

Aug/Sep newsletter



## ***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.

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## **"MyPlate" Replaces the MyPyramid Symbol**

In June, the "ChooseMyPlate.gov" image and website were unveiled, as seen below. MyPlate is a simple reminder to think about your family's food choices, because improving your eating habits can allow you and your grandchild to lead a healthier life. Strive to be a great food role model!

Look at your child's plate at meals and snack times, and try to be able to say yes to these questions:

- Are the portions child-sized?
- Is half of the plate filled with vegetables and fruits?
- Are at least half of the grains whole grains?
- Is there a small portion of lean plant- or animal-based protein?
- Is a fat-free or low-fat (1%) dairy food included?
- Are the sugar-sweetened beverages removed, or down-sized?
- Are the foods low in sodium, saturated fat and added sugars?





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### **Beverages, Foods Protect against Dehydration**

When water loss is greater than fluid intake, dehydration occurs. If physical activities take place outdoors in high heat and humidity, the risk of dehydration increases, especially for a child. Compared to teens and adults, children lose more water because they create more heat and they have more skin surface in relation to their body size.

Offer fluids to both children and teens frequently, especially before and while they play outside or compete in sports. People often become slightly dehydrated before they become thirsty. Neither children nor older adults can always recognize their thirst. If urine is darker than pale yellow in color, more fluids are needed.

To replace fluid losses, frequently offer cool water to drink. Other good drink choices are low-fat (1%) or fat-free milk, 100% juices and caffeine-free beverages. Serve foods made with healthful liquids, such as soups, smoothies and puddings. Vegetables and fruits with a high water content include melons, bananas, apples, applesauce, oranges, pears, plums, nectarines, berries, tomatoes, cucumbers and potatoes.

### **Grandchildren and Body Weight**



Grandchildren grow at very different rates. Growth is rapid at first, with body weight usually doubling in the first six months. By 14 months, most infants have tripled their birth weight. Then growth slows. Just before puberty, children have a second rapid growth spurt. This usually begins at about ages 8 to 10 years for girls and ages 11 to 13 years for boys. For example, a child may go through several shoe sizes within months.

Increases in height and weight do not happen at the same time. A child may be chubby now because he or she has put on extra body weight but not yet grown taller. Or, a child may be tall and skinny now, looking like a "string bean," because he or she has already grown taller, but not put on extra body weight yet.

A health care professional can evaluate your grandchild's growth. A child who is heavy now may grow into his or her weight. If your doctor, nurse or dietitian concludes that an increase in height will not make up for your grandchild's weight, then follow the recommended actions. Supporting your grandchild's health by making changes in your household's eating and physical activity habits can make a big difference!

*Source: Adapted from JL Warren and D James, Grandparents as Parents, Texas A&M University, #5*