

# ***Global Fusion Americana***

***E-Series***

## **The ABCs Of Nutrition For Kids**



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Welcome

Our Children and our nation are getting Fat. Including myself. Struggling as an adult to maintain my weight. I have been on a quest to learn more about Nutrition and Physical Fitness. Knowledge is power but means nothing without action.

Thank you

Chef Murph

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Cooking in Cold Grease Productions

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USDA Recommended Safe Minimum Internal Temperatures					
					
Beef, Veal, Lamb Steaks & Roasts <b>145 °F</b>	Fish <b>145 °F</b>	Pork <b>160 °F</b>	Beef, Veal, Lamb Ground <b>160 °F</b>	Egg Dishes <b>160 °F</b>	Turkey, Chicken & Duck Whole, Pieces & Ground <b>165 °F</b>

**Ground Meat and Meat Mixtures**

Beef, Pork, Veal, Lamb	160°F
Turkey, Chicken	165°F

**Mechanically Tenderized Meat** 155°F

**Fresh Beef, Veal, Lamb**

Medium Rare	145°F
Medium	160°F
Well Done	170°F

**Poultry**

Chicken and Turkey, whole	180°F
Poultry breasts, roast	170°F
Poultry thighs, wings	165°F
Duck and Goose	165°F
Stuffing (cooked alone or in bird)	165°F

**Fresh Pork**

Roasts	160°F
Medium	160°F
Well Done	170°F

**Ham**

Fresh (raw)	160°F
Pre-cooked (to reheat)	140°F

**Eggs and Egg Dishes**

Eggs	Cooked until yolk and white are firm
Egg dishes	160°F

**Leftovers and Casseroles** 165°F

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The Worlds Greatest Assest are our children.

# Starting Early

## Developing Children's Taste Habits For Healthy Food

Encouraging kids to eat healthy and nutritious foods can be a tall order for any parent. Youngsters, normally, prefer to eat sweets, and often ignore vegetables, fruits and other healthy food sources.

As a parent, it can be somewhat upsetting to see them complain about the food they are getting and it does take a great deal of patience and determination to convince them to take a bite of healthy and nutritious food.

**Yet, for all these challenges, every effort must be made to ensure that children have a healthy, nutritious and properly portioned diet.**

## Eating Habits Develop At An Early Age

As a parent, it is downright essential for you to develop your child's taste habits for healthy food at an early age.

As recent studies and research have confirmed, the dietary habits of every person are largely developed before he or she reaches the age of 5.

When children are served wholesome and nourishing food, they are more likely to enjoy and reach for these foods as they grow older. This, in turn, prevents chronic diseases and increases their chances of living a healthy and fit life.

If, on the other hand, you feed your child a lot of fast food, junk food and sugary treats, he or she will develop those tastes and they will become their regular habits.

When children become dependent on unhealthy sources, it can be quite overwhelming for them to switch to healthier and more nutritious options. Even worse, it can lead to a number of health problems, one of which is the growing epidemic of obesity among the under 20 population.



## Preventing Obesity

For the past three decades, childhood obesity rates have tripled.

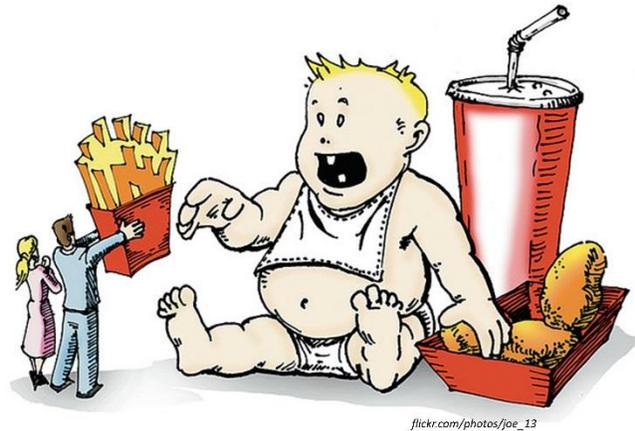
According to the Center for Disease Control and Prevention, over 1/3 of today's adolescents and children are obese and overweight.

**That means, 31.8% are either obese or overweight and 16.9% are obese.**

And, ¼ of 2 to 5 year old children are obese or overweight along with the 30.4% of low-income preschoolers who are the same.

These epidemic proportions are caused by poor diet and a lack of physical activity that is so essential for children as they grow.

According to the CDC, most of these unhealthy kids weren't exposed to healthy foods at an early age.

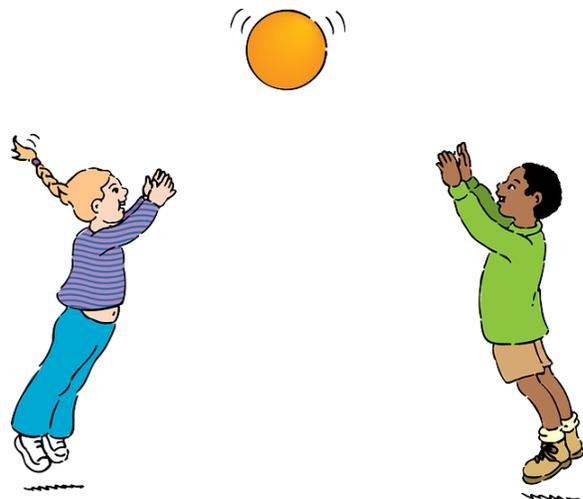


## Nutrition And Development

Developing their taste for nutritious food is important in their overall growth. Healthy foods support their brain development, physical growth and general health. Nutritious foods contain essential nutrients like minerals, vitamins, carbohydrates and protein that ensure their bodies grow and work properly.

## Other Benefits

- ✓ Develops their physical strength.
- ✓ Provides a lot of energy.
- ✓ Develops their body's resistance to infections.
- ✓ Helps in improving their behavior, learning and concentration.
- ✓ Reduces the risk of future health problems and risks, such as dental decay, cancer, stroke, heart disease, Type 2 diabetes and iron-deficiency anemia.



# How A Healthy Diet Prevents Obesity

A couple of decades ago, only 3% to 5% of kids ages 4 and 5 were obese and overweight.

But now, more than 10% of children in the same age group are suffering from this medical condition.

As a parent, it is indeed alarming to see this percentage rise exponentially. Luckily, you can prevent your child from being overweight with a healthy and balanced diet.



## Causes of Obesity in Youngsters

Kids become obese and overweight for various reasons. The most common causes are unhealthy diet, lack of physical activities, poor environment, genetic factors, or a combination of the aforementioned factors.

In some cases, it can be triggered and caused by another medical condition like a hormonal problem. A few blood tests and a physical examination may rule out the possibility of a hormonal problem (or any medical condition) as the cause of this medical condition.

Weight problems can be a hereditary issue in families with a history of obesity. However, not all kids with such history will be directly affected.

While kids whose siblings and parents are obese may be at a higher of risk of becoming obese themselves, this issue may be linked to family's shared behaviors, such as, lack of physical activity and unhealthy eating habits.

Your child's activity level and overall diet play a crucial role in determining his or her weight.

In today's world, a lot of children spend a chunk of their time being inactive. Usually, these kids spend their time playing video games and watching television shows.

As video games and computers continue to rise in popularity, the number of hours in their activity will decrease unless parents become proactive and take steps to prevent this from happening.





## Make it Fun

## Health Conditions Associated With Obesity

- ✚ Skin conditions like acne, fungal infections, and heat rash
- ✚ Bone problems
- ✚ Diabetes
- ✚ Heart Disease
- ✚ Hypertension
- ✚ High cholesterol
- ✚ Depression
- ✚ Low self-esteem
- ✚ Disordered sleeping patterns



A healthy and balanced diet is truly the key to preventing obesity in children.

A healthy diet basically involves multiple servings of a variety of vegetables, lean protein, fruits and grains on a daily basis.

Along with, limiting intake of sugar, sodium, cholesterol and bad fats, which, reduces your youngster's risk in gaining excess weight.

## Key Aspects Of Preventing Obesity

- **Healthy habits begin at home.** As a parent, the best way to prevent weight problems and obesity in your children is to get the entire family on a better and healthier path. Regardless of the age, making better choices in food will greatly benefit everyone in your family. And with the entire family involved, it will be a lot easier for your child to prevent or fight this endemic medical condition.
- **Parents need to teach by example.** If your children see that you are enjoying eating healthy vegetables, they will most likely follow you, and eat healthy food sources for the rest of their life.
- **Regular Doctor Visits.** Assessing childhood obesity can be rather tricky and difficult since kids may grow in spurts in an unpredictable fashion. By far, the best person to determine if your kid is obese or overweight is your doctor. As the doctor evaluates your child's wellbeing, he or she will measure the height and weight of your child. Afterwards, the doctor computes your child's body mass index or BMI, and compares it to the ideal standard values and can then evaluate if your child is beyond the recommended weight.

# What Should Kids Eat: The Food Groups

Children's nutrition practices the same principles as that of adult's. Basically, children need certain nutrients, including the correct combination of fat, protein, fiber, carbohydrates, potassium, and various minerals, and vitamins.

For optimal growth, you should feed your children with foods that are rich in essential nutrients. Not only will these foods help in their growth, but they also sharpen their minds as well as stabilize their energy. What's more, a balanced diet has been proven to balance children's moods.

## Dairy



Include low-fat or fat-free dairy products, such as, a fortified soy beverage, cheese, yogurt, and milk. Dairy products are rich in Vitamin D and calcium, which are nutrients that aid in bone growth.



## Grains/Bread, Pasta, Cereals

Wild rice, brown rice, quinoa, popcorn, oatmeal, whole grain waffles, cereals, pasta, buckwheat pancakes, and whole wheat bread products are some examples from this group.



## Vegetables

Serve an array of frozen, canned or fresh vegetables, including, green and color varieties, such as, beets and tomatoes. and white, such as, mushrooms. Dark leafy vegetables, such as, Spinach and Kale are important as they provide fiber and key essential vitamins.



## Fruits

A variety of fresh whole fruit, including, berries, oranges, apples, bananas, mangos, guava, grapes, etc. Eliminate fruit juices with added sugar, opt for 100% pure juice instead.

## **Protein**



**Foods that are high in protein are essential in a child’s diet. Keep in mind that protein is the building block of human cells.**

**Foods that are packed with protein are seeds, nuts, soy products, eggs, dried beans, such as, lentils, fish, seafood, lean meats and poultry.**



## Recommended Daily Servings

According to the United States Department Of Agriculture's dietary guidelines, these are the recommended servings from the various food groups that kids should eat each day.

### *Boys And Girls Ages 2 to 3*

- ✚ 2 to 4 ounces of Protein
- ✚ 1 Cup Fruits
- ✚ 1 Cup Vegetables
- ✚ 3 to 5 ounces of Grains
- ✚ 2 to 2 ½ Cups Dairy

### *Girls Ages 4 to 8*

- ✚ 3 to 5 ounces of Protein
- ✚ 1 ½ Cups of Fruit
- ✚ 2 Cups of Vegetables
- ✚ 4 to 6 Ounces of Grains
- ✚ 3 Cups of Dairy

### *Boys Ages 4 to 8*

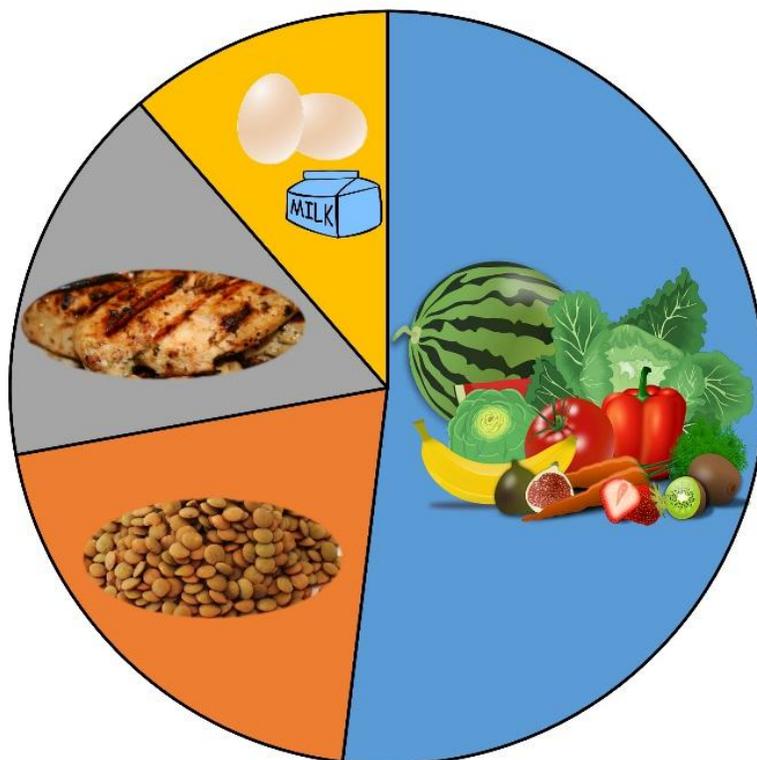
- ✚ 3 to 5 ½ Ounces of Protein
- ✚ 1 ½ Cups of Fruit
- ✚ 2 Cups of Vegetables
- ✚ 4 to 6 Ounces of Grains
- ✚ 3 Cups of Dairy

### *Girls Ages 9 to 13*

- ✚ 4 to 6 Ounces of Protein
- ✚ 2 Cups of Fruit
- ✚ 3 Cups of Vegetables
- ✚ 6 to 7 Ounces of Grains
- ✚ 3 Cups of Dairy

### *Boys Ages 9 to 13*

- ✚ 5 to 6 ½ Ounces of Protein
- ✚ 2 Cups of Fruit
- ✚ 3 ½ Cups of Vegetables
- ✚ 5 to 9 Ounces of Grains



- ✚ 3 Cups of Dairy

### *Girls Ages 14 to 18*

- ✚ 5 to 6 1/2 Ounces Of Protein
- ✚ 1 1/2 to 2 Cups Of Fruits
- ✚ 2 1/2 to 3 Cups Of Vegetables
- ✚ 6 to 8 Ounces Of Grains
- ✚ 3 Cups of Dairy

### *Boys Ages 14 to 18*

- ✚ 5 1/2 to 7 Ounces Of Protein
- ✚ 2 to 2 1/2 Cups of Fruit
- ✚ 2 1/2 to 4 Cups Of Vegetables
- ✚ 6 to 10 Ounces Of Grains
- ✚ 3 Cups of Dairy



# Sugar And Salt Intake

As a parent, you should try to limit the amount of salt, added sugar and bad fats from your child's diet.

Normally, these nutrients are found in unhealthy foods, such as pizza, soda, cakes, butter and junk foods. Excessive intake of these foods can have adverse effects to your child's health in a variety of ways.

It can also set their tastes for junk food and sweets that will follow them into adulthood.

## Sugar Intake

The American Heart Association recommends that kids eat ***no more than 12 grams or 3 teaspoons of sugar per day.***

By the way, cutting back on sodas, cookies and candy is just a part of the solution. There are also large amounts of sugar hidden in other foods, such as fast food, ketchup, frozen dinners, canned soups, and various processed food products.

**Always the check the nutritional labels.**

## High Fructose Corn Syrup

According to Mark Hyman, M.D., founder of The UltraWellness Center and a six time New York Times bestselling author, both adults and kids are eating huge doses of sugar in the form of high fructose corn syrup.

High fructose corn syrup is created through a chemical process where glucose and fructose that normally bound together are separated. Because of this separation the fructose can go directly into the liver that activates, lipogenesis, a process of fat production.

Lipogenesis leads to a disease called fatty liver, the most common health condition to date that afflicts more than 90 million Americans. Fatty liver then leads to pre-diabetes and Type 2 diabetes.

Dr. Mark Hyman believes that high fructose corn syrup is the main driver of obesity, which, leads to heart attacks, strokes and related health conditions.



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Since it is sweeter and cheaper than pure sugar it is used in hundreds of thousands of products, and in every type of soda. In fact, a 20 oz. soda contains 15 teaspoons of sugar all of which is from high fructose corn syrup, and he states that when it is taken in such high doses it becomes a toxin to the body.

While high fructose corn syrup may not be an issue when used in moderation, this is rarely the case, in the United States anyway.

In fact, the average person takes in more than 20 teaspoons of high fructose corn syrup daily and teens consume as much as 34 teaspoons per day.

Dr. Hyman recommends eliminating this type of sugar from all diets completely, and especially for kids, and that means eliminating all foods that contain it.

## Salt Intake

**1 teaspoon of salt = 2,300 milligrams of sodium**

### Recommended DAILY Salt Intake for Kids

- ✚ 1,500 mg for kids 1 to 3 years old
- ✚ 1,900 mg for kids 4 to 8 years old
- ✚ 2,200 mg for kids 9 to 13 years old
- ✚ 2,300 mg for kids 14 to 18 years old

Avoid fast food, as well as, packaged and processed food, as they contain a lot of sodium that may surpass the ideal limit.

**Again, always the check the nutritional labels.**



# Fat Intake

Good fats contain essential nutrients that help children's bodies grow, thrive and develop as they should. Fats provide much needed fuel and energy for the body and help absorb some vitamins, as well as, acting as building blocks of hormones. They also help with the insulation of the nervous system tissue.

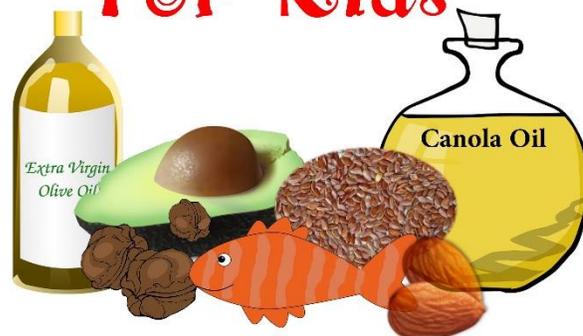
Therefore, fat is important, and not the enemy, but, you have to pay attention to serving the right fats and in proper portions.

*The majority of children's daily diet from fat should come from lean protein, fish, heart healthy oils, nuts and seeds.*

Just like adults, kids need to limit their consumption of bad fats and increase the consumption of good fats.

## GOOD FATS

### For Kids



## Good Fats

**The American Heart Association recommends that kids older than 2 should get about 30% of their daily calories from fat.**

**Polyunsaturated and monounsaturated fats are considered to be the good fats.**

Consumption of these fats in moderation helps in reducing cholesterol and the risk of heart diseases.

- ✚ Omega-3 and Omega-6 fatty acids are a type of polyunsaturated fats that are good for heart health.
- ✚ Monounsaturated fats are good sources of Vitamin E.

There are several health benefits associated with increased consumption of these fats.

### Good Sources of Polyunsaturated Fats

- ✚ Fish, especially Salmon, Herring and Trout
- ✚ Walnuts
- ✚ Flaxseeds
- ✚ Soybean, Safflower and corn oils

The higher consumption of olive oil in the Mediterranean diet is one of the factors behind the low instances of heart disease in the Mediterranean countries.

**Good Sources of Monounsaturated fats:**

- ✚ Avocados
- ✚ Hazelnuts
- ✚ Almonds
- ✚ Cashews
- ✚ Pumpkin seeds
- ✚ Olive, Canola, Vegetable and peanut oils

## Not So Good Fats

**The American Heart Association recommends that daily intake of calories from saturated fats be between 7-10%.**

Saturated fats are those that come from animal proteins and products, such as, butter, cheese, and whole milk products.

They are also included in many packaged snack products and commercial baked goods (the kind you buy at the store).

Too much intake of saturated fat can raise blood cholesterol levels, increase risks of obesity and heart disease.

## Bad Fats

**The American Heart Association recommends that no more than 1% of total daily calories should be from Trans fats.**

Trans fats are the definite bad guys when it comes to fats. These fats have no virtues.

They clog arteries, raise cholesterol levels and increase the odds of developing heart disease. They occur naturally, in small quantities, in meat and dairy products.

The artificial kind is found in partially hydrogenated vegetable oils. The artificial types are the main cause of worry, and they are the ones that should be avoided entirely. Again, check nutritional labels to ascertain Trans fat quantity in foods you buy.



# Portion Sizes And Daily Calorie Requirements

## Daily Calorie Requirements

Ensuring that kids get the right amount calories from balanced sources is the best way to combat the alarming increase in the rates of childhood obesity. The first step is getting to know the approximate amount of calories the kids should be consuming. Their dietary needs increase as they age, and so should their intake of nutrients from balanced sources.

### 2-3 Year Old Boys and Girls

**Both girls and boys between the age of 2 and 3 need 1,000-1,400 calories daily, depending on their activity level.**

It is important to avoid overfeeding. Kids at this age will usually eat according to their needs, and their intake might vary from meal to meal.

Avoiding sugar is also vital. An intake of even 100 calories from sugar means that the consumption is over 5% of the daily intake. Reducing the size of the portions will help in controlling the excess intake.

### 4 to 8 Year Old Boys and Girls

**Not Active:** 1,200-1,400 calories.

**Somewhat Active:** 1,400-1600 calories.

**Active Boys:** 1,600-2,000 calories.

**Active Girls:** 1,400-1800 calories.

**Recommendations of the United States Department of Agriculture:**

## 9 to 13 Year Old Boys and Girls

*The increase in dietary requirements becomes quite prominent in this age group, and so does the gender difference.*

**Inactive boys:** 1,600-2,000 calories

**Inactive girls:** 1,400-1,600 calories.

**Somewhat Active Boys:** 1,800-2,200 calories

**Somewhat Active Girls:** 1,600-2,000 calories

**Active Boys:** 2,000-2,600 calories

**Active Girls:** 1,800-2,200 calories

## 14 to 18 Year Old Boys and Girls

*This is the age group in which most kids grow the most, and hence, more nutrients are needed to fuel that growth.*

**Inactive Boys:** 2,000-2,400 calories

**Inactive Girls:** 1,800 calories

**Somewhat Active Boys:** 2,400-2,800 calories

**Somewhat Active Girls:** 2,000 calories

**Active Boys:** 2,800-3,200 calories

## Tips For Portion Control

Now that you know the recommended calorie limits for both boys and girls, here are some tips that you can use to regulate portions:

- **Smaller Serving Dishes** - If you feel that your kid is getting more calories than recommended, consider replacing your dishes with smaller ones. It is an effective method of reducing calorie intake.
- **Self-Serving** - Letting the kids serve themselves gives them a sense of control and makes them listen more to their internal cues. In addition, by not stuffing their plate with a bigger portion than they need, you will avoid the feeling that your kid didn't finish their meal, and that they should be eating more.
- **Avoiding Distractions** - Studies have demonstrated that distractions while eating leads to overconsumption and a reduced feeling of satiety. The portions get bigger, and the internal body signals are ignored. Considering that kids can get easily distracted, it becomes essential to ensure that distractions, such as the television, are kept at bay.
- **Let Go Of The "Clean Your Plate Mentality"** – The old school ways where kids could not leave the table until they cleaned their plates can be problematic. Kids know when they are full, and should not be encouraged to over eat by having to clean their plate. Of course, common sense must be used here, because if they ate nothing or very little and that happens regularly then that is a problem. But, in general to avoid obesity children should never be encouraged to over eat by making them clean their plate.

# Tips To Curb Sugar In Children's Diets

Sugar is a soluble carbohydrate that plays an important role in your child's diet. When it is used in moderation, sugar provides your kid's body with a source of energy, especially natural types of sugar found in fruits.

However, too much processed sugar can be problematic to the well-being of your young ones. Not only will make them sluggish and moody, but, it can also reduce their brain function and greatly contribute to obesity. It also creates a "sweet tooth" taste for sweets that will become a habit into adulthood. Even worse, it ruins their sensitivity to insulin, which can lead to Type 2 Diabetes.

Limiting your child's sugar intake is, by no means, an easy endeavor. As mentioned earlier, cutting back on confectionaries and candies is just a part of the task. The real challenge here is to identify the sugar content in various foods, and especially processed food products.

There are a lot of ways to limit your child's sugar intake. Here are the best ways to moderate and control their consumption of this soluble carbohydrate.

## Read Nutrition Labels

When buying food, take time to read the labels on the back, and check the sugar content of the product. Take note that similar products may be vastly different in sugar content. A particular brand of granola bar, for instance, may have higher levels of sugar than the other brands.

Yogurt and other products made "fun" for kids can be loaded with added sugar and high fructose corn syrup.

Cookies, Twinkies, and many kid cereals also have a lot of added sugar that do not benefit kids in any way.

- ✚ Check for sugar content
- ✚ Check Ingredients for high

Nutrition Facts	
Serving Size 40 g	
<b>Amount Per Serving</b>	
Calories 145	Calories from Fat 16
<b>% Daily Value*</b>	
<b>Total Fat 2g</b>	3%
Saturated Fat 0g	2%
Trans Fat	
<b>Cholesterol 0mg</b>	0%
<b>Sodium 226mg</b>	9%
<b>Total Carbohydrate 31g</b>	10%
Dietary Fiber 3g	12%
<b>Sugars 14g</b>	43%
<b>Protein 3g</b>	
Vitamin A 22%	Vitamin C 1%
Calcium 22%	Iron 22%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



## Moderation

Everything in moderation is the key to giving your kids sweets. Special occasions, and rare treats are a good place to start as rule of thumb for sweets.

*Banning sweets completely can lead to overeating of treats when given the chance.*

There are many healthy sweet snacks available at the market, and also it is a great idea to bake at home where you can control the ingredients.



Remember that the natural sugar in fruits is not the same as processed white sugar, and so fruits do not have the same impact.

## Good Choices For Sweet Snacks

- ❖ Fresh fruit
- ❖ Low fat frozen yogurt
- ❖ Sorbet
- ❖ Fresh fruit smoothies
- ❖ All fruit popsicles
- ❖ Frozen bananas
- ❖ Homemade frozen berry pops
- ❖ Apples with almond or peanut butter
- ❖ No sugar added applesauce
- ❖ Graham crackers
- ❖ Fig bars
- ❖ Vanilla wafers
- ❖ Fruit with caramel dip
- ❖ Kashi GoLean bars
- ❖ Granola (look for low sugar items, not all of them are)
- ❖ Raisins
- ❖ Dried fruit
- ❖ 100% pure fruit leather
- ❖ Cereal bars
- ❖ Trail mixes with dried fruit and nuts
- ❖ Banana chips

- ❖ Low or zero sugar nutrition bars

## Healthier Baking

- Add shredded Zucchini to baked goods.
- Add mashed fruit, like apricots, applesauce and bananas that are naturally sweet instead of sugar to cakes, muffins, breads and cookies.
- Swap oil for equal amounts of pureed fruits and vegetables in muffin, cookie and cake recipes.
- Use chunks of dried fruit instead of sugar in muffins, cookies, and sweet breads.
- Use natural Cacao Nibs instead of chocolate chips. This is all natural chocolate that eliminates the added sugar and additives used in the process of making chocolate chips and retains the chocolate's natural content of healthy antioxidants, minerals and fiber.

You can use these gems as a snack, topping for ice cream and yogurt, mix with nuts for trail mix, baking for cookies, muffins and other recipes that ask for chocolate chips.



## Soda Pop And Juice Drinks

Over the last 20 years, sugar intake has increased by more than 18%.

As physicians, dietitians and research scientists have confirmed, sweetened and sugar beverages like juice drinks and sodas are the main antagonists for this increment.

Obviously, these beverages are loaded with sugar, causing obesity and other health problems in today's younger generation.

Sugar Filled Drinks Are A Big Cause Obesity In Kids



**A kid's size soda that comes with a McDonalds Happy Meal has 28 grams of sugar, which, is more than 3x the recommended daily intake of sugar for kids.**

Also, when kids are served sugar filled drinks on a regular basis, they develop a high threshold of taste for sweetness.

Juices are another concern because many have added sugar and high fructose corn syrup that does nothing for your kid's nutrition and can greatly increase the risk of obesity.

**Sunny Delight has 27 grams of sugar for an 8 oz. cup.**

Again, read the labels to see what ingredients are in the juice. It is always best to choose 100% pure juice, or juice at home.

*Juicing at home gives you full control of ingredients, and you can juice a fruit and vegetable blend, which provides even more essential nutrients.*

## Limit Processed Foods

Reduce children's consumption of processed foods, such as cakes, cookies, Twinkies, cupcakes, pies, as these foods are loaded with sugar and can cause blood sugar spikes, obesity and high risks of Type 2 Diabetes.



# How To Get Kids To Eat More Fruits And Vegetables



Fruits and vegetables are, without a doubt, an important aspect of your child's diet. Loaded with vitamins and minerals, and fiber, these foods provide all the essential nutrients that are vital to their health and maintenance of their body. Moreover, they help reduce the risks of developing chronic diseases.

Sadly, most kids don't like to eat these healthy and nutritious food sources.

Whether you like it or not, Brussels sprouts, squash, and broccoli aren't as tasty as chicken nuggets, hamburgers and cookies. That's why children often complain whenever they are served these healthier options.

As a parent, though, there are solutions and technique to instill these foods to your kid's diet. If you are having trouble encouraging your kids to eat veggies and fruits, make sure to consider the tips listed below.

- ✚ Keep serving them even if they don't like these foods. If your children didn't like green beans or broccoli the first time they've tasted it, keep offering these foods. According to health experts, it takes eight to fourteen times of trial before a youngster accepts or welcomes a new food.
- ✚ Also, try to trick your kids by preparing the same food in a different way. Try sautéing, baking or steaming the same vegetable, and find out if one meal preparation tastes better than another.
- ✚ There are also various ways to hide vegetables in other dishes that ensures kids get their nutrients.

## Make Them Fun

One of the best and most effective ways to persuade them to eat these healthy goodies is to make it fun because often, eating vegetables, especially, can feel like a boring chore for kids.

### How To Make Them Fun

- ✚ Make cute names for vegetables and fruits you serve to them. Kids cannot get enough of them when they have cute names.
- ✚ Create a smiling face made up of fruits on a bowl of cereal (whole grain). Be creative as you can, and try to use as many different kinds of fruits. You can use banana slices for the face's eyes, raisins for the nose, and an apple or peach slice for the mouth.
- ✚ Build a food collage using yellow squash as a sun, cauliflower for your clouds, celery and carrots for flowers, and green broccoli for the trees.
- ✚ Make frozen treats for your children using berries, grapes, bananas and pineapple chunks.
- ✚ As you buy groceries for your family, bring your kids with you, and let them see all the different vegetables and fruits. Allow them to pick out the ones they like for themselves, this type of independence often leads to them eating what they have chosen.
- ✚ Add fruits and vegetables to baked products, and create special and unique goodies like carrot muffins, zucchini bread and blueberry pancakes.
- ✚ Carve letters out of melons, tomatoes, kiwis, cucumbers and other produce, and play spelling games using fruit. It can be as simple as spelling their name. This will delight young kids and entice their interest.



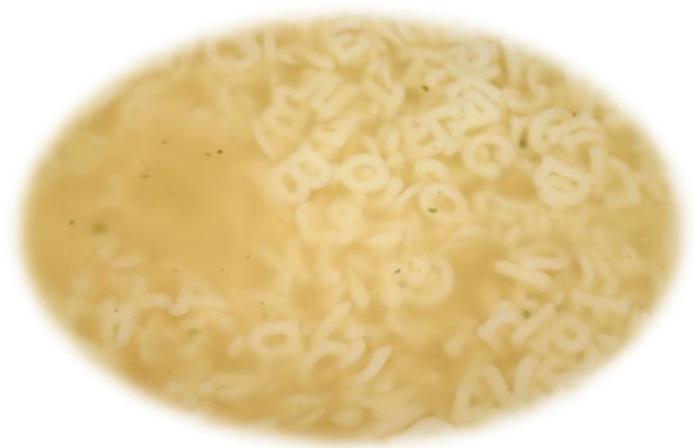
## Set An Example

When your child sees you nibbling on cookies, junk food, and other types of high fat foods, he or she will likely do the same. When they see you eating vegetables, they are more likely to follow. Make a point of eating with relish, saying “ooh” and “ahh” to show how good they taste, and making faces to portray your pleasure at the taste will entice their curiosity.

## Soups

Everyone loves soups, including kids. Kids often will eat vegetables that are inside of chicken noodle soup, soup with Alphabet macaroni and the like.

Not only are these soups healthy, but they are quite delicious as well.



## Seasonings and Dips

Seasonings and dips can add more flavors to cucumber, celery, carrots, beans and other veggies. This, in turn, encourages them to eat vegetables more often.

Use nonfat yogurt to make dips, instead of sour cream and mayonnaise.

## Additional Flavors

There is nothing wrong with adding a little bit of bacon, garlic and butter to your vegetable dishes, to make them more appealing to your kids. Another great flavor is parmesan cheese, it's very low in fat and calories and can be sprinkled on all veggies.

# Serving Healthy Snacks

With more and more parents feeding their kids junk food, it is no wonder a lot of children are overweight and obese these days.

Despite being packed with excessive amounts of fat, sodium and sugar, many parents opt to feed their youngsters with these unhealthy food options.

Sometimes, junk foods are a better and more convenient option since they don't require any form of preparation and for low income households they are also cost effective, which is the reason that 30.4% of low income preschool age kids are obese.

Not to mention, kids love them, because they are tasty and sweet.

But, there's a reason why these foods are called junk foods. As its name implies, junk food is a kind of food with little to no nutritional value. Unlike whole foods, these foods have small amounts of minerals, fiber, vitamins and protein. To make matters worse, they are high in calories, salt, sugar, and of course, fat.

Parents should toss all the junk food in their refrigerator, and look for better and more nutritious options.

## Fruits

Fruits should be a staple snack in every household. Not only are they natural and nutritious, but, they are sweet and delectable as well. Entice your kids to eat them by serving with yogurt or peanut butter as dips.



## Global Fusion Americana E-Series Cereals

Healthy cereals are rich in fiber, which is healthy and filling. Sadly, a lot of kids' cereals are loaded with sugar. As a matter fact, recent reports have suggested that a serving of Kellogg's Honey Smacks contains more sugar than a glazed donut.



Aside from Kellogg's, there have been a few popular cereal brands that have hefty amounts of sugar and added sweetener. On the bright side, there are a lot of kid-oriented cereals on the market today that are both nutritious and low in sugar, such as Life, Kix, Cheerios, Special K, Chex, Frosted Wheat, Corn Flakes and more. Again, always read the nutrition labels and look at the ingredients.

## Fruit Smoothies

Fruit smoothies are irresistible snack options you can serve your beloved young ones. Aside from being healthy and nutritious, they are naturally sweet as well, which can be a great way to gratify their cravings for sweet stuff.



However, you should avoid feeding them with smoothies that are sold at fast food places and stores since these carry as much calories as a complete meal.

For a healthier and better option, create your own smoothie using low-fat milk, plain nonfat yogurt and fresh fruits like strawberries and bananas.

## Peanut or Almond Butter

Peanut butter and almond butter are versatile and delicious childhood favorites that are loaded with fiber and protein. Choose no sugar added products for best results.



## Cheese

Cheese is another versatile snack food that can be consumed in an array of ways. A good source of protein, cheese is also rich in calcium and Vitamin D.



## Healthy Baked Treats

Kids will never guess that you sneak vegetables into their diet when you offer them yummy breads and muffins. Carrot cakes, zucchini muffins and banana bread are amazing baked treats that they will love, even, when they are good for them.

## Baked Sweet Potato Fries

If your kids cannot get enough of fries, serve baked sweet potato fries to them during snack time. Unlike the regular and white ones, sweet potatoes are very nutritious and healthy, as they are full of beta carotene and fiber.

## Carrot Fries

Another great option is to make baked carrot fries. Simply brush a little olive oil onto thick cut strips of carrot, then bake at a high heat until golden brown on top.

## List Of Healthy Snacks Ideas

- ❖ String Cheese
- ❖ Whole grain crackers
- ❖ Low fat frozen yogurt
- ❖ Sorbet
- ❖ Fresh fruit smoothies
- ❖ All fruit popsicles
- ❖ Frozen bananas
- ❖ Homemade frozen berry pops
- ❖ Fresh fruit
- ❖ Apples with almond or peanut butter
- ❖ Applesauce
- ❖ Graham crackers
- ❖ Fig bars and Vanilla wafers
- ❖ Fruit with caramel dip
- ❖ Kashi GoLean bars
- ❖ Granola
- ❖ Baked chips
- ❖ Vegetable chips and Soy crisps
- ❖ Rice cakes
- ❖ Unbuttered popcorn
- ❖ Pita chips
- ❖ Whole wheat pretzels
- ❖ Nuts
- ❖ Raisins
- ❖ 100% fruit leather
- ❖ Cereal bars

## Healthy Kid Snacks



## Junk Food Substitutions

<b>BAD</b>	<b>GOOD</b>
French Fries	Baked fries, baked carrot sticks, baked sweet potato wedges
Cheeseburgers	Turkey burgers on whole wheat buns
Pizza	Whole grain crust with vegetarian toppings
Pop Tarts	Whole grain waffles, buckwheat pancakes, whole grain bagels, oatmeal with fresh fruit, Cheerios, Grape Nuts cereal, Chex, Special K cereals
Ice cream	Low fat frozen yogurt, sorbet, fresh fruit smoothies, pure juice or 100% fruit popsicles, frozen bananas, fresh berry pops
Fried Chicken and Chicken Nuggets	Baked or grilled chicken
Sweets, cakes and pastries	Fresh fruit, whole grain waffles, bagels, English muffins, whole grain/low sugar healthy baked goods, apples with almond or peanut butter, applesauce, dark chocolate
Cookies	Graham crackers, fig bars, vanilla wafers, fruit and caramel dip, Kashi GoLean bars
Potato chips	Baked chips, vegetable chips, flavored whole grain crackers, soy

	crisps, rice cakes, unbuttered popcorn, pita chips, whole wheat pretzels, nuts, carrots/broccoli/celery with fat Ranch or dip
Fruit cocktail in heavy syrup	Fresh fruit, canned fruit without added sugar
Candy	Tic Tacs, raisins, dried cherries, fruit leather, fresh fruit, cereal bars, granola bars, banana chips, zero sugar nutrition bars
Soda Pop	Water, tea, green tea, skim milk, 100% pure fruit juices, vegetable juice

# Special Nutritional Needs For Teenagers

The nutritional needs of teenagers differ from adults.

About 50% of adult weight and 20% of adult height are gained during the teenage years. This means that they need extra nutrients, especially iron and calcium, to fuel the rapid growth.

However, this period can be a challenging period for a change towards a better diet as the dietary habits are well set by adolescence.

There is also an increase in appetite in this period, which means that the negative consequences of a poor diet will be amplified if they continue making poor food choices.



**Lean meats, low-fat dairy products, whole grains products, and fruits and vegetables should account for most of the calorie intake.**

The temptation to consume snacks that are high in sugar and fat, and junk food is usually high. Informing teenagers regarding the negative consequences of high consumption of these foods can help them in choosing food that is more nutritious.

The high consumption rate of sodas, burgers and fries in teenagers is also big negative factor. Replacing sodas with a glass of milk will provide them with extra calcium, which is vital for the health of their growing bones.

This is especially important for those teens that are mostly sedentary and do not lead active lifestyles.

# Teaching Kids Moderation

One of the most important gifts that parents can give their children is to teach moderation.

Some parents find it difficult to say no, or they may just give up because all the other parents take their kids to McDonalds for Happy Meals, but, the reality is that parents do have control as to what their kids are allowed to eat at home and what restaurants they can visit.

For example, when the rule is set that cake and ice cream can only be eaten once a month as a special treat, then that teaches them control and limits.

If McDonalds is visited, consider making it an occasional trip, or instead of fries, the rule is that apple slices will be ordered with the happy meal and/or instead of soda, it will be skim milk.

Perhaps, you might decide that soda will not be allowed ever, that's okay too. Kids can't miss or crave something they have never tasted.

Portion control is moderation as well, so, instead of five cookies, set a limit of one or two.

**It is parents that teach kids self-control and the rules they set are what will shape how kids will control themselves as they grow.**

Limits will become something they are used to as they grow into adulthood, instead of out of control eaters who eat what they want, whenever they want.

**Setting limits is the key to teaching moderation, which, requires self-discipline and self-control.**



If there are no limits instilled by parents, kids will not be able to set any for themselves.

This is very important in terms of a healthy diet. And making careful, well planned and thoughtful decisions as to what those rules will be, is important in determining their fitness, and diet lifestyles for life.

# Knowledge. Awareness. Attention.

That's all it takes to raise healthy and fit kids.

