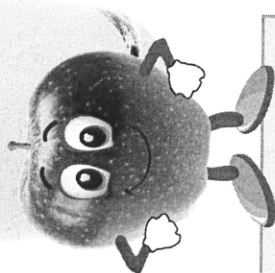
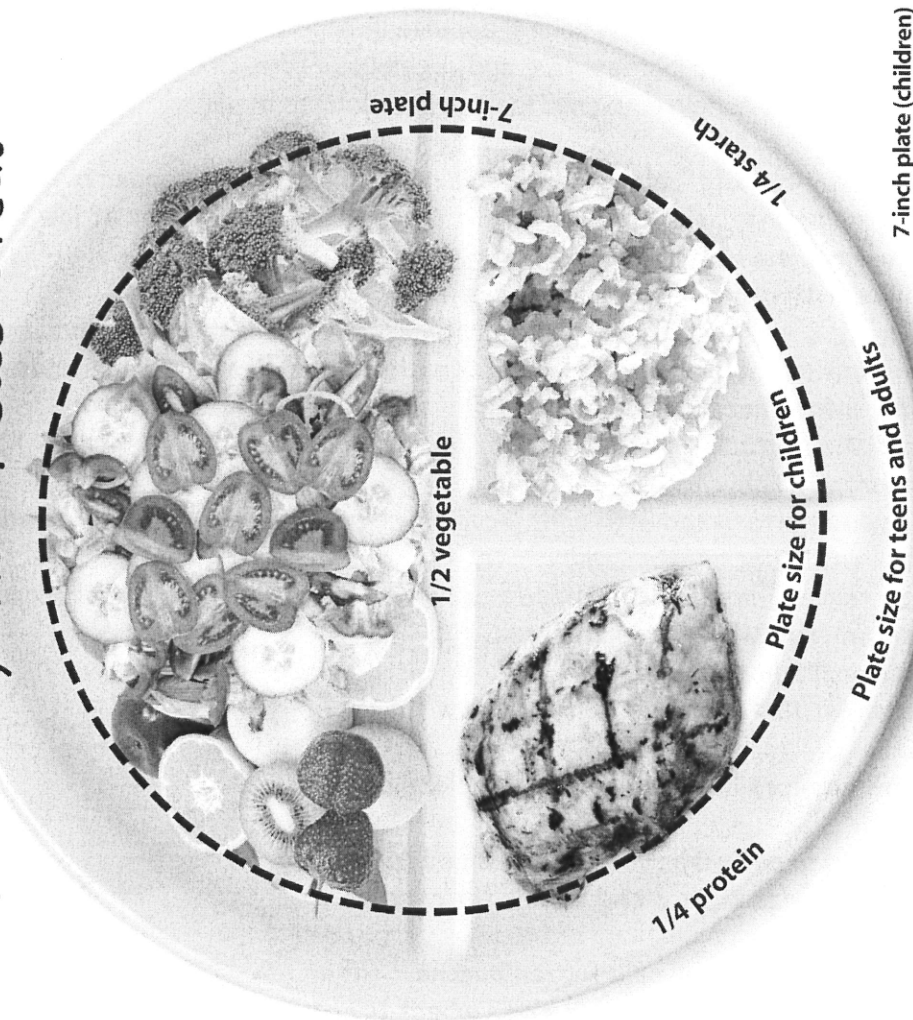


My Plate Planner

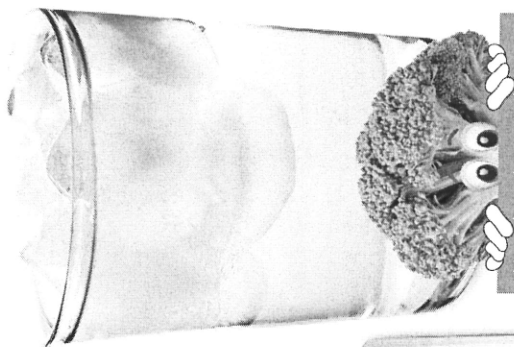
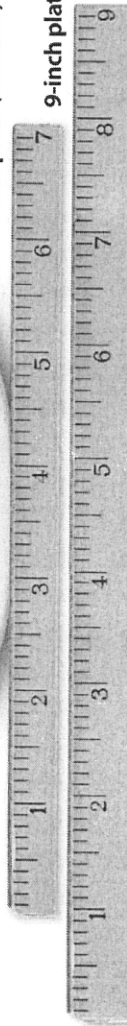
A Healthy Meal Tastes Great



The plate method is a simple way to learn healthy portion sizes. Just split the plate into 3 parts, the largest part for vegetables. Note to adults planning meals for smaller children: Remember to use a smaller plate or serve smaller portions if you don't have different plate sizes.



7-inch plate (children)
7-inch plate (adult)
9-inch plate (adult)



Your hand can help you measure the right amount of food to eat. Use your hand to measure out portions



Palm of Hand
Amount of
Lean Meat



A Fist
Amount of Rice,
Cooked Pasta,
or Cereal



A Thumb
Amount of
Cheese



Thumb Tip
Amount of
Peanut Butter

Note to adults preparing meals for children: Use your child's hand to measure portion sizes.





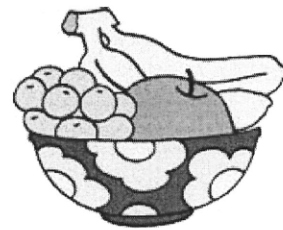
Palo Alto Medical Foundation
Sutter Health
We Plus You



Healthy Snacks for kids and teens

Healthy snacks can provide energy, and control appetite throughout the day. Well chosen snacks provide an opportunity to increase fruit and vegetable intake. Choosing a snack with a protein and a fiber source will help your child feel full between the meals.

- ❖ Plate with baby carrots, celery sticks, cucumber slices, green pepper rings, cherry tomatoes, sugar snap peas, broccoli, cauliflower with 2 tablespoons of low fat ranch dressing, and hummus or salsa.
- ❖ Apple slices with peanut or almond or cashew butters.
- ❖ Ants on a log: 2 stalks of celery with 1-2 tablespoons of peanut or almond butter.
- ❖ Slices of pear or apple or a cup of berries with handful of walnuts, almonds or an ounce of low fat cheese cubes
- ❖ 5-7 whole wheat crackers with a slice of low fat cheese.
- ❖ Light yogurt with berries.
- ❖ $\frac{1}{2}$ Whole wheat pita bread with light mayonnaise stuffed with turkey, lettuce and a tomato.
- ❖ A bowl of tomato, vegetable, or bean soup with a handful of whole grain crackers.
- ❖ Cut up fresh fruit with cottage cheese.
- ❖ 3 Cups air popped pop corn.
- ❖ 1 Whole wheat tortilla with 1 oz melted low fat cheese.
- ❖ 1 Whole wheat tortilla rolled with $\frac{1}{2}$ cup black beans and salsa
- ❖ 1 Whole grain bread with avocado and sliced turkey.
- ❖ Cut up medium size fruit with 1 oz low fat cheese cubes.
- ❖ Frozen handful of grapes or a frozen banana
- ❖ Hard boiled egg or egg salad on a whole wheat bread.
- ❖ Steamed edamame



Calcium and Vitamin D

Calcium is an Important Mineral That Helps:

- Our bones and teeth stay strong
- Our muscles move when we exercise
- Our body stay at a healthy weight
- Our skin to form scabs when we get cut
- Our body maintain a healthy blood pressure

Vitamin D is an Important Nutrient That Helps:

- Our body absorb calcium and prevent osteoporosis
- Regulate insulin and blood sugar and prevent type 2 diabetes and heart disease
- Prevent the following types of cancer: bladder, breast, colon, ovarian, prostate and rectal
- Prevent falls and muscle weakness
- Regulate immune function

Men, women and children have different calcium needs, which change with age. Vitamin D is a nutrient that works together with calcium and is essential for children and adults.

Calcium and Vitamin D Requirements

<i>Age</i>	<i>Daily Calcium</i>	<i>Daily Vitamin D</i>
1 to 3 years	700 mg	600 IU
4 to 8 years	1,000 mg	600 IU
9 to 18 years	1,300 mg	600 IU
19 to 49 years, men up to 71 years	1,000 mg	600 IU
Women over 51, men over 71	1,200 mg	600-800 IU
Individuals with osteoporosis	1,500 mg	800 IU
<i>Pregnant & Breastfeeding:</i>		
<i>Below age 18</i>	1,300 mg	600 IU
<i>19 and older</i>	1,000 mg	400-800 IU

How to get the Calcium and Vitamin D Your Body Needs

Many foods, especially dairy products, are naturally rich sources of calcium. You can identify the good sources of calcium (both natural and fortified) and the amount a food provides on the food lists on the back of this page.

Few foods, other than fatty fish and fish liver oil, are naturally rich sources of vitamin D, and some foods are fortified with vitamin D, such as milk. Vitamin D is usually produced in your body when your skin is exposed to sunshine. Talk with your doctor to determine if you should rely on sun exposure for vitamin D.

If you don't get enough calcium from your diet and if your doctor tells you that your vitamin D levels are low, you can take over-the-counter supplements. Talk to your health care provider to determine if a calcium or vitamin D supplement is necessary and how much you need to take.

Calcium Content of Foods

Dairy

FOOD	SERVING SIZE	CALCIUM (MG)*
MILK		
Milk, non-fat, dry, instant	1/3 cup	500
Milk: whole, low-fat, nonfat, buttermilk and chocolate	1 cup	250 - 300
Pudding made with milk	1/2 cup	155
Rice milk & Soy milk, <i>fortified</i>	1 cup	300 - 370
Soy milk	1 cup	55
YOGURT & ICE CREAM		
Frozen yogurt	1/2 cup	100
Ice cream	1/2 cup	85 - 110
Yogurt (whole, low-fat, and nonfat) plain and fruit-flavored	1 cup	275 - 450
CHEESE		
American cheese	1 oz.	160
Brie cheese	1 oz.	50
Hard cheese (cheddar, Swiss, mozzarella, provolone)	1 oz.	200 - 220
Soy cheese, fortified	1 oz.	200
Cottage cheese	1/2 cup	80
Ricotta cheese (<i>part skim</i>)	1/2 cup	335

Non-Dairy

	SERVING SIZE	CALCIUM (MG)*
VEGETABLES & SOY		
Broccoli, cooked	1/2 cup	30
Dried beans and peas	1/2 cup	50 - 100
Leafy greens (mustard, beet, kale, collards, dandelion, spinach) cooked	1/2 cup	70 - 180
Soybeans	1/2 cup	130
FISH		
Salmon, canned (<i>with bones</i>)	3 oz.	180
Sardines, drained (<i>with bones</i>)	3 oz.	325
Tuna, light, canned in oil, drained	3 oz.	10
NUTS & SEEDS		
Almonds	1 oz. or 23 nuts	75
Nuts – most varieties	1 oz.	30
Seeds	1 oz.	20
Tofu, fortified with calcium sulfate or lactate	1/4 cup	215
OTHER		
Cereal bar, calcium fortified	1 each	300
Orange juice, calcium fortified	1/2 cup	175 - 200
Molasses, Blackstrap	1 Tbsp	170
Tortillas, corn (6 inch)	2 each	100

Vitamin D Content of Foods

FOOD	SERVING SIZE	VITAMIN D (IU)
Cod liver oil	1 Tbsp	1360
Salmon, wild caught	3 oz.	400 - 800
Catfish	3 oz.	425
Tuna (canned in oil) or Mackerel	3 oz.	230 - 345
Milk, fortified	1 cup	90 - 125

* Values are rounded to the nearest 5 mg and may be averaged with similar foods in group

Source: American Dietetic Association Nutrition Care Manual Calcium Content of foods

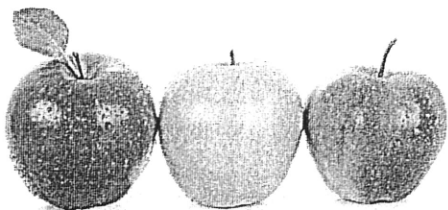
To look up other foods, visit the USDA Nutrient Database online at www.nal.usda.gov/fnic/foodcomp/search/



Building Healthful Food Habits

Every family is different. These are ideas that some families have found helpful. What if anything might work for you?

- Be a positive role model. Your actions may speak louder than your words.
- Create a healthful food environment for the entire family so a child is not treated differently based on their weight.
- Stock your kitchen with healthy choices such as lean meats, low fat dairy product, whole grains, fruits and vegetables.
- Have healthful snacks available for your family. Consider whole grain crackers, string cheese, low-fat yogurt (low sugar) and apples.
- Engage your child in food planning and shopping. Think about the possible benefit of setting guidelines before you shop and involve them in making healthy food selections. For example, have them pick out fruit and vegetables for the week's lunches.
- Involve your child in making meals, snacks and packing school lunches. Children are more likely to try foods they help prepare.
- Help your child tune into feelings of hunger and fullness. "Is your tummy telling you it is still hungry or has it had enough?"
- Enjoy food together. Make meals a pleasant time to share events of the day not for lecturing or criticizing.
- Make meals a media free zone.
- Try not to label food "good/bad" or healthy/unhealthy" since this makes specific food seem more or less appealing.
- Try not to use food as a punishment or reward.



Activities for Children 48-60 Months Old



Play the "who, what, and where" game. Ask your child who works in a school, what is in a school, and where is the school. Expand on your child's answers by asking more questions. Ask about other topics, like the library, bus stop, or post office.	When you are setting the table for a meal, play the "what doesn't belong" game. Add a small toy or other object next to the plate and eating utensils. Ask your child if she can tell you what doesn't belong here. You can try this game any time of the day. For example, while brushing your child's hair, set out a brush, barrette, comb, and a ball.	Let your child help prepare a picnic. Show him what he can use for the picnic (bread, peanut butter, and apples). Lay out sandwich bags and a lunch box, basket, or large paper bag. Then go have fun on the picnic.	On a rainy day, pretend to open a shoe store. Use old shoes, paper, pencils, and a chair to sit down and try on shoes. You can be the customer. Encourage your child to "write" your order down. Then she can take a turn being the customer and practice trying on and buying shoes.	Play the "guess what will happen" game to encourage your child's problem-solving and thinking skills. For example, during bath time, ask your child, "What do you think will happen if I turn on the hot and cold water at the same time?" or "What would happen if I stacked the blocks to the top of the ceiling?"
Play "bucket hoops." Have your child stand about 6 feet away and throw a medium-size ball at a large bucket or trash can. For fun outdoors on a summer day, fill the bucket with water.	Write your child's name often. When your child finishes drawing a picture, be sure to put his name on it and say the letters as you write them. If your child is interested, encourage him to name and/or to copy the letters. Point out the letters in your child's name throughout the day on cereal boxes, sign boards, and books.	Invite your child to play a counting game. Using a large piece of paper, make a simple game board with a straight path. Use dice to determine the count. Count with your child, and encourage her to hop the game piece to each square, counting each time the piece touches down.	Make a person with playdough or clay using sticks, buttons, toothpicks, beads, and any other small items. Start with a playdough (or clay) head and body and use the objects for arms, legs, and eyes. Ask your child questions about his person.	Encourage your child to learn her full name, address, and telephone number. Make it into a singing or rhyming game for fun. Ask your child to repeat it back to you when you are riding in the car or on the bus.
Cut out three small, three medium, and three large circles. Color each set of circles a different color (or use colored paper for each). Your child can sort the circles by color or by size. You can also ask your child about the different sizes. For example, ask your child, "Which one is smallest?" Try this game using buttons removed from an old shirt.	Go on a walk and pick up things you find. Bring the items home and help your child sort them into groups. For example, groups can include rocks, paper, or leaves. Encourage your child to start a collection of special things. Find a box or special place where he can display the collection.	Play a picture guessing game. Cover a picture in a familiar book with a sheet of paper and uncover a little at a time until your child has guessed the picture.	Let your child help you prepare a meal. She can spread peanut butter and jelly, peel a banana, cut with a butter knife, pour cereal, and add milk (using a small container). Never give her a task involving the stove or oven without careful supervision.	"Write" and mail a letter to a friend or relative. Provide your child with paper, crayons or pencil, and an envelope. Let your child draw, scribble, or write; or he can tell you what to write down. When your child is finished, let him fold the letter to fit in the envelope, lick, and seal. You can write the address on the front. Be sure to let him decorate the envelope as well. After he has put the stamp on, help mail the letter.
Play "circus." Find old, colorful clothes and help your child put on a circus show. Provide a rope on the ground for the high wire act, a sturdy box to stand on to announce the acts, fun objects for a magic act, and stuffed animals for the show. Encourage your child's imagination and creativity in planning the show. Don't forget to clap.	Take a pack of playing cards and choose four or five matching sets. Lay the cards out face up, and help your child to find the pairs. Talk about what makes the pairs of cards the "same" and "different."	Make bubbles. Use 1/4 cup dishwashing liquid (Dawn or Joy works best) and 2 2/3 cups water. Use straws to blow bubbles on a cookie sheet. Or make a wand by stringing two pieces of a drinking straw onto a string or piece of yarn. Tie the ends of the string together to make a circle. Holding onto the straw pieces, dip the string in the bubble mixture. Pull it out and gently move forward or backward. You should see lovely, big bubbles.	Make a bean bag to catch and throw. Fill the toe of an old sock or pantyhose with 3/4 cup dry beans. Sew the remaining side or tie off with a rubber band. Play "hot potato" or simply play catch. Encourage your child to throw the ball overhand and underhand.	Pretend to be an animal. Encourage your child to use her imagination and become a kitty. You can ask, "What do kitties like to eat?" or "Where do kitties live?" Play along, and see how far the game can go.