

Our Children's Health



Making a Difference at Home and School

WHF is grateful to the Review Committee: Beverly Matthews, Sandy Babe, Mary Johnson, RD, MS, CDE

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Importance of Good Nutrition and Exercise for Children

- In the US, 1 of every 20 children is considered to be overweight
- A child's risk for obesity more than doubles if a parent is obese – regardless of their weight below the age of 10
- School aged children who watch 5 hrs of TV a day are likely to be overweight or obese



Risk factors linked to obesity in children

- Sixty percent of overweight children ages five to ten have at least one risk factor for heart disease.
- Obesity is linked to ↑ risk of psychiatric disorders in children and adolescents



Nutrition Curriculum in Schools

Beginning in the 2nd Grade, children begin to learn about the basics of nutrition

- What makes a healthful lunch?
- How can you use a food guide pyramid to help you choose a healthful lunch?
- Making decisions about snacks
 - Find out your choices
 - Imagine the results of each choice
 - Make what seems to be the best choice
 - Think about the results of your choice



Nutrition Curriculum in Schools

- By the 5th Grade...
 - Food labels and advertising
 - What information do labels provide?

Serving Size

Calories

Amount of fats, proteins, sodium, carbohydrates...

Vitamins & Minerals

Nutrition Facts	
Serving Size 1 cup (228g)	
Serving Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g





School Menus

- Many school lunches are far more nutritious than the fast-food meal the child will eat on the way home from school...
- School lunches are far more nutritious than the pre-packaged snack food the child sitting next to them brings from home...
- The healthiest choice may be a brown bag lunch prepared at home with fresh whole fruits and vegetables - locally grown - and no chemically processed foods





JANUARY 2003
MONDAY

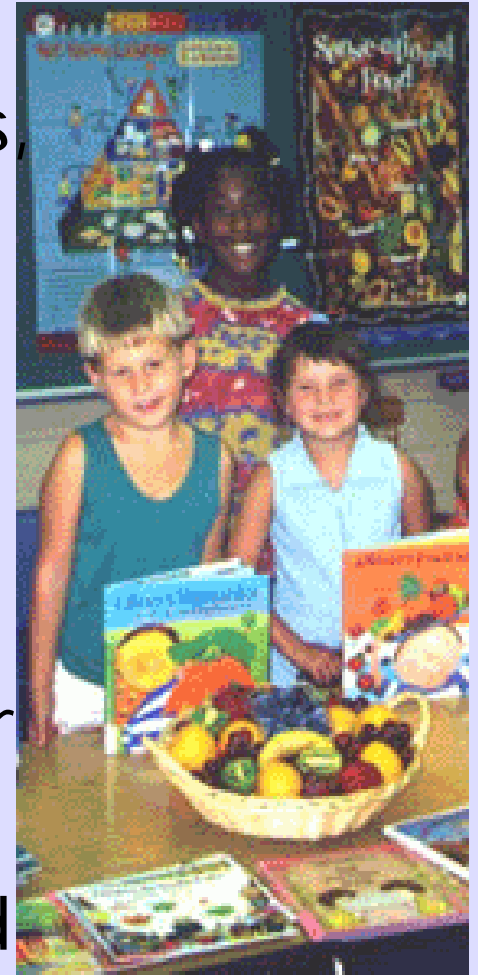
MORRIS SCHOOL DISTRICT ELEMENTARY LUNCH MENU
TUESDAY WEDNESDAY THURSDAY FRIDAY

<p>Student Lunch \$2.00 Adult Special Lunch \$3.25 Adult Lunch \$2.60 Milk \$0.40</p> <p>MILK IS INCLUDED IN THE PRICE OF EACH MEAL.</p>	<p>SUBSTITUTE CAFETERIA POSITIONS AVAILABLE! Please contact Maureen Walker at 973-292-2000 ext. 2070</p> <p><u>Available Daily:</u> Fresh Fruit, Fruit Juice, Low Fat Milk, Yogurt Lunch Turkey Sandwich, Tuna Salad Sandwich or Peanut Butter & Jelly Sandwich or a selection of Pita, White or Wheat Bread.</p>		<p>2 CHICKEN PATTY ON A BUN OR TURKEY FRANK ON A BUN</p> <p>Tomato Soup w/ Crackers Seasoned Green Beans Chilled Fruit Cup</p> <p><i>KS - Teddy Grahams</i></p>	<p>3 PIZZA PLAIN OR PEPPERONI OR BURGER ON A BUN</p> <p>Vegetable Sticks w/ Dip Diced Fruit Cup</p> <p><i>KS - 1/2 Bagel</i></p>
<p>6 FRENCH TOAST W/ SCRAMBLED EGGS & SYRUP OR BURGER ON A BUN</p> <p>Orange Juice Hash Brown Potato Warm Apples w/ Cinnamon</p> <p><i>KS - Muffin</i></p>	<p>7 BAKED MACARONI & CHEESE W/ DINNER ROLL OR TURKEY FRANK ON A BUN</p> <p>Vegetable Soup w/ Crackers Steamed Broccoli Chilled Fruit Cup</p> <p><i>KS - Pudding</i></p>	<p>8 AMERICAN HOAGIE (Turkey Bologna & Cheese, Lettuce & Tomato), CHIPS OR PIZZA</p> <p>Cucumbers Coins w/ Dip Chilled Fruit Cup</p> <p><i>KS - Chocolate Chip Cookie</i></p>	<p>9 CHICKEN & CHEESE QUESADILLA W/ RICE & BEANS OR TURKEY FRANK ON A BUN</p> <p>Tossed Garden Salad w/ Dressing Chilled Fruit Cup Cookie</p> <p><i>KS - 4 oz. Yogurt</i></p>	<p>10 PIZZA PLAIN OR PEPPERONI OR BURGER ON A BUN</p> <p>Carrot & Celery Sticks w/ Dip Chilled Fruit Cup</p> <p><i>KS - Apple Cburro</i></p>
<p>13 CHICKEN NUGGETS W/ DINNER ROLL OR BURGER ON A BUN</p> <p>Whipped Potatoes Seasoned Carrots Chilled Fruit Cup</p> <p><i>KS - Animal Crackers</i></p>	<p>14 CHEESE STUFFED SHELLS W/ BREADSTICK OR TURKEY FRANK ON A BUN</p> <p>Popeye Greens & Lettuce Salad w/ Dressing Chilled Fruit Cup</p> <p><i>KS - Oatmeal Raisin Cookie</i></p>	<p>15 MORRIS FISHWICH W/ CHEESE ON A BUN OR PIZZA</p> <p>Tomato Soup w/ Goldfish Pasta & Crackers Creamy Cole Slaw Chilled Fruit Cup <i>KS - 1/2 Bagel</i></p>	<p>16 TRECKY TRAY DAY</p> <p>CHEF SPECIAL</p> <p><i>KS - Teddy Grahams</i></p>	<p>17 PIZZA PLAIN OR PEPPERONI OR BURGER ON A BUN</p> <p>Fresh Vegetable Sticks w/ Dip Chilled Fruit Cup</p> <p><i>KS - Orange Smiles</i></p>
<p>20</p> <p>NO SCHOOL MARTIN LUTHER KING, JR. DAY</p>	<p>21 CHEESEBURGER ON WHOLE WHEAT BUN OR TURKEY FRANK ON A BUN</p> <p>Baked Potato Rounds Chilled Fruit Cup</p> <p><i>KS - Goldfish Crackers</i></p>	<p>22 HOT TURKEY HAM & CHEESE ON A BUN OR PIZZA</p> <p>Garlic Noodles w/ Spinach Vegetable Soup w/ Crackers Orange Smiles</p> <p><i>KS - Pudding</i></p>	<p>23 TWIN TACOS W/ THE WORKS OR TURKEY FRANK ON A BUN</p> <p>Rice & Beans Tossed Garden Salad w/ Dressing Fresh Banana</p> <p><i>KS - Chocolate Chip Cookie</i></p>	<p>24 PIZZA PLAIN OR PEPPERONI OR BURGER ON A BUN</p> <p>Cucumbers Coins w/ Dip Chilled Fruit Cup</p> <p><i>KS - Apple Cburro</i></p>
<p>27 GARNISH YOUR OWN CHICKEN PATTY ON A BUN OR BURGER ON A BUN</p> <p>Seasoned Green Beans, Chilled Fruit Cup</p> <p><i>KS - Muffin</i></p>	<p>28 MEATBALL HOAGIE OR TURKEY FRANK ON A BUN</p> <p>Vegetable Pasta Salad Grape Juice Chilled Fruit Cup</p> <p><i>KS - Chocolate Chip Cookie</i></p>	<p>29 BBQ RIBBIE ON A BUN OR PIZZA</p> <p>Baked Beans Cucumbers Coins w/ Dip Chilled Fruit Cup</p> <p><i>KS - 4 oz. Yogurt</i></p>	<p>30 HOT TURKEY SANDWICH W/ GRAVY & CRANBERRY SAUCE OR TURKEY FRANK ON A BUN</p> <p>Whipped Potatoes, Seasoned Carrots Fruited Gelatin</p> <p><i>KS - Animal Crackers</i></p>	<p>31 PIZZA PLAIN OR PEPPERONI OR BURGER ON A BUN</p> <p>Popeye Greens & Lettuce Mixed Salad w/ Dressing Sliced Fruit Cup</p> <p><i>KS - Oatmeal Raisin Cookie</i></p>



Partnering With Your Schools

- Educate yourself about food additives, processed foods, pesticides and its effect on health
- Contact the district's child nutrition director
- Come in with a list of questions
- Communicate what you want for your children at PTA meetings
- Bring back ideas to your school board



Healthy Eating at School

... 10 Steps for Parents

- 1) Talk out of school – Make your opinions heard
- 2) Know what's for lunch
- 3) Do lunch with your Kids
- 4) Discuss your principles
- 5) Team up with foodservice staff
- 6) Plant a seed
- 7) Throw a tasting party
- 8) Set up a Group
- 9) Serve your kids food for thought
- 10) Listen to your kids about what they learn



Teaching Children How to Eat Right -at Home and at School



*We cannot hope to
guide our children to
eat healthier if we
don't educate the
adults as well....*



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Good Nutrition At Home

1. Fuel up on Fruit
2. Vary your Vegetables
3. Grab Grains
4. Blast off with Breakfast
5. Map Out Low fat Meat Meals
6. Find the Fat
7. Snack Smart
8. Pick from the Pyramid
9. Try New Tastes
10. Move your Muscles





Nutrition Fun at Home

1. Gardening Together - teach your children how plants grow from seeds to healthy plants
2. Building Health Meals & Snacks
 - Use the Pyramid
 - Right balance of vitamins, minerals, and other nutrients
 - Appropriate portion size
 - Create tasty menus
3. Get Energized!
 - Outdoor/Indoor fitness fun
 - Scavenger hunts, rake leaves, weeding gardens, dusting furniture, indoor family Olympics, dance parties



Create Supermarket Sleuths

Children are more willing to try new foods when they help in selecting them...



- Create a Shopping List Together
- Have your child locate foods by food groups
- Wanted! New Foods - 1 or 2 new foods from the Groups
- Connecting the Clues
 - Compare same foods found in different forms? Fresh vs Frozen
 - Have your child create "clues" about their favorite foods
- Explore your family's heritage and traditional foods
- Discover new foods from Around the World



Nutrition Curriculum in Schools

USDA FOOD PYRAMID



Total # Servings:

GRAINS
6 oz/day

VEGGIES
2 1/2 cups/day

FRUITS
2 cups/day

MILK
3 cups/day

MEAT & BEANS
5 1/2 oz/day

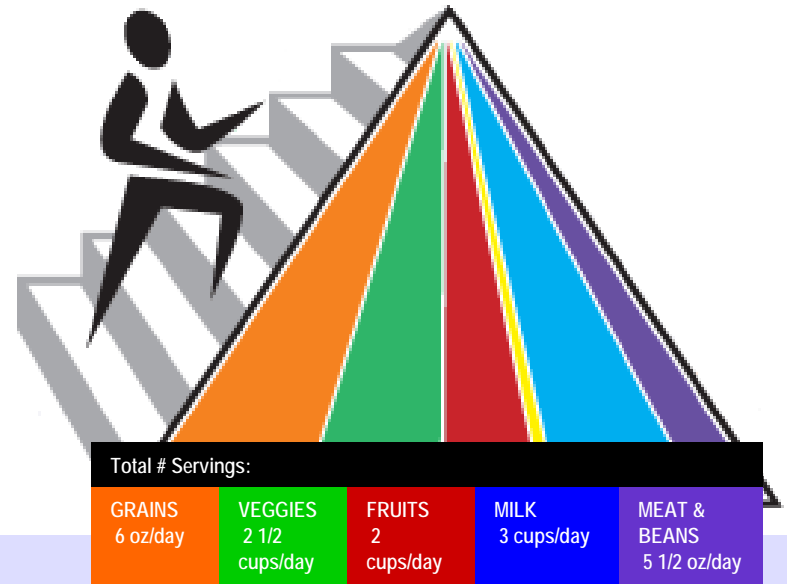


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USDA Food Pyramid

(released April 2005)

www.mypyramid.gov



Good

- One diet doesn't fit all
- Shows proportionality
- Reminds us: Be Active
- Variety encouraged thru band Colors
- Moderation represented through band widths

Bad

- Must have access to a computer and be computer-literate and to gain full understanding of the pyramid
- Individualizing diet using this web-based interactive format is confusing for some
- Limited attempt to show healthy fats



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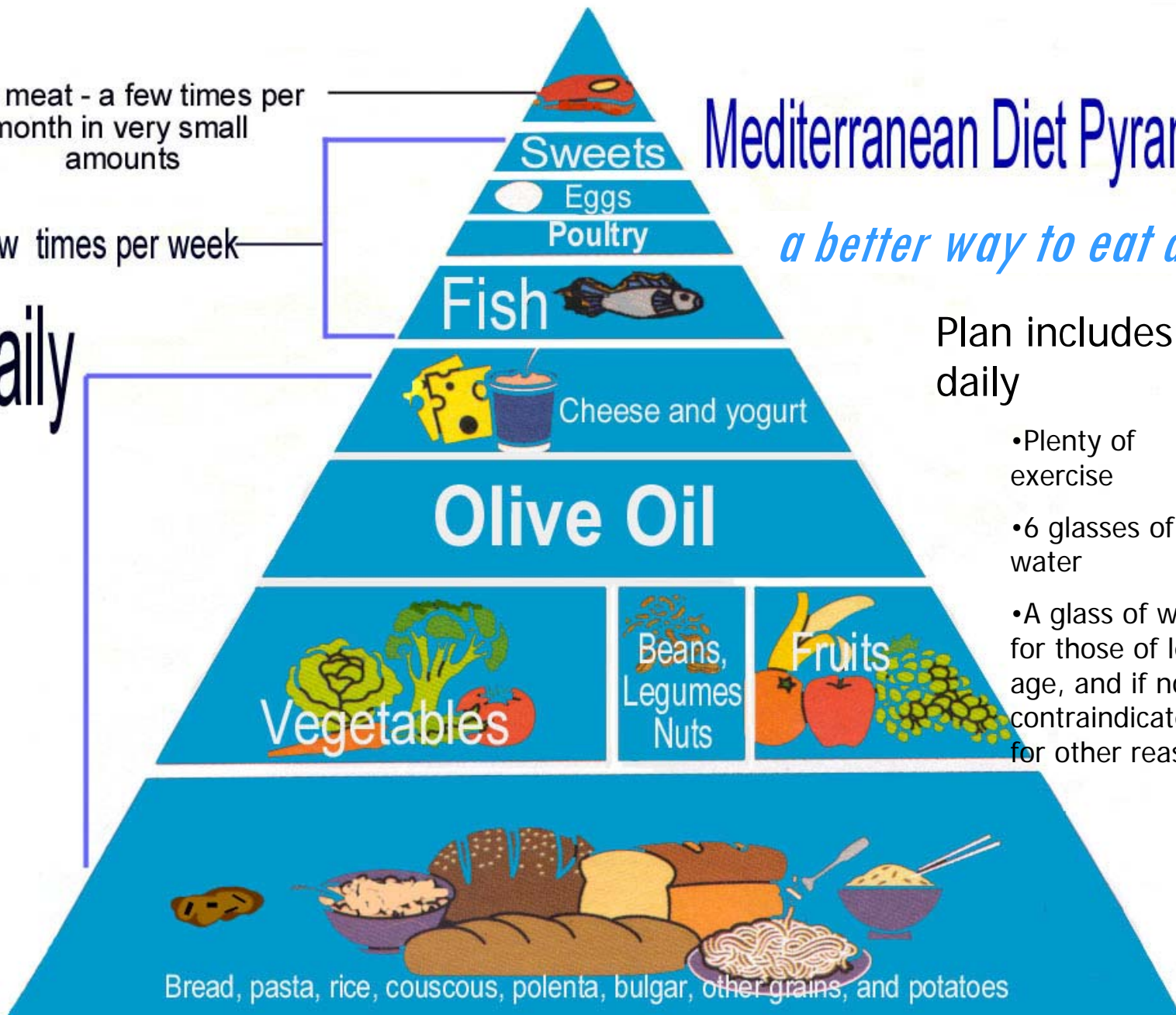
Red meat - a few times per month in very small amounts

A few times per week

Daily

Mediterranean Diet Pyramid*

a better way to eat and live



Plan includes daily

- Plenty of exercise
- 6 glasses of water
- A glass of wine - for those of legal age, and if not contraindicated for other reasons



Children should have at least 60 minutes of physical activity per day

Here's how parents can help:

1. Create safe places – watch over the children's activities
2. Set a good example – be active with your child
3. Promote physical activity – Encourage children
4. Limit sitting around time
5. Establish an activity routine at home
6. Coach a team
7. Set up a home gym
8. Try aerobic activities
9. Throw an activity party!
10. Work with your school to ensure structured physical activity



Make Activity Fun and Easy with the Physical Activity Pyramid





Richard Simmons

- Exercise guru Richard Simmons advocates for more PE time in our schools as part of the fight against childhood obesity
- www.RichardSimmons.com is a website dedicated to encouraging kids to make healthy changes and be fit

Reduce the Work Day

- It may be fiscally smart for corporations to scale back during this recession to a reduced 6½-hours - sharing the burden equally across the shoulders of the workforce
- Reduced work hours could be harmonious with the child's school day, saving parents dollars and an abundance of worry associated with outsourcing child-care or having a latchkey child. Parents could then be present to oversee their child's active outdoor playtime after school



Promote Healthy Lifestyles-Risk Reduction Programs for Prevention in Schools



- Today's youth is considered the most inactive generation in history
- Help our children find their way to a healthier future



Be the Change!



Join WHF and its new online community at
http://www.shesconnected.com/groups/view/womens_heart_foundation

Help us implement wellness in schools
with new prevention programs for all.

Take care of your heart.

www.womensheart.org



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