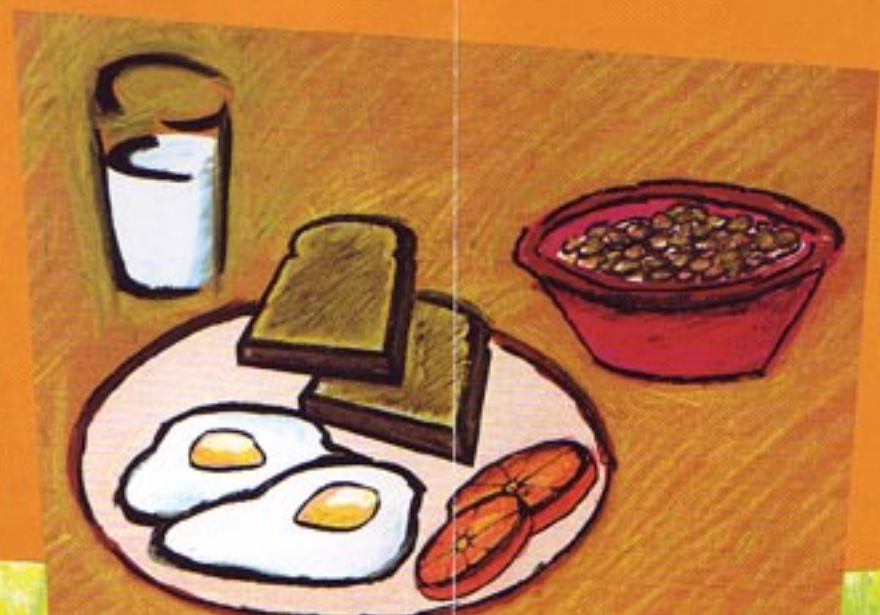


Good nutrition means eating healthy so children grow strong physically, intellectually, emotionally, and socially. As parents and caregivers, you can help your children build healthy eating habits. Eating healthy gives children the energy they need to play, think, and grow.



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1300 W. Fourth Street  
Los Angeles, CA 90017  
(213) 240-5900  
(213) 240-5945 Fax  
www.chs-ca.org

For Child Care and Development Services, call (888) CHS-4KIDS or one of the following CHS offices:

**Long Beach**  
330 Golden Shore,  
Suite 20  
Long Beach, CA 90802  
(562) 256-7400

**San Diego**  
8765 Aero Drive,  
Suite 300  
San Diego, CA 92123  
(619) 715-5510

**Santa Ana**  
525 N. Cabrillo Park Drive,  
Suite 300  
Santa Ana, CA 92701  
(714) 836-8252

**Ventura**  
877 S. Victoria Avenue,  
Suite 110  
Ventura, CA 93003  
(805) 650-5310

**Yuba City**  
990 Klamath Lane,  
Suite 18  
Yuba City, CA 95993  
(530) 673-7503

To receive additional CHS Family Education Program materials, please call (213) 240-5900.

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# NUTRITION

HEALTHY EATING FOR HEALTHY CHILDREN



C H I L D R E N ' S H O M E S O C I E T Y O F C A L I F O R N I A

**★ HEALTHY TIPS**

- Serve toppings and condiments that are low in fat.
- Serve lean meats: Fish, lean beef cuts, skinless chicken, and turkey.
- Instead of butter, use margarine and vegetable oils made from canola, corn, olives, soybeans, or sunflowers.
- Use fat-free cooking methods like baking, broiling, grilling, poaching, roasting, or steaming.
- Read nutrition labels to make healthy decisions. Percent Daily Values are based on calorie levels for adults. Foods intended for children have a Nutrition Facts Panel that is specific for children.
- Eat small amounts of fat, cholesterol, salt, and sugar.
- If your child often refuses food, try offering a variety of healthy choices. Avoid bargaining and begging to get your child to eat. (For example, if your child refuses milk, try offering cheese or a fruit smoothie made with milk.)
- Do not keep supplies of snacks high in fat and sugar at home. Buy what you need for special occasions.
- If you feel your child is overweight or has unhealthy eating habits, talk to her doctor or a registered dietician for recommendations.
- If your child attends child care or school, find out what type of meals and snacks are given and how often they are given.



Children's early eating experiences affect their future eating habits.

For children younger than two years old, do not restrict fat or calories unless the doctor says to.

**★ ALLERGIES & SPECIAL NEEDS**

- Food allergies are common in many children. For children with special needs, their developmental disabilities or food allergies may require special diet plans.
- Seek help from health consultants, other parents, pediatricians, and therapists.
  - You may need to give special attention to amounts of food, frequency of feeding, medication, special equipment, or types of food.
  - Some common food allergies are cow's milk, citrus fruits and juice, egg whites, peanuts, and wheat.
  - Symptoms of allergies: Coughing, diarrhea, itching, nausea, rashes, runny nose, sneezing, stomach pain, swelling, vomiting.
  - If your child has allergies, read a food's ingredients.

Be a good example by eating healthy yourself. Allow children to help you prepare meals. When introducing new food to your child, start with a small serving and offer more if he asks.

**★ EXERCISE**

- Children should have at least 30 to 60 minutes of physical activity each day.
- Limit the amount of time children spend doing activities that do not require physical movement like watching television, using the computer, and playing video games.
- Because of funding, some schools are not able to offer recommended amounts of physical education. Some alternative ways for children to exercise are:
  - Dancing
  - Sledding or ice skating
  - Jumping rope
  - Playing on swings
  - Playing tag
  - Riding a tricycle or bicycle
  - Swimming
  - Taking walks
  - Throwing balls



The following resources provide more information about this subject

- ORGANIZATIONS**
- FOOD AND NUTRITION INFORMATION CENTER: (301) 504-5719 (Maryland) or [www.nal.usda.gov/fnic](http://www.nal.usda.gov/fnic)
- KIDSHALTH: [www.kidshalth.org](http://www.kidshalth.org)
- WOMEN, INFANTS & CHILDREN (WIC): (888) 942-9675 (only from California)
- For a toll-free number in your state, visit [www.fns.usda.gov/wic](http://www.fns.usda.gov/wic).
- BOOKS**
- AMERICAN HEART ASSOCIATION KID'S COOKBOOK  
American Heart Association
- GUIDE TO YOUR CHILD'S NUTRITION  
American Academy of Pediatrics
- HEALTHY FOODS, HEALTHY KIDS  
Elizabeth M. Ward, M.S., R.D.



It is important for parents and caregivers to know about proper nutrition for children and help them develop a lifestyle of healthy eating. This brochure provides nutritional tips for children ages 12 months and older.



**★ FOOD GUIDE PYRAMID**

The Food Guide Pyramid is a general guide that can help your family eat healthy.

FOOD GROUP	DAILY SERVING SIZE	EXAMPLES	HEALTHY SNACKS
Fats/Sweets	Limit the amount eaten from this food group.	Biscuits, butter, candy, chips, churros, coconut oil, cookies, doughnuts, fried foods, ghee, honey, ice cream, lard, mayonnaise, soda	Angel food cake, fresh fruit, graham crackers, low-fat yogurt**, tortilla chips
Dairy	2 to 3 servings*	Cheese, milk (skim or 1%**), yogurt	Cottage cheese, low-fat/frozen yogurt**, natural cheese (cheddar, Swiss)
Meat	2 to 3 servings*	Beef, chick peas, dry beans, eggs, fish, lentils, nuts***, poultry	Peanut butter spread, tofu, tuna
Vegetables	3 to 5 servings*	Asparagus, bean sprouts, bok choy, broccoli, cactus, carrots***, collard greens, corn***, jicama, okra, peas***, potato, spinach, squash, tomato	Baked potato, cooked vegetables, vegetable juices
Fruit	2 to 4 servings*	Apple, banana, grapes***, lechee, mango, melon, nectarine, orange, papaya, peach, plantains, strawberries, watermelon	100% fruit juice, dried fruit**, fresh fruit, frozen fruit bars without added sugar, raisins***
Grains	6 to 11 servings*	Bread, bulgar, cereal, cornmeal, couscous, grits, muffin, noodles, pasta, pita bread, rice, tortilla	Baked chips, dry cereal (low in sugar), fig bars, oatmeal, pretzels***, rice cake, whole-grain crackers, whole-wheat bread

\* A good way to determine an appropriate serving size is one tablespoon for each year of age.  
 \*\* Children younger than two years old should drink whole milk and should not eat reduced-fat foods.  
 \*\*\* For children younger than four years old, these foods can be choking hazards. Avoid giving large chunks of food.

**★ FOOD FACTS**

- Carbohydrates provide energy. Fat helps growth and provides energy. Protein helps growth and brain development.
- If a child eats a diet based on the Food Guide Pyramid, he will eat the vitamins needed to be healthy. Give your child vitamins and supplements only if the pediatrician recommends doing so.
- Children should eat three full meals and two to three snacks every day. When a child becomes a toddler, her appetite often decreases. Try serving smaller amounts. If she wants more, offer a second serving. Do not force her to eat food.
- Foods labeled "reduced-fat" may have high amounts of sugar.
- When a child eats more calories than he uses up in physical energy, he can become overweight. Watching television and snacking for several hours at a time on a regular basis can lead to obesity.



Healthy eating begins with healthy shopping. Buy foods and cooking ingredients that are healthy.

Eating breakfast every morning can help children concentrate, have more energy, and feel good.