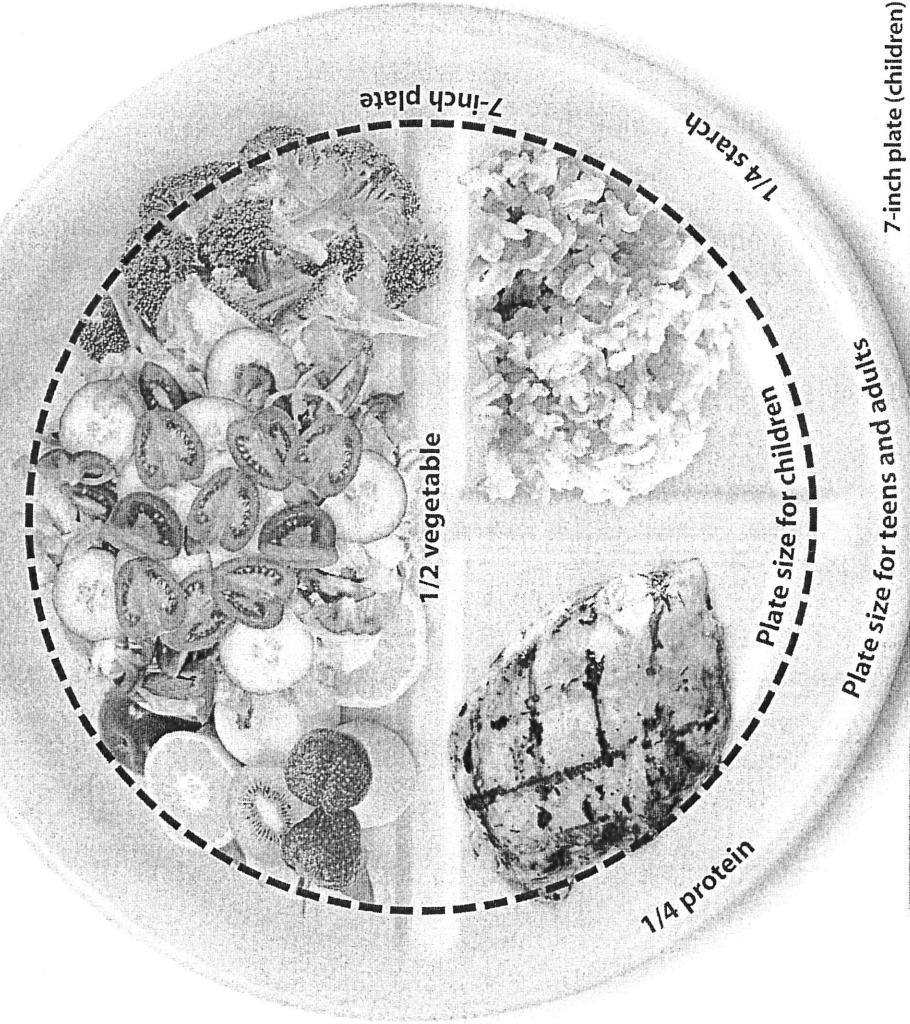


My Plate Planner

A Healthy Meal Tastes Great



7-inch plate (adult)



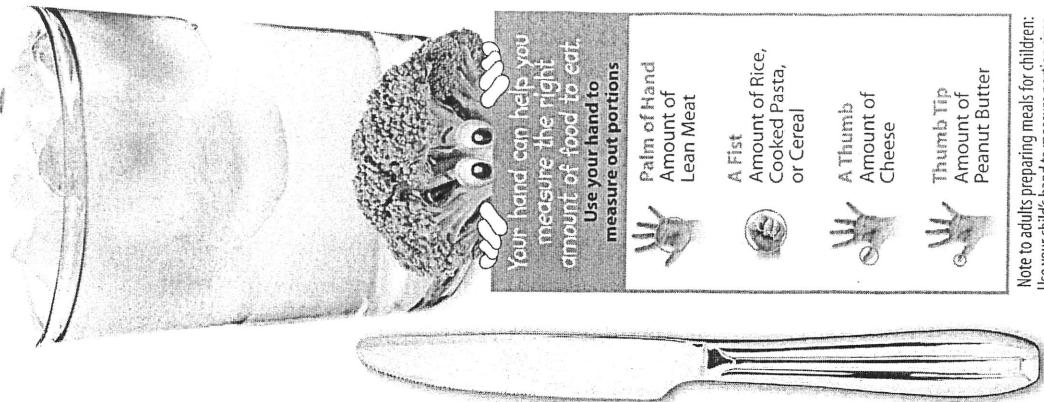
9-inch plate (children)



Plate size for teens and adults

Plate size for children

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.



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

Top Ten Tips for Healthier Living

1. DO exercise for at least 30 minutes on at least 4 days per week. The exercise should be vigorous enough to double your heart rate and make you sweat.
2. DO limit television watching to a maximum of 1 hour per day (less would be even better). This includes video games and computer time.
3. DO NOT snack while watching television (drinking water is ok).
4. DO consume the equivalent of 4 servings of milk each day to ensure healthy strong bones (1.5 ounces of cheese = 8 oz of milk and yogurt counts as milk).
5. DO limit your consumption of carbonated beverages (sodas) to one per week at most.
6. DO limit your consumption of junk food to the occasional treat (once or twice a week at most).
7. DO wait at least 5 minutes before taking a second serving at meals if you are watching your weight. Another good idea is to go for a walk around the neighborhood before second servings or instead of dessert.
8. DO limit your consumption of fast foods to once or twice a month at most (less would be even better).
9. DO wash your hands frequently (especially before eating) and refrain from sharing food and beverages with friends. Most common illnesses are acquired when your hands pick up viruses from objects (like door knobs) or other people.
10. DO something nice for someone else at least once each day. This will make you feel good about yourself!

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

Age	Daily Calcium	Daily Vitamin D
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>		
Below age 18	1,300 mg	600 IU
19 and older	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, <i>fortified</i>	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, <i>fortified</i> with calcium sulfate or lactate	1/4 cup	215
OTHER		
Cereal bar, calcium <i>fortified</i>	1 each	300
Orange juice, calcium <i>fortified</i>	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, <i>fortified</i>	1 cup	90 - 125

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

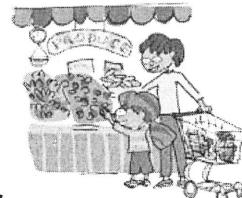
* Values are rounded to the nearest 5 mg and may be averaged with similar foods in group

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



Palo Alto Medical Foundation
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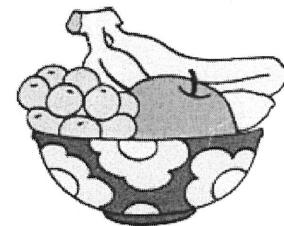
We Plus You



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

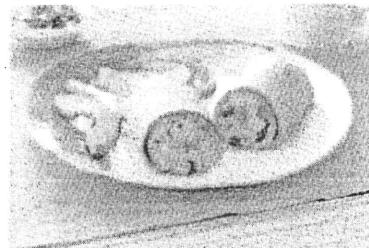




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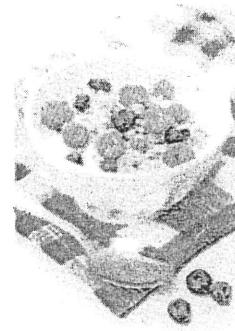
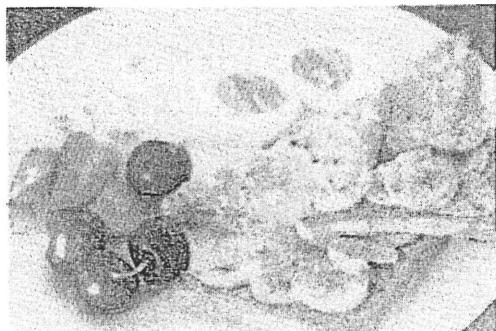
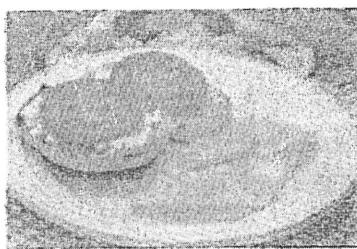
We Plus You

Healthy Breakfast Ideas



Eating a healthy breakfast provides your child the fuel he/she needs for physical and mental activities.

- Two slices of 100% whole grain bread with nut butter (peanut / almond / cashew / pecan) topped with banana slices, serve with a glass of fat free or 1% milk.
- Breakfast burrito made from whole wheat tortilla filled with scrambled eggs (or leftover chicken) black beans, salsa and avocado slices, serve with cut up fruit and a glass of fat free or 1% milk.
- A bowl of steel cut oatmeal combined with cinnamon diced apple, peach or fresh berries, handful of walnuts drizzled with small amount of honey or maple syrup.
- Greek yogurt mixed with fresh berries, apple or banana and walnuts, drizzle with a small amount of honey.
- A slice or two of 100% whole grain toast with an omelette or hard boiled egg and cut up fresh fruits.
- A bowl of Kashi Go Lean crunch cereal with low fat milk and a cup of berries.



Car Seat Recommendations for Children

Select a car seat based on your child's age and size, and choose a seat that fits in your vehicle and use it every time.

Always refer to your specific car seat manufacturer's instructions; read the vehicle owner's manual on how to install the car seat using the seat belt or LATCH system; and check height and weight limits.

To maximize safety, keep your child in the car seat for as long as possible, as long as the child fits within the manufacturer's height and weight requirements.

Keep your child in the back seat at least through age 12.



AGE

Birth – 12 months

Your child under age 1 should always ride in a rear-facing car seat.

There are different types of rear-facing car seats: Infant-only seats can only be used rear-facing. Convertible and 3-in-1 car seats typically have higher height and weight limits for the rear-facing position, allowing you to keep your child rear-facing for a longer period of time.

1 – 3 years

Keep your child rear-facing as long as possible. It's the best way to keep him or her safe. Your child should remain in a rear-facing car seat until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the rear-facing car seat, your child is ready to travel in a forward-facing car seat with a harness.

4 – 7 years

Keep your child in a forward-facing car seat with a harness until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the forward-facing car seat with a harness, it's time to travel in a booster seat, but still in the back seat.

8 – 12 years

Keep your child in a booster seat until he or she is big enough to fit in a seat belt properly. For a seat belt to fit properly the lap belt must lie snugly across the upper thighs, not the stomach. The shoulder belt should lie snug across the shoulder and chest and not cross the neck or face. Remember: your child should still ride in the back seat because it's safer there.

DESCRIPTION (RESTRAINT TYPE)

 **A REAR-FACING CAR SEAT** is the best seat for your young child to use. It has a harness and in a crash, cradles and moves with your child to reduce the stress to the child's fragile neck and spinal cord.

 **A FORWARD-FACING CAR SEAT** has a harness and tether that limits your child's forward movement during a crash.

 **A BOOSTER SEAT** positions the seat belt so that it fits properly over the stronger parts of your child's body.

 **A SEAT BELT** should lie across the upper thighs and be snug across the shoulder and chest to restrain the child safely in a crash. It should not rest on the stomach area or across the neck.