

Family Support Nutrition Training Resource Manual

Iowa Department of Public Health

This resource manual is brought to you by the Iowans Fit for Life team as information to improve the health and well-being of parents and children in Iowa.

Physical Activity



Nutrition/WIC/MyPyramid



Oral Health and Nutrition



Family Meals





PHYSICAL ACTIVITY

National Association for Sports and Physical Activity (NASPE) (<http://www.aahperd.org/naspe/>)



**NATIONAL ASSOCIATION
FOR SPORT & PHYSICAL
EDUCATION**

What You Can Find on this Website:

- A non-profit professional membership association that sets the standard for practice in physical education and sport.
- Geared towards physical education teachers, school administrators, athletic directors, researchers and coaches.
- Latest research, tools and ideas for increasing physical activity among youth

American Academy of Pediatrics (AAP) (<http://www.aap.org/about.html>)

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN™



What You Can Find on this Website:

- search specific topics of interest
- books and publications
- advocacy
- children's health topics
- parenting corner



Ideas for family physical activity:

Get up for a Family Fun Night!

- Plan a week full of fun activity, like riding bikes, miniature golf, or bowl with another family. Make it a nightly thing!
- Be sure to keep a look out for fun events going on in your community
- Activity can be broken into segments all day long.
- Take a short walk before or after dinner.
- Find new and exciting routes to and from your home.
- Let the kids make a game out of the walk. Count the trees along the walk, run up steps, or look for street names that contain letters in their names.

Fun Activities for children 0-5 years

With a Ball- kick, throw, hold, jump over

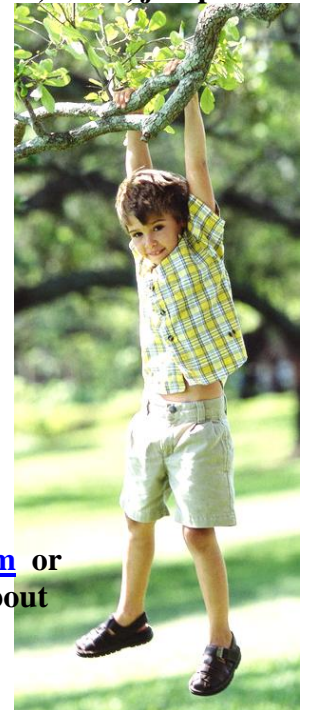
One Year- stack objects, walk, and kick a ball

Two Year- roll like a log, hop like a kangaroo, jump

Three Year- act like zoo animals, ride a tricycle, skip

Four Year- cereal box shoes, build empty boxes and jump over or knock over

Five Years- many simple games, catch, jump rope



It's Worth It!

Physical activity builds a great foundation for a healthy life.

- Increase self-esteem and capacity for learning
- Help kids handle stress
- Build and maintain healthy bones, muscles and joints
- Help control weight

If you are unsure about what your local area can offer, visit www.trails.com or http://www.iowadnr.gov/parks/state_park_list/index.html to learn more about nearby parks and trails.

FAQ

Q: What about new interactive games such as the Wii?

A: Better than sitting around with the older video games. Be sure to encourage time away from a television



Q: Should children under the age of two watch television?

A: The first two years of life are especially important in the growth and development of a child's brain. During this time, children need positive interaction with other children and adults. Encourage more interactive activities that will promote proper brain development, such as talking, playing, singing and reading together.

Resources include: www.cdc.gov/HealthyYouth/PhysicalActivity or call (888)231-6405



NUTRITION

Fruit and Veggies-More Matters

(<http://www.fruitsandveggiesmorematters.org/>)



What You Can Find on this Website:

- Moms to moms chat room
- A place to ask the experts
- Kids pages (printable coloring sheets stickers, recipes and fun hands-on activities)
- Recipes and cooking tips
- Meal planning and shopping
- Tips and ideas about including more fruits and vegetables.

Interactive Kids Pages on the Fruits & Veggies—More Matters Web site

Fruits & Veggies—More Matters is launching new interactive activities pages for kids at www.fruitsandveggiesmorematters.org. Developed in partnership with Imagination Farms and KidzSmart, the pages are guided by the Fruits & Veggies Color Champions, five colorful characters who represent the variety of colors and types of fruits and vegetables. The Color Champions

- Guide kids through interactive games, such as Fruit & Veggie Matching
- Fruit & Veggie Naming for kids 2-5 and Fruit & Veggie Math for kids ages 6-8.
- Also available are printable coloring sheets and stickers, recipes and fun hands-on activities such as a Supermarket Scavenger Hunt and an Artwork Gallery.

Get Smart! Fruits & Veggies—More Matters

- Introduce strategies and tips called Get Smart! Fruits & Veggies—More Matters.
- These helpful, practical, easy to use tactics, available at www.fruitsandveggiesmorematters.org,
- designed to illustrate for Moms that it's easy to include more fruits and vegetables in meals and snacks by using fresh, canned, frozen, dried or 100% juice.



Produce for Better Health Association (PBH)

<http://www.pbhfoundation.org/educators/teachers/activities/>

What You Can Find on this Website:

- kids activity sheets and other educational resources
 - tips for teachers/curriculum
 - contests
-



www.idph.state.ia.us/pickabetersnack

What You Can Find on this Website:

Click on “parents/consumers” for recipes, youth bingo cards, and parent newsletters

- 2009-2010 bingo cards (monthly cards in English and Spanish at the top of the screen) include family meal recipes featuring fruits and vegetables from the card and meal conversation starters
- Parents/Consumers- recipes and family newsletter
- Teachers- monthly snack lessons and additional teacher resources

Visit <http://www.idph.state.ia.us/nutritionnetwork/resources.asp> for information about Food Assistance, meal planning and more.



Example recipes:

Pocket Apple Pie

4 flour tortillas 1/2 teaspoon ground cinnamon
2 large apples 4 teaspoons brown sugar
1/8 teaspoon nutmeg

Warm tortillas in microwave to make them easier to handle. Peel and chop apples into small pieces and place 1/4 of the apples on half of each tortilla. Stir together brown sugar, cinnamon and nutmeg, and sprinkle over the fruit. Roll up the tortillas, starting at the end with the fruit, and place on an ungreased baking sheet. Make small slits in the tortillas to allow steam to escape. Brush with milk and sprinkle with sugar. Bake at 350° for 8 – 12 minutes or until light brown. Serve warm or cool.

Veggie Pillows

Serving size: 1/2 slice pita bread

Makes 2 servings

Source: Kansas State Extension

Ingredients:

- 1 celery stalk
- 1 carrot, peeled
- 1/2 green pepper
- 2 tablespoons ranch-style salad dressing
- 1 slice pita bread

Directions:

Wash vegetables and chop into small pieces.

Combine vegetables in a small bowl and add dressing. Cut pita bread into two half-moon shapes and open pita pocket. Stuff veggies into each pocket. (Add other vegetables if you want more variety!)

Nutrition Information per serving:

171 calories, 15% calories from fat, 7 g total fat, 4 mg cholesterol, 3 g protein, 22 g carbohydrate, 2 g fiber, 312 mg sodium

Physical Activity and Healthy Snacks for Young Children

<http://www.iptv.org/rtl/TNactivity1/TNactivity1.PPT>

TEAM NUTRITION  **IOWA™**

What You Can Find on this Website:

This program promotes the 2000 Dietary Guidelines for preschoolers.

- Uses snack/activity cards
- Snack cards contain either a fruit/vegetable serving OR grain/bread serving
- Each card provides a recipe/snack idea
- Each card offers a book title that relates to specific foods in the recipes, to healthy eating or to physical activity
- Each card also provides activities for young children that point the way to good health



Food for Fitness and Fun

Iowa State University Extension

(<http://www.extension.iastate.edu/food/>)

What You Can Find on this Website:

- **Monthly newsletter**

- Recipes
- Activities
- Food safety
- Nutrition, Health and Exercise

Pick a better snack™

- Apples to Zucchini
- Bingo cards (Espanol)
- Color Way
- On the Go!
- Snack and Act
- Shake Up Your Snacks (Espanol)

MYPYRAMID.GOV





What You Can Find on this Website:

- Interactive website
- Helps plan your own pyramid and keeps track of progress
- Offers facts and portion sizes for each food group
- Interactive site for kids
- Materials for professionals

The following are examples from each food group you could try to incorporate on your next grocery list. The ounce and cup measurements are the recommended daily allowance for a average 2000 calorie diet.

Whole grains (6 oz):

Brown rice
oatmeal
popcorn
whole wheat cereal flakes
whole wheat bread
whole wheat crackers
whole wheat pasta
whole wheat sandwich
whole wheat tortillas
wild rice

Dark green vegetables (2.5 cups)

broccoli
collard greens
dark green leafy lettuce
romaine lettuce
spinach

100% Fruit Juice (2 cups):

orange
apple
grape
grapefruit

Choose fat-free or low-fat milk, yogurt, and cheese (3 cups).

Choose lean or low-fat meat and poultry (5.5 oz).

Most oils are high in monounsaturated or polyunsaturated fats, and low in saturated fats. Oils from plant sources (vegetable and nut oils) do not contain any cholesterol. In fact, no foods from plants sources contain cholesterol.



Portion Sizes

The following are a few comparisons for acceptable portion sizes. Do you eat the correct amount?



$\frac{1}{2}$ Cup = size of baseball



1 Cup = size of softball



2 tablespoons = size of a ping pong ball



3oz = deck of cards



1 teaspoon butter, margarine = size of a stamp

**A plate of rubber bands can simulate how much pasta we consume in one sitting.
This is a great visual to help families learn portion size recommendations.**



SPAGHETTI AND MEATBALLS

20 Years Ago



500 calories
1 cup spaghetti with sauce
and 3 small meatballs

Today



1,025 calories
2 cups of pasta with sauce
and 3 large meatballs

Calorie Difference: 525 calories

FRENCH FRIES

20 Years Ago



210 Calories
2.4 ounces

Today



610 Calories
6.9 ounces

Calorie Difference: 400 Calories

<http://hp2010.nhlbihin.net/portion/>



The last section of the food pyramid is physical activity. For health benefits, physical activity should be moderate or vigorous and add up to at least 30 minutes a day.

Moderate physical activity includes:

- Walking briskly (about 3 ½ miles per hour)
- Hiking
- Gardening/yard work
- Dancing
- Golf (walking and carrying clubs)
- Bicycling (less than 10 miles per hour)
- Weight training (generally light workout)

Vigorous physical activity includes:

- Running/jogging (5 miles per hour)
- Bicycling (more than 10 miles per hour)
- Swimming (freestyle laps)
- Aerobics
- Walking very fast (4 ½ miles per hour)
- Heavy yard work, such as chopping wood
- Weight lifting (vigorous effort)
- Basketball (competitive)

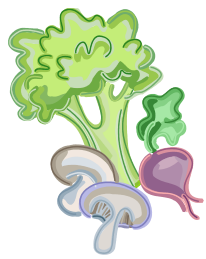
FAQ

Q: What is the difference between regular and organically grown foods?

A: The only difference is that organic food is grown pesticide-free.

Q: What are other options to the good, expensive whole grain breads:

A: A cheaper alternative is to buy oatmeal or to look for breads that contain 3 or 4 grams of fiber.



NUTRITION EDUCATION IN FAMILY SUPPORT

Stacey Corey
Family Foundations

What kids can learn at the dinner table...

To sit in a chair

To say please

To say thank you

To talk to others

To listen to others

To keep their hands to
themselves

To drink from a cup

To use a spoon, fork, and knife

To use a napkin

To cover their mouths

To wash their hands

Your child will learn to eat:

Orange carrots, **yellow** corn, **green** beans, **red** strawberries, **purple** Jell-O
and, of course, drink white milk.

Food can be hot, cold, warm, and cool. It can be hard, soft, squishy, dry, wet,
round, square, triangle or just a glob.

Food can taste yummy, yucky, sour, spicy, or sweet.

Food can be passed to the left, to the right, across the table, and once in awhile
fall under the table.

And for all young parents trying to begin this phase in the high chair, look at
what your child is learning.....

Not to throw food *across* the room. Not to throw food *on* Mom's hair. Not to
drop food *down* on the floor. Not to squish bananas *in* their hair. Not to put their
cup *on* their head. Not to spit food *out* of their mouth. So just when you are
ready to pull your hair *out*...remember how much your child is learning (without
them even knowing it)!!



WIC – Supplemental Nutrition for Women, Infants, and Children

WIC provides the following services to achieve positive health outcomes:

- Nutrition counseling and education
- Breastfeeding promotion and support
- Checks to buy nutritious foods
- Immunization screening and referrals
- Health and social service referrals

Who is eligible?

- Pregnant
- Breastfeeding, for up to one year postpartum
- Women who are not breastfeeding, for six months postpartum
- Infants
- Children under 5 years

Healthy Eating Tips for Families:

- Make mealtime family time. Try to have at least one meal a day together.
- Get the family involved in meal planning and preparation. Give kids simple tasks to help.
- Be a good role model. Healthy eating is a lifestyle—not a fad. It needs to be a family affair that begins at an early age.
- Try something new. Set a goal to include one new food or recipe each week.
- Stash healthy snacks. As you run out the door, grab a few healthy snacks – crackers and peanut butter, small boxes of cereal, fresh fruit, pretzels, or plain popcorn.
- Think creatively to adapt to your family's schedule. For example, have a tailgate picnic before or after a game or practice.
- Be informed when dining out. Some Web sites provide nutrition breakdowns for menu items.



• **Get help from a nutrition expert.** A registered dietitian (RD) is uniquely qualified to help families improve their eating habits. Whether it is special challenges like picky eaters or health issues such as weight management, an RD can provide a personalized guide to healthy eating for your family

BREASTFEEDING

“While breastfeeding may not seem the right choice for every parent, it is the best choice for every baby.” Amy Spangler in *Breastfeeding: A Parent’s Guide*, 2000.

Advantages:

First immunization
Reduced risk of multiple diseases
Reduced risk of overweight and obesity
Possible increase in vegetable acceptance

Barriers:

Mom questions her milk supply
Other issues in “mom’s” life
Returning to work or school

NO cow’s milk:

Causes blood loss
Stresses kidneys
Fat poorly absorbed
Forms a tough curd
Low iron content

FEEDING RESPONSIBILITIES

DURING MEAL TIME IT IS YOUR JOB AS A PARENT TO:

- Stick to your meal and snack routine.
- Your toddler will eat better at mealtime when there’s at least 2 hours between a snack and the next meal. Toddlers sometimes skip meals or eat only one or two foods.
- Your child’s food intake over time is what counts!
- Store food out of reach and out of sight when meals and snacks are over. You are in charge of when it is time to eat and what food is offered. This includes juice, milk and other beverages.
- Offer water between meals to quench your child’s thirst.
- Make mealtime a family time. Serve foods your family enjoys eating. Turn off the TV and enjoy talking with each other.

DURING MEAL TIME IT IS YOUR CHILD’S JOB TO:

- Eat if hungry and stop when full. Let your child determine how much or whether to eat.
- It is normal for toddlers to eat a lot on some days and very little on other days. Forcing or bribing a toddler to eat does not work.



- Do not let your child carry a bottle or cup around or go to sleep with one.
- Toddlers like to copy other people. If you eat a variety of foods, your child is more likely to do the same.
- Let your child take the time to explore new foods. Some toddlers need to see a new food 8 – 10 times before they even put it in their mouth!
- Be patient and respect your child's food likes and dislikes.

(Based on research performed by Ellyn Satter)

FAQ

Q: How long should a mother breastfeed?

A: Ultimately, as long as the mom and baby want to. 6 months to 1 year is ideal.

Q: Can you buy milk with WIC vouchers?

A: Yes, it will be a part of the WIC program

Q: What is the difference between regular formula and the new “amped” formula?

A: The addition of omega-3 which is a seaweed addition

Q: What is going to be in the newly updated WIC package?

A: By September 30, 2009, changes will be made to the WIC food package to include fruit, vegetables and whole grains.

Q: When is it ok to put cereal in baby formula?

A: Infant cereal may be started between 4-6 months from a spoon. The family physician may recommend infant cereal in a bottle for a limited number of diagnosed medical conditions such as gastroesophageal reflux.

Q: What is appropriate for juice dilutions?

A: The child should receive no more than 4-6 ounces of full-strength juice per day. The parent could dilute as accepted by the child as long as the 6 oz of full strength juice is not exceeded. So, if a 1 oz of juice will do the trick with 5 oz of water that is fine.

Q: At what age should you switch from whole milk to 1% or fat free milk?

A: Currently, at age 2 the child can be switched to lowfat or fat free milk because the added fat for brain development is no longer needed. 1% (lowfat) or fat free is recommended, as opposed to 2%, because that follows the 2005 Dietary Guidelines recommendations. If a child has certain medical conditions, like failure to thrive, whole milk may be continued.

For more help: <http://www.aap.org/healthtopics/nutrition.cfm>

http://www.idph.state.ia.us/hpcdp/common/pdf/nutrition/feeding_your_toddler.pdf

To order materials or for more information,

Call 1-800-532-1579 or visit www.idph.state.ia.us/wic



ORAL HEALTH AND NUTRITION

EARLY CHILDHOOD & ORAL HEALTH MODULE VII

PRIMARY OUTCOME: Preschool aged children have reduced rates of Early Childhood Caries

SHORT-TERM OUTCOME: Parents learn how to identify “teeth healthy” foods and good nutrition habits that keep their child free from cavities and maintain good overall health

LESSON OBJECTIVE: Nutrition How the parent can help prevent their child from having cavities by select age-appropriate “teeth healthy” foods and beverages for their child; how they can establish appropriate meal and snacking habits

ACTIVITY:

Review Oral Health Plan from last meeting

Use trigger questions to spark curiosity and begin conversation – Samples

- Are you breastfeeding your baby? Did you breastfeed?
- How many times a day does your child eat?
- What kinds of foods do you serve your family?
- Does your child get upset when they don’t get what they want to eat or drink?
- What does your child like to eat when snacking?
- What kinds of foods do you think might cause cavities?
- Everyone knows sugary drinks can be harmful to kid’s teeth, but what about juice?
- _____
- _____

Oral Health Demonstration/Hands-on with family and home visitor

- Draw a picture with the parents about all the ways to soothe a baby before sleep instead of giving a bottle at bedtime
- Create a poster the parents and child with pictures clipped from magazines that show ways to give the child attention other than food
- Involve the parent in making a list of all the snack food the child and family eat. List the ingredients that are high in sugar and starches. List substitutes
- Bring samples of “teeth healthy” snacks the parents are interested in trying for themselves and their children
- Pick a simple recipe from Tasty Treats for Teeth to make with the parents and child
- Study with parents nutrition labels on sweetened beverages, adding up the sugar contents
- Offer parents a sweet or sticky snack at the beginning of the home visit and let them know 20 minutes later that acid has been working on their teeth all that time

Share and review handouts

- *A Healthy Mouth for Your Baby*
- *Tasty Treats for Teeth*



- *Healthy Smiles* PowerPoint showing bottles and cups, healthy foods
- List of snack substitutes

Develop oral health plan for next week/month

For the family

What I can/will do in the next week to follow through for good oral health

Here are questions I have

Here are resources and support I need to follow through

For the home visitor

Here's what you have asked my help with that I can commit to doing

This is the oral health topic we will plan to discuss next time

PARENT MATERIALS:

- *Healthy Smiles* PowerPoint slide of “teeth healthy” foods
- A Healthy Mouth for Your Baby
- *Tasty Treats for Teeth*

STAFF BACKGROUND INFORMATION:

Strong enamel keeps the teeth cavity free
“Teeth healthy” nutrition keeps enamel strong
Serve only milk and water in bottles and cups
Limit juice to 4 – 6 ounces each day
Do not serve soft drinks/soda pop to young children
Limit sweets and serve at mealtimes rather than as snacks
Serve “teeth healthy” foods for snacks
Refined sugars turn into acid, connect with plaque, and
begin attacking the enamel

- Encourage your child to drink from a cup as they approach their first birthday. Children should not fall asleep with a bottle or sippy cup. At-will nighttime breast-feeding should be avoided after the first primary (baby) tooth begins to erupt. Drinking juice from a bottle should be avoided. When juice is offered, it should be in a cup and limited to 4 – 6 ounces each day.
- UCSF Children’s Hospital website
<http://www.uscfhealth.org/childrens/edu/bottleWeaning.html>
- American Academy of Pediatrics
<http://www.aap.org/family/brstguid.htm>
- Kids Health for Parents *Healthy Eating*
http://www.kidshealth.org/parent/nutrition_fit/nutrition/habits.html
- Tasty Treats for Teeth
- Kids Health for Parents *Carbohydrates, Sugar and Your Child*
http://www.kidshealth.org/parent/nutrition_fit/nutrition/sugar.html

Iowa Healthy Smiles Early Childhood Home Visitor Curriculum
Developers: Cecilia Hwang DDS, Timothy Brister, DDS
Marcia Manter, Project Co-coordinator
For Information: MManter@aol.com
February, 2005



Can you tell how much sugar is in each?

Hint = Divide the number of grams by 4.2 to measure in teaspoons.

1 cube sugar cube = one teaspoon



The number of grams or teaspoons may differ according to product or size.

One 12 oz juice box =
21 grams = about 5
teaspoons



One 12 oz Gatorade =
23 grams = about 5.5
teaspoons sugar



One 12 oz can of Mountain Dew =
46 g = about 11 teaspoons



One fruit rollup = 5 g = about 1
teaspoon



One granola bar = 7g = about 2 teaspoons



When you put sugar in your mouth, the bacteria in the plaque gobble up the sweet stuff and turn it into acids. These acids are powerful enough to dissolve the hard enamel that covers your teeth. This process is sometimes called an “acid attack” and continues to act for 20 minutes after you are done eating. Goopy or chewy sweets spend more time sticking to the surface of your teeth. Because sticky snacks stay in your mouth longer than foods that you quickly chew and swallow, they give your teeth a longer sugar bath.



When you're deciding about snacks, think about:

- The number of times a day you eat sugary snacks
- How long the sugary food stays in your mouth
- The texture of the sugary food (chewy? sticky?)



Remember to

- choose sugary foods less often
- avoid sweets between meals
- eat a variety of low or non-fat foods from the basic groups
- brush your teeth with fluoride toothpaste after snacks and meals

<http://www.nidcr.nih.gov/HealthInformation/DiseasesAndConditions/ChildrensOralHealth/SnackSmart/default.htm#sugars>

Examples of sticky foods

- Pretzels
- Hamburgers (cheese, bread, etc)
- Caramel apple
- Dried fruit

Examples of non-sticky foods

- Apples
- Carrots
- Broccoli
- Bananas

The following page is a large tooth that could be used for families to help visualize types of food that stick to your teeth.





The following six vitamins and minerals are necessary in your diet to benefit your teeth.

Fluoride:

- Stops tooth decay
- Reduces plaque

Calcium:

- Enamel formation
- Bone health

Vitamin D:

- Enamel Quality
- Bone Health



Vitamin B:

- Keeps surrounding soft tissue healthy

Vitamin A

- Enamel formation
- Attach teeth and gums

Vitamin C:

- Needed for healthy gums

(Original diagram designed by Mary Abbott, R.D. Nutrition Education Program
UN Cooperative Extension in Lancaster County)

Caffeine and Your Child

Caffeine - a drug that is naturally produced in the leaves and seeds of many plants. It is also made artificially. It is considered a drug because it stimulates the central nervous system.

Signs of too much caffeine:

- Jitteriness
- Upset stomach
- Headaches
- Difficulty concentrating
- Difficulty sleeping
- Increased heart rate
- Increase blood pressure

Reasons to limit kids' caffeine consumption:

- Increases risk of obesity by 60%
- Kids who fill up on caffeinated beverages don't get vitamins and minerals they need from healthy sources – risk for nutritional deficiencies
- Leads to dental cavities from high sugar content
- Causes dehydration
- Abruptly stopping caffeine may cause withdrawal symptoms
- Can aggravate heart problems or nervous disorders

For more information visit www.kidshealth.org



CARBOHYDRATES

Not all carbohydrates are bad for you or your child, whether they're complex, as in whole grains, or simple such as those found in fruits. The following sources provide a good source of fiber and important vitamins and minerals for your body.

Good Sources of Carbohydrates:

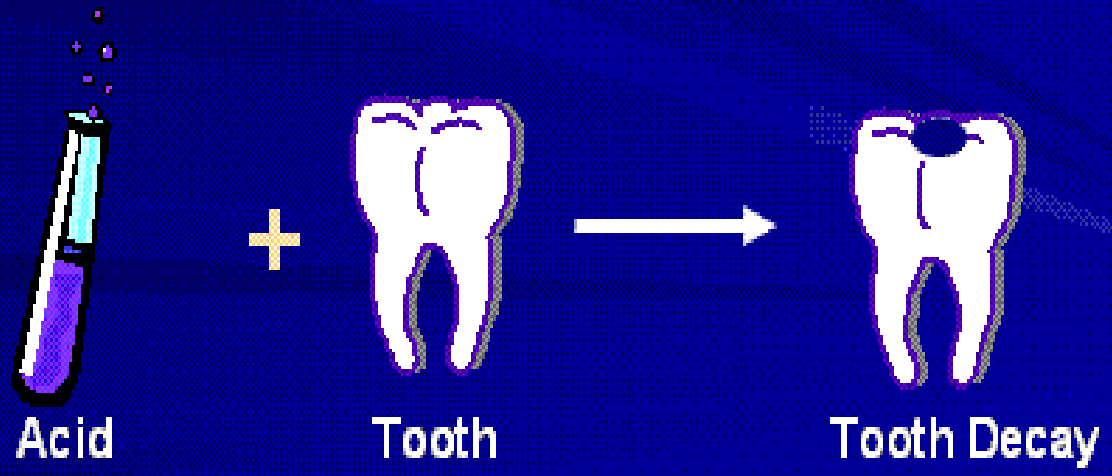
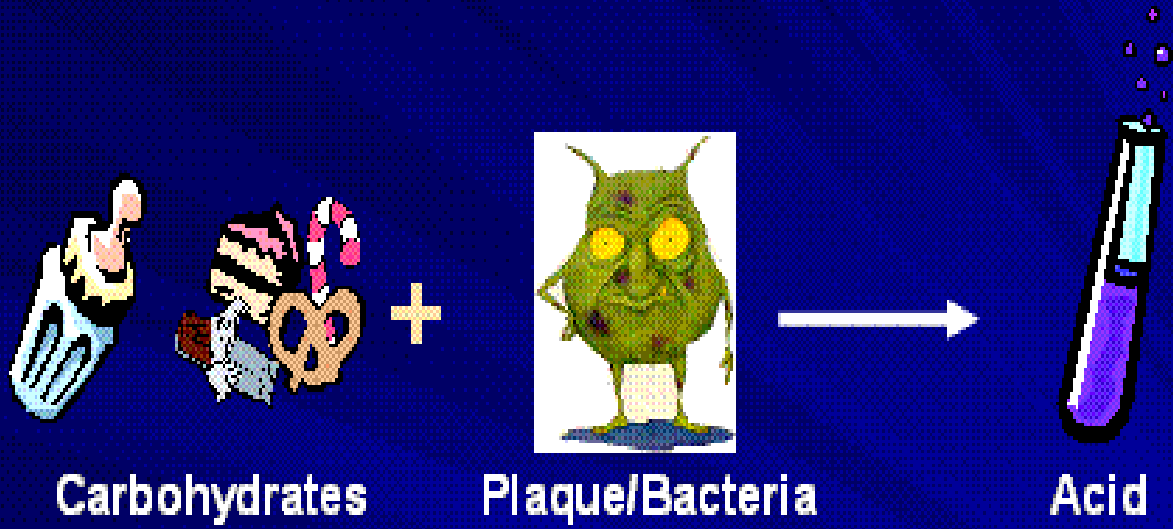
- Whole-grain cereal
- Brown rice
- Whole-grain breads
- Fruits
- Vegetables

The key is to make sure that the majority of carbohydrates are from good sources and to limit the amount of added sugar in you and your child's diet. Carbohydrates from foods such as candy and soft drinks are most likely to cause dental decay, lead to weight problems, and offer no other health benefits.

The following page is a diagram that can be used in to demonstrate how carbohydrates from certain foods affect your teeth.



Decay Equation





FAMILY MEALS

Family Meal- two or more people in a family sit together for a meal.

10 Dinner Conversations Topics

- School/Work
- Athletics
- Schedules
- Family
- Friends
- Pets
- Goals
- Politics
- Pop culture

Sharing meals builds stronger, healthier families in many ways.

1. Closer families – great place to pass down your values and traditions
2. Smarter children – learn how to be polite and get along with others
3. Stronger children – less likely to smoke, drink, take drugs, fight, etc
4. Healthier children – learn better eating habits and less likely to develop eating disorders

Barriers to family meals

- No table
- Conflicting schedules
- Do not know how to cook

Strategies to overcome barriers

- Tablecloth/picnic in living room
- Assign time for most of family to eat together
- Food does not have to be fancy
- Kids can help in food preparation

Helpful resources for Family Meals:

www.cfs.purdue.edu/CFF/promotingfamilymeals

www.extension.iastate.edu/store

Altering recipes and reading labels

Many easy recipes can change by reducing:

1/3 less sugar

1/3 less fat

½ or NO salt

Along with concept of reducing sugars, fats and salts, substituting certain items can provide healthy options in many popular recipes.



**Substitution Ideas: 2 tsp Applesauce = 2 tsp oils
2 eggs whites = 1 whole egg
8 oz non-fat yogurt + cheese = 8 oz of cream cheese**

Further recipe conversations can be found at www.homecooking.about.com

Tips to Make Convenience Foods Healthier

1. Use ½ the margarine called for in boxed mixes or rice, pasta, etc
2. Add chopped vegetables (raw or cooked) to the top before baking pizza
3. Use cottage cheese or plain yogurt instead of sour cream for baked potatoes
4. Add 2 cups canned, frozen, or cooked vegetable to spaghetti sauce
5. Serve sliced, canned or fresh fruit for dessert
6. Use ½ (or omit) margarine or butter for boxed macaroni and cheese

ISU Extension Nutrition Programs

EFNEP: Expanded Food and Nutrition Education Program

FNP: Family Nutrition Program

BOTH PROGRAMS TEACH PARTICIPANTS TO:

- Choose nutritious foods
- Stretch their food dollars
- Handle food safety

Classes are free to participants and can be offered on nights or weekends.

Evaluation of programs has shown that adult participants:

- Eat a wider variety of foods
- Save an average of \$50 per month on monthly food bill
- Practice safe food-handling practices





**Eating Smart – Being Active is the curriculum by ISUE programs.
Eight lessons and goals:**

Lesson	Goals
1. Get Moving	<ul style="list-style-type: none">• Families enjoy being active• Participants accurately complete the required entry forms
2. Plan, shop, \$ave	<ul style="list-style-type: none">• Families plan and shop for meals and snacks that are healthy and within their budget.
3. Vary Your Veggies...Focus on Fruit	<ul style="list-style-type: none">• Families increase the amount of vegetables and fruit they eat every day.• Families have more than one kind of vegetable and one kind of fruit every day.
4. Make Half Your Grains Whole	<ul style="list-style-type: none">• Families choose at least half of their grains as whole grains
5. Build Strong Bones	<ul style="list-style-type: none">• Families get enough calcium from low-fat or non-fat dairy foods or other foods high in calcium
6. Go Lean with Protein	<ul style="list-style-type: none">• Families select lean protein foods and keep all food safe to eat
7. Make a Change	<ul style="list-style-type: none">• Families limit foods high in fat, sugar and salt
8. Celebrate! Eat Smart & Be Active	<ul style="list-style-type: none">• Participants discuss feeding children and celebrate new knowledge and skills to make healthy food and activity choices• Participants accurately complete the required exit forms.

To find out more contact your local Department of Human Services or call toll-free 1-877-YES-FOOD