

5-3-2-1-Almost None

A simple formula to help keep kids healthy and active

5

5 or more servings for fruits and vegetables daily

3

3 structured meals daily—eat breakfast, less fast food, and more meals prepared at home

2

2 hours or less of TV or video games daily

1

1 hour or more of moderate to vigorous physical activity daily

Almost None

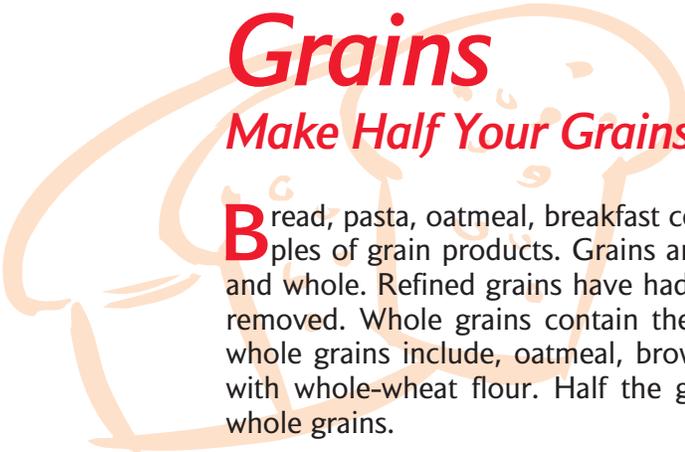
Limit sugar-sweetened drinks to “almost none”

Adapted from the 5-2-1-0 message promoted by the National Initiative for Children’s Healthcare Quality (www.nichq.org)



Grains

Make Half Your Grains Whole



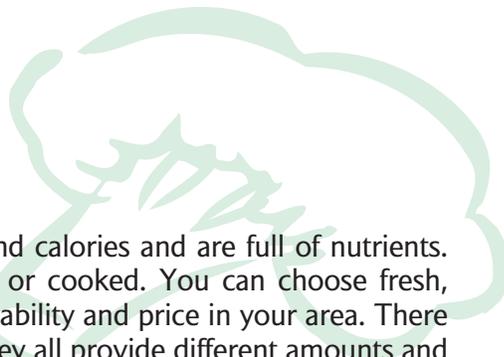
Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products. Grains are divided into two groups, refined and whole. Refined grains have had some or all of the bran and germ removed. Whole grains contain the whole grain kernel. Examples of whole grains include, oatmeal, brown rice, popcorn, and foods made with whole-wheat flour. Half the grains we eat each day should be whole grains.

Whole grains are a healthier choice for children and adults. Try to serve whole grains whenever you can. Children may be more likely to try whole-wheat bread, whole-wheat pasta or brown rice at school with other children than they may at home. If you make baked goods or pancakes try substituting half of the white flour with whole-wheat flour. Talk to children about whole grains while you are eating meals and snacks.

Grains should be included in each meal and snack that you serve. Examples of servings for children four to five years are a slice of bread, 1/2 cup of pasta or rice, 1/2 of a hamburger or hot dog bun, or a small tortilla. At breakfast try a small pancake, a cup of ready-to-eat cereal, or 1/2 cup of oatmeal or grits. Four crackers or a mini bagel make great snacks.

Vegetables

Vary Your Veggies



Most vegetables are low in fat and calories and are full of nutrients. Vegetables can be served raw or cooked. You can choose fresh, frozen or canned depending on availability and price in your area. There are many different vegetables, but they all provide different amounts and types of nutrients. It is important to eat as many different vegetables as possible. A good way to make sure you are getting variety is to remember to eat all of your colors. Vary the color of vegetables that you serve the children throughout the week.

Vegetables are not always a favorite with children, or they may have a few they like and a few they avoid. Introduce new vegetables often. Seeing other children enjoy zucchini, spinach, or sweet potatoes may inspire a picky eater to take a taste. Talk to children about eating a rainbow of vegetables.

Serve vegetables at most meals and at least one snack each day. Easy vegetable snacks such as baby carrots (sliced thinly to prevent choking), a small sliced sweet pepper, or a large celery stick will help children increase their variety. Older children may be able to try two different vegetables at one meal.

Fruit

Focus On Fruit

Fruit is important for a healthy diet. It can be fresh, canned, frozen, or dried, and may be whole, or cut-up. Fruit is a great source of nutrients and is low in fat. To get the most out of your fruit, eat it as whole fruit instead of juice. Juice does not have fiber and may have added sugar. Choose local fresh fruit in-season for the best price. When fresh is not available, choose frozen fruit or fruit canned in fruit juice.

Fruit is a natural favorite with children. Offer children fruit that they may not be familiar with such as mango, kiwi, melon, or apricots. When trying new fruits with the children, talk about where they come from and how they are grown. Fruit can be served alone or as a part of a meal. Try fruit on cereal in the morning or with yogurt for a snack. Be sure to peel tough skins and cut up harder to chew fruit to prevent choking.

Fruit can fit into almost any meal or snack. For breakfast slice up a half-cup of strawberries or bananas on cereal or oatmeal, or serve a half-cup of juice. One half of a small apple or pear peeled and sliced or a small box of raisins is an easy snack. For lunch serve fruit as a side dish, such as a half-cup of applesauce, or give them a 1-inch wedge of watermelon for dessert.

Milk

Get Your Calcium Rich Foods

The most calcium rich foods are dairy products. Dairy products also provide other valuable nutrients such as potassium and vitamin D. The healthiest dairy products are ones that are low fat or fat free. Choose skim or 1% milk, and fat free yogurt and sour cream. When choosing cheeses, try a low fat variety such as part skim mozzarella.

There are many dairy products you can serve. Introduce yogurt topped with fruit or serve low fat pudding. Dairy products can go with almost



any meal or snack. Cereal or oatmeal with 1/2 cup of milk is an easy favorite. A half-cup of yogurt topped with granola or 1-inch cubes of cheese are quick snacks. A half-cup of milk can be served with any meal or snack, or try adding cheese to veggies or potatoes.

Some children may not be able to eat dairy products if they are lactose intolerant. There are calcium-enriched beverages such as soymilk or orange juice that could be served to provide calcium. Also, children who are lactose intolerant may be able to eat yogurt or cheese.

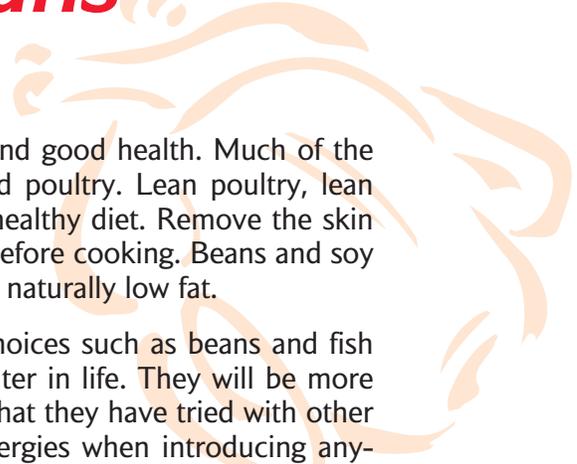
Meat and Beans...

Go Lean with Protein

Protein is essential for proper growth and good health. Much of the protein we eat comes from meats and poultry. Lean poultry, lean meat and fish are the best choices for a healthy diet. Remove the skin from poultry and fat from beef and pork before cooking. Beans and soy foods are great sources of protein and are naturally low fat.

Introducing children to healthy protein choices such as beans and fish will help them have a more varied diet later in life. They will be more likely to choose something on their own that they have tried with other children at school. Be careful of food allergies when introducing anything made with seeds and nuts. Check with parents first to be sure the children do not have food allergies.

You can provide a great variety of proteins at meals. Try a one-egg omelet for breakfast. You can make a sandwich with one quarter of a can of tuna or one tablespoon of peanut butter, lean meat or poultry for lunch.



*These ideas work at home
or “on the go.”*

SNACKS FROM THE GRAIN GROUP

- Cracker stacks—wheat crackers spread with cheese spread
- Ready-to-eat cereals
- Flavored mini rice cakes or popcorn cakes
- Breads of all kinds such as multi-grain, rye, white, wheat
- Ginger snaps or fig bars
- Popcorn
- Trail mix...ready-to-eat cereals mixed with raisins or other dried fruit
- Graham crackers

SNACKS FROM THE VEGETABLE GROUP

- Vegetable sticks such as carrot, celery, green pepper, cucumber, or squash
- Celery stuffed with peanut butter
- Cherry tomatoes cut in small pieces
- Steamed broccoli, green beans, or sugar peas with lowfat dip

SNACKS FROM THE FRUIT GROUP

- Apple ring sandwiches...peanut butter on apple rings
- Tangerine sections
- Chunks of banana or pineapple
- Canned fruits packed in juice
- Juice box (100% juice)

SNACKS FROM THE MILK GROUP

- Milk shakes—made with fruit and milk
- Cheese slices with thin apple wedges
- String cheese or individually wrapped slices
- Mini yogurt cups

SNACKS FROM THE MEAT GROUP

- Hard cooked eggs (wedges or slices)
- Peanut butter spread thin on crackers
- Bean dip spread thin on crackers

BE SNACK-WISE...



Encouraging Food Choices for a Healthy Diet

BE PATIENT. Young children may not be interested in trying new foods. Offer a new food more than once. Show children how you enjoy it. The food may be accepted when it becomes more familiar to children.

BE A PLANNER. Most young children need a snack or two in addition to three regular daily meals.

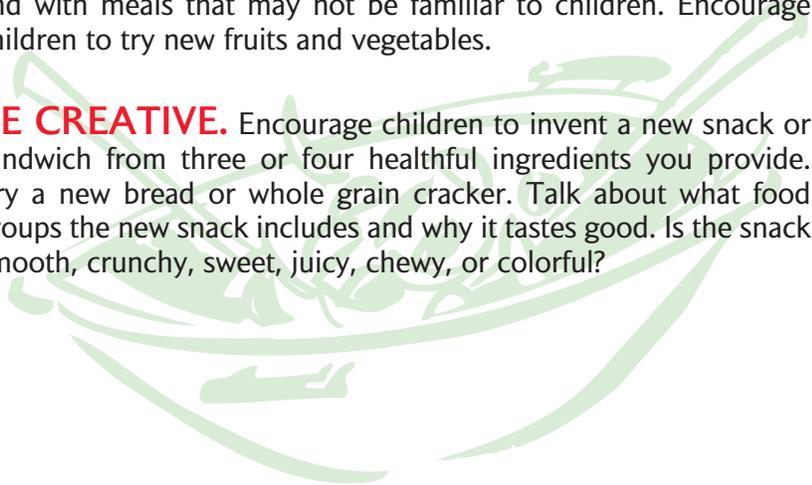
- Offer foods from three or more of the five major food groups for breakfast and lunch.
- Offer foods from four or more of the five major food groups for the “main meal.”
- Plan snacks so they are not served too close to mealtime, and offer foods from two or more of the five major food groups.

BE A GOOD ROLE MODEL. What you do can mean more than what you say. Children learn from you about how and what to eat.

- Eat meals with the children in your care whenever possible.
- Try new foods and new ways of preparing them with children. Both you and the children can be healthier by eating more dark-green leafy vegetables, deep-yellow vegetables, fruits, and whole grain products.
- Walk, run, and play with the children in your care. Don’t just sit on the side-lines.

BE ADVENTUROUS. Offer fruits and vegetables for snacks and with meals that may not be familiar to children. Encourage children to try new fruits and vegetables.

BE CREATIVE. Encourage children to invent a new snack or sandwich from three or four healthful ingredients you provide. Try a new bread or whole grain cracker. Talk about what food groups the new snack includes and why it tastes good. Is the snack smooth, crunchy, sweet, juicy, chewy, or colorful?



Find Your Balance Between Food and Physical Activity

Everyone needs to find the balance between food and activity. As a caretaker you can help children understand that what they eat and how they move can affect the way they feel and grow. Being active early in life can go a long way in helping a child develop lifelong physical activity patterns. Many children love to be active, and only need a place to play to get the activity they need. Other children may need more encouragement to be active. Toys that promote activity such as balls and jump ropes should be available. Showing children that being active is fun and easy will help them build life long healthy habits. Children who are active are more likely to do better in school, have better self esteem, and sleep well at night. They will develop healthier bones and muscles, and have a much lower chance of becoming overweight.

Children should have a good mix of different types of physical activity. Incorporate ten minute active breaks into your class day. Pick activities that you can do inside and that need little or no set up. These short breaks will get children up and moving. Try dancing, jumping around, walking quickly around the classroom or stretching. Make sure there is at least two to three outside play breaks scheduled each day for at least 20 minutes each. Play with the children and encourage them to keep moving. Teach them to jump rope and kick balls. Team tag games keep everyone moving.

Whenever you can, take the class on an active field trip. The local park would be a fun outing to get everyone moving. Try a hike. Children love to stop along the way and do not realize how far they are walking. Teaching children about the many different physical activities available to them will help them stay active for life.

Limit times when children are not active. Monitor the amount of television and computer use. Make sure that children are only inactive for short periods of time.

Physical Activity can be as simple as moving around, dancing, family activities, or free play. Everybody can be physically active regardless of age, size, skill, or ability level.

Children should get at least 60 minutes to several hours of physical activity each day, preferably on all days of the week. The activity does not have to be all at one time and can be spaced throughout the day.

Limit the amount of time children watch TV, play video games and participate in other sedentary activities.



TIPS ON HOW TO GET KIDS MOVING:

- *Participate with the children in physical activity.*
- *Model Behavior: Set a good example.*
- *Emphasize participation in activity and enjoyment over competition.*
- *Learn what they like and help them do it.*
- *Go outside.*
- *Help them learn while they play.*
- *Involve families and parents.*
- *Allow variety. Introduce new skills and movements.*
- *Provide time for unstructured play each day.*
- *Don't use physical activity as punishment.*
- *Plan activities for the whole family or group*
- *Provide encouragement.*

MAKE IT FUN!

Stay Safe When You Play

- Children should not swim without adult supervision.
- Pay attention to weather related issues such as extreme hot or cold temperatures. Wear proper clothing. Use multiple layers to dress for cold weather.
- Remember to use sunscreen.
- Stay on sidewalks or trails if available.
- Drink plenty of water before, during, and after activity, regardless of the weather or if you think you are thirsty.
- Make sure that children wear protective gear when biking or skating.

Activities can be adapted to fit any need, size, or ability level. Be creative. Provide regular opportunities for active, physical play. Children can develop the knowledge, attitudes, skills, behaviors and confidence to adopt and maintain active lifestyles.

**Help children
get moving
for a lifetime of
good health.**

RESOURCES

PARTNER INFORMATION



NC Cooperative Extension
Box 7605
NC State University
Raleigh, NC 27695-7605
919.515.9142
www.ces.ncsu.edu
www.ces.ncsu.edu/depts/fcs/

MISSION: An educational partnership helping people put research-based knowledge to work for economic prosperity, environmental stewardship and an improved quality of life.



Physical Activity and Nutrition Branch
1915 Mail Service Center
Raleigh, NC 27699-1915
919.707.5215
www.ncpanbranch.com

MISSION: To reverse the rising tide of obesity and chronic disease among North Carolinians by helping them to eat smart, move more and achieve a healthy weight.



Nutrition Services Branch
1914 Mail Service Center
Raleigh, NC 27699-1914
919.707.5800
www.nutritionnc.com

MISSION: To prevent and improve nutrition related health problems in women, infants and preschool children by providing nutrition education, supplemental food, and breast-feeding promotion and support.





WEBSITES

Action for Healthy Kids

www.actionforhealthykids.org

Action for Healthy Kids is about creating health-promoting schools that support sound nutrition and physical activity as part of a total learning environment.

American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD)

www.aahperd.org

Provides members with resources, support, and programs to help improve skills to further the health and well-being of the American public.

American Cancer Society

www.cancer.org

Information on preventing cancer.

American Dietetic Association

www.eatright.org

Contains information on nutrition and health. Topics include but are not limited to nutrition resources, nutrition and healthy lifestyle tips, and nutrition fact sheets.

American Heart Association

www.americanheart.org

Information that emphasizes the importance of children being physically active and provides skills and tips to help young children learn how to jump rope.

Centers for Disease Control

www.cdc.gov

Information on health promotion and education activities designed to improve overall health.

Color Me Healthy

www.colormehealthy.com

Official website for the Color Me Healthy program, includes additional information for families.

Eat Smart, Move More, North Carolina

www.eatsmartmovemorenc.com

www.myeatsmartmovemore.com

North Carolina's premiere web resources for both the professional and the consumer. EatSmarMoveMoreNC provides professionals with tools and resources to use in their setting. MyEatSmartMoveMore provides simple solutions on how families can eat smart and move more.

Families, Food, and Fitness

www.extension.org/families%20food%20fitness

eXtension is an interactive learning environment delivering the best, most researched knowledge from the smartest land-grant university minds across America. eXtension connects knowledge consumers with knowledge providers—experts who know their subject matter inside out. Families, Food, and Fitness provides information for families with young children on healthy eating and physical activity.

Fight BAC! Partnership for Food Safety Education

www.FightBAC.org

Provides information about the importance of food safety and food borne illnesses.

Food and Nutrition Information Center

www.nal.usda.gov/fnic

Information and resources about food and human nutrition.

Fruits and Veggies—More Matters

www.fruitsandveggiesmorematters.org

Provides information to increase consumption of fruits and vegetables to improve the health of Americans.

International Food Information Council

www.ific.org

Provides information on food safety and nutrition for health and nutrition professionals, educators, journalists, and government officials.



WEBSITES

Let's Move

www.letsmove.gov

Provides information to help America move to raise a healthier generation of kids.

National Dairy Council

www.nutritionexplorations.org

Provides parents with information on the food guide pyramid, recipes to do with their children, nutrition updates, cooking tips, nutrition quizzes, riddles and crosswords.

National Network for Child Care

www.nncc.org

Articles, resources, and links to information regarding children and youth. Topics include but are not limited to health and safety, child development, as well as nutrition.

President's Council on Physical Fitness and Health

www.fitness.gov

Information, resources, and tips on physical activity, fitness, sports, and health.

SPARK

www.sparkpe.org

SPARK is a research-based, public health organization dedicated to creating, implementing, and evaluating programs that promote lifelong wellness.

USDA Food Safety

www.foodsafety.gov

Information consumer advice, food safety programs, and other food safety issues.

USDA Guidelines for Americans

www.nal.usda.gov/fnic/dga

Dietary Guidelines for Americans.

.org



