


















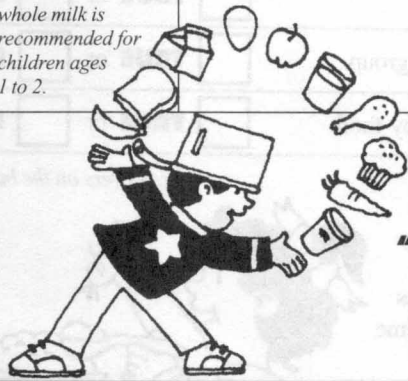


# IT'S A BALANCING ACT

Some days the foods your kids choose to eat won't match the guide below. So don't focus on what they eat at one meal or in one day, look at what they eat throughout the week. Children usually get the calories and nutrients they need by balancing what they eat over time.

 <b>MILK GROUP*</b> <b>2-3 servings</b>	 <b>MEAT GROUP</b> <b>2-3 servings</b>	 <b>VEGETABLE GROUP</b> <b>3-5 servings</b>	 <b>FRUIT GROUP</b> <b>2-4 servings</b>	 <b>GRAIN GROUP</b> <b>6-11 servings</b>
 <ul style="list-style-type: none"> <li>▶ 1 cup of milk</li> <li>▶ 1 cup of yogurt</li> <li>▶ 1½ oz. natural cheese </li> <li>▶ 2 oz. process cheese</li> <li>▶ ½ cup ice cream or frozen yogurt </li> </ul> <p><small>* whole milk is recommended for children ages 1 to 2.</small></p>	 <ul style="list-style-type: none"> <li>▶ 2-3 oz. cooked, lean meat, poultry or fish</li> <li>▶ 1 egg </li> <li>▶ 2 Tbs. peanut butter</li> <li>▶ ½ cup cooked, dried peas or beans </li> </ul>	<ul style="list-style-type: none"> <li>▶ ¼ cup juice</li> <li>▶ ½ cup raw vegetable</li> <li>▶ 1 cup raw leafy vegetable</li> <li>▶ ½ cup cooked vegetable </li> <li>▶ 1 medium potato </li> </ul>	<ul style="list-style-type: none"> <li>▶ ¼ cup juice</li> <li>▶ ½ cup raw, canned or cooked fruit </li> <li>▶ 1 medium apple, banana, orange or pear </li> <li>▶ ½ grapefruit</li> <li>▶ ¼ cantaloupe</li> <li>▶ ¼ cup raisins, dried fruit </li> </ul>	<ul style="list-style-type: none"> <li>▶ 1 slice bread </li> <li>▶ ½ English muffin or hamburger bun</li> <li>▶ 1 oz. ready-to-eat cereal</li> <li>▶ ½ cup cooked pasta, rice, grits or cooked cereal </li> <li>▶ 1 tortilla, roll or muffin </li> </ul>



### NOTE:

Many younger children need smaller servings—¼ to ½ of the adult portion size or one tablespoon for each year of the child's age.

### "OTHERS" CATEGORY:

These foods do not have enough nutrients to fit into any of the Five Food Groups. They can still be enjoyed, but they should be eaten in moderation. These foods include: cookies, soft drinks, candy bars, potato chips and doughnuts.

## ANSWERS

### 1 FALSE

Kids shouldn't play "grown-up" when it comes to nutrition—a child's nutrient needs are different than an adult's. Since they're growing rapidly, active children need more calories and nutrients. A low-fat diet that might be okay for mom or dad may be too restrictive to support growth and development for a child.

### 2 FALSE

The best way to help your preschooler eat the right mix of nutrients for growth and development is to *focus on the overall diet instead of just on fat*. The 1995 Dietary Guidelines for Americans recommend that children between the ages of two and five *gradually* transition their fat intake to the adult recommendation of 30% of total calories.

### 3 FALSE

Getting your child to eat food from each food group at every meal can be a battle! Relax, you're not alone. Many preschoolers go through the "picky eater syndrome" (especially between the ages of two and three), preferring one food to another or only eating small amounts at a time. The good news is kids will usually self-select a varied diet of all the nutrients they need. They may not eat much at one time, but instead eat more frequently to get the nutrients and energy they need. *The key is to provide a wide variety of food choices.*

### 4 TRUE

Try to evaluate your child's diet over a week's period, instead of stressing that he or she meet all nutrient needs at every meal. In the long run, individual food choices or a single day's food intake aren't as important as the overall nutritional picture. The key to good nutrition is to *balance* your child's food choices over time, offer your child a *variety* of foods and only include foods from the "Others" category in your child's diet in *moderation*.

## SCORING

### If you scored...

#### 4 CORRECT

You're up on the latest nutrition advice. Keep up the good work and always remember, eating is fun! Encourage your children to enjoy and learn about a variety of foods. All foods can fit into a healthy diet over time.

#### 3 CORRECT

Pretty good score...but you may need to brush up on nutrition. Perhaps you should review the newly released 1995 Dietary Guidelines. It may be just what you need to get back on track.

#### 0 TO 2 CORRECT

You need some help sorting out the barrage of nutrition advice. But don't be alarmed, you're not alone. Try taking a class at a local hospital, community college, local health department or cooperative extension agency, or ask your pediatrician to hook you up with a registered dietitian in your area.



The nutrition information in this handout is based on *Nutrition and Your Health: Dietary Guidelines for Americans*, 1995. U.S. Departments of Agriculture and Health and Human Services. The food group chart is based on the USDA/HHS Food Guide Pyramid.