

September / October 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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## **A Healthy Mouth for Baby**

Your young grandchildren need healthy baby teeth to help them chew their food, to speak clearly, and to hold space for their future adult teeth. Plus, decaying teeth can cause them pain. Here's what you can do to help:

- If your grandbaby uses a pacifier, don't dip it into anything sweet.
- If your grandchild uses a bottle or a sippy cup in bed, or carries one around during the day, fill it only with water. Why? When sugary liquids stay in a baby's mouth too long, cavities can get started in their teeth. Sugary liquids include formula, milk, juice, and drinks with added sugars, such as sweet tea and soda.
- Near his or her first birthday, teach your grandchild to drink from an open cup.
- At almost all meals and snacks, offer your grandchild foods and drinks without any added sugars. Offer beverages and foods with added sugars only in small amounts and on rare occasions.





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### **Help Young Athletes Make Healthful Food Choices**

Does your grandchild play a sport? Healthful foods will help your grandchild be ready to learn and to stay active. There is no doubt about it, though, keeping youngsters properly fed in the face of hectic schedules, team snacks and concession-stand menus can be a challenge! Young athletes do better when adults are in charge of the food before, during and after the game, and set limits. Serve water, vegetables, fruits, whole grains, lean protein foods and dairy products for meals and snacks.

Help your young one understand that, as an athlete, you have to take care of your body in order to be able to play your best. Set healthful food choice guidelines, such as eating a salad instead of French fries, having no more than one sweet food or fried food each day, and drinking milk or water instead of soda or sports drinks, which contain added sugars and acids that are harsh on the teeth. With practices and games occurring several hours after lunch, young athletes need an afternoon snack to prevent them from running out of energy, to restore energy for the next day, and to avoid having them eat too fast and too much at supper. So that they can eat within the first hour following a game or practice, pack a cooler with ice, water, and foods containing carbs and protein. Low-fat chocolate milk and a banana offer the right balance of carbs and protein and can be a quick and easy choice. Mini-sandwiches made with bread, peanut butter or a slice of lean meat, and vegetables provide another healthful option to nourish active bodies.



Paying attention to healthful choices for snacks and meals can help your young athlete establish a lifelong positive relationship with food.

Source: Adapted from M Braun at [www.uwhealthkids.org/news-and-events/helping-young-athletes-make-healthy-food-choices/36896](http://www.uwhealthkids.org/news-and-events/helping-young-athletes-make-healthy-food-choices/36896)

### **MyPlate Dietary Advice for Kids Ages 2 and Older**

Offering a variety of healthful foods will help your grandchild get the nutrients that he or she needs from every food group. Try to follow these tips:

- Vegetables and fruits (fresh, frozen, canned or dried) should make up half of each meal and snack that you serve. Mostly choose those without added sugars or salt.
- At least half of all the grains that you offer should be whole grains.
- Serve a variety of protein foods, cooked without frying, including: seafood, lean meat, poultry without skin, eggs, cooked dry beans and peas, soy products, nuts and seeds.
- Serve fat-free or low-fat dairy (milk, cheeses, unsweetened yogurt) most of the time.
- Most of the time, serve beverages and foods that are low in both sugar and sodium.

Source: Adapted from [www.choosemyplate.gov/preschoolers/healthy-habits.html](http://www.choosemyplate.gov/preschoolers/healthy-habits.html)