

- Helps build and maintain bone mass throughout the life cycle. This may reduce the risk of osteoporosis
- Diets that include milk products tend to have a higher overall nutritional quality

Calcium Foods


Food	Serving size	calories	Calcium (mg)
Milk	1 cup	90-150	300
OJ with Ca++	1 cup	120	350
Yogurt	1 cup	230	345
Am. cheese	2 oz	190	310
Soybeans	1 cup	175	300
Tofu with Ca++	½ cup	100	200
Soy milk	1 cup	100-130	200-300
Broccoli	1 cup	50-100	95-180
Spinach	½ cup	27	140

- ### Vitamin D Food Sources
- Fortified milk (cow, soy, rice) 100 IU/cup
 - Infant formula
 - Eggs yolks
 - Butter, fortified margarine
 - Fatty fish (salmon, tuna, and mackerel)
 - Fortified orange juice
 - Sunlight

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Vitamin D Source

- Fair-skinned: produce 10,000-20,000 IU Vit. D in 15-30 minutes
- Darker pigmented: 5-10x more exposure
- Sun exposure 2x/wk should be adequate
- Depends on season, degree of latitude, cloud cover, air pollution, amt of skin exposed, length of time in the sun, and sunscreen

Meat Group 

- Proteins
- B vitamins
- Iron
- Magnesium
- Zinc

Five-Star Meal Criteria

- Does the meal provide at least one selection of three or more of the food groups?
- Does it contain no more than one item from the nutritionally lacking fats, oil, and sweets category?

Five-Star Meal Criteria

- Does it include high-fiber foods like whole-grain bread and cereal, fruits, vegetables, dry beans, seeds, and nuts?
- Its fat content has been reduced?
- Your child actually ate and enjoyed the meal

Breakfast

- Boosts Test Scores
- Improves School Attendance
- Better Behavior
- Stay Energized
- Eat a More Nutritious Meal
- Keep Weight Under Control
- Lower Blood Cholesterol

Beating the Morning Rush Hour

- Save Breakfast Prep Time
- Sound the Alarm Early
- Pack Lunches and Plan Wardrobe in Advance
- Establish a Breakfast Routine
- Just Say No to TV and Computers



Beating the Morning Rush Hour

- Keep Breakfast Simple
- Encourage Your Child to Help You Plan a Breakfast Menu Each Week
- Swing by the Drive-Thru Window



Sample of a Five-Star Breakfast

- You go, cereal: half a carton of low fat yogurt mix in a ready to eat whole-grain cereal, and serve with a glass of calcium fortified orange juice
- Breakfast Parfait: Layer a parfait cup with low-fat yogurt, berries and granola
- Shake it Up, Baby: whirl low-fat milk, frozen strawberries, and a banana for thirty seconds, eat with a bran muffin



Lunch: Five-Star Meal Criteria

- Does the meal provide at least one selection of four or more of the food groups?
- Does it contain no more than one item from the nutritionally lacking fats, oil, and sweets category?



Five-Star Lunch

- Does it include high-fiber foods like whole-grain bread and cereal, fruits, vegetables, dry beans, seeds, and nuts?
- Its fat content has been reduced?
- Your child actually ate and enjoyed the meal



Tips for Getting Kids to Eat Their Lunch

- Sit down once a week and plan lunches together
- Let them play before they eat
- Celebrate special days
- Try new food products
- Make them a Happy Meal
- Slip them a note



Tips for Getting Kids to Eat Their Lunch

- Invest in “cool” lunch equipment
- Send favorite foods
- Give them a treat
- Pack an extra lunch to share with friends



Dinner

- Parents have the chance to spend more quality time with their kids
- Kids fare better emotionally, physically, and intellectually
- Offer some nutritional insurance and help broaden their eating horizons



Dinner

- Practice table manners
- Help kids say no
- What could be better than sharing a meal at night with the people you love most?



Shortcuts to a Healthy, Tasty Meal in Minutes

- Stock up on nutritious standbys
- Use quick and easy cooking methods
- Combine what you are cooking
- Double up you recipes
- Plan for leftovers
- Prepare some items the night before

Shortcuts to a Healthy, Tasty Meal in Minutes

- Invest in the right cookware
- Collect fast and healthy recipes
- Make cooking a family affair

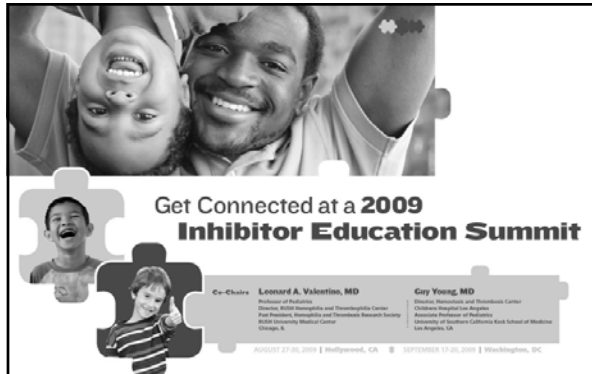
Physical Activity



Benefits of Moving Every Day

- Improve strength, flexibility, and endurance
- Helps build and maintain healthy bones and muscles
- Helps weight control and reduces fat
- Reduces anxiety and stress
- Increases self-esteem
- Reduces blood pressure and cholesterol

**Stay Healthy,
Eat Responsibly,
and Be Physically Active
Always!**





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