



Nourishing the Next Generation

Practical advice for caring for your young ones with food, fun and love

For more support, contact your local extension office.

The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777.

Material funded by USDA SNAP. USDA is an equal opportunity provider.

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Setting "Family Rules" for Fast Foods, Buffets

When eating out, try to focus the attention on the fellowship of being together. Enjoy the quality time that you can spend eating with your grandchild. While large portions of food may be offered at restaurants, the "super size" phenomenon is not so good for you or your grandchild. Large-sized meals often contain a higher amount of calories from fat and sugar than anyone should have in one day, not to mention in a single meal.

You may wish to establish rules for what to order, such as only buying kid's meals for everyone. Or, split a sandwich and share one order of French fries. Most restaurants offer low-fat milk as an alternative to high-sugar soft drinks. Ask that sour cream, butter, cheese and salad dressings be provided "on the side," and reduce the amount you add to a potato or salad. At a buffet, encourage family members to start with a salad or soup and a whole grain roll. This will take the edge off everyone's hunger. Then, look over the entire food line before choosing options. And use a salad plate instead of a full-size dinner plate to prevent taking portions that are too large.



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Tips for Making Fitness, Good Nutrition Part of Your Everyday Family Life

We all want to set a good example for the youngsters in our lives. But how can we put the recommended health advice into practice? Below are some tips for getting more health from your meals, along with how families can have active fun together!

Serve more foods “from the farm” and fewer foods “from the factory”

- Make half of your grains whole. How? Serve whole-wheat bread, oatmeal, brown rice, and low-fat popcorn more often.
- Vary your veggies. How? Go with dark green and orange choices more often, such as spinach, broccoli, dark green lettuce, carrots, pumpkin and sweet potatoes.
- Focus on fruits. How? Serve them at meals, and as snacks. Choose fresh, frozen, canned or dried. Go easy on fruit juices.
- Get your calcium-rich foods to build strong bones. How? Serve low-fat and fat-free milk, yogurt and other dairy products several times a day.
- Go lean with protein. How? Choose more cooked dry beans and peas, such as by adding chick peas to a salad, pinto beans to a burrito, or kidney beans to soup. Prepare fish, eggs, skinless chicken and turkey, and lean red meats without added fats.
- Change your oil. How? Serve fewer fats that are solid at room temperature. Choose liquid oils, such as those in oily fish, nuts, seeds and cooking oil made from canola, olives, corn, sunflowers and soybeans.
- Don't sugarcoat your family's foods and beverages. How? Read package labels and choose products that don't have added sugars as one of the first ingredients.

Make physical activity a fun family time

- Be active yourself, and invite your family — and pets — to join you. Move and have fun together. How? Dance. Go for a walk. Kick or throw a ball. Play at a park.
- Establish a family routine that allows for physical activities to be done at a certain time of each day. Your family's best “active time” might be before breakfast, or after supper. How much time? Adults need 30 minutes, while children and teens need 60 minutes, on most days of the week.
- Encourage more movement during slow times, such as during television shows. How? Lift weights, march in place or walk around the room. Limit your family's “screen” time.
- Set up a home gym. How? Use canned foods for weights, a rope to jump over for a cardio workout, and your home's stairs rather than a stair machine.
- Take the President's Challenge as a family. How? Visit www.presidentschallenge.org online. Track your physical activities and try to earn a Presidential Active Lifestyle Award for each family member, young or old.
- Host active parties and give gifts that encourage physical activity. Center your next family gathering or your grandchild's next birthday party around some physical activities. How? Try dancing, backyard Olympics, relay races, juggling, darts, frisbee or basketball free throw contests.

Source: Adapted from *Tips for Families*, www.mypyramid.gov/kids