

# Nutrition

Carbohydrates, fat, protein, vitamins, minerals and water are the six major classes of nutrients. These nutrients are chemical substances obtained from foods during digestion. They work together to supply swimmers with energy, help build and maintain body cells, and regulate body processes. Energy is measured in calories and is supplied by carbohydrates (carbo's), fat and protein. They are the energy or fuel source for your body.

## *Carbohydrates*

Swimmers get most of the energy for their workouts and performance from carbo's. Certain foods such as bread, cereals, pasta, fruits and vegetables are excellent sources of carbo's. These foods are the primary source of energy used in swimmers.

## *Fat*

Fat is also an energy source for swimmers. But it takes at least 20 minutes from the time athletes start to exercise until enough fat is available to be of much help during exercise. Cakes, pies, French fries, and pastries are foods that are high in fat. Swimmers have no problems in consuming fatty foods. As a matter of fact, they usually consume too much fat and as result don't eat enough carbo's. A gram of Fat has 9 calories in it so watch your fat intake!

## *Protein*

Protein, found through out the body, is necessary to build all body cells. Without protein your body won't be able to build muscle or maintain those that you have. It is possible to use protein to energy; however, it is one of its least important functions in the body. Chicken, fish, beef and pork as well as some dairy products and beans and nuts supply the majority of the protein in many swimmer's diet. Only during starvation or extreme malnutrition does the body use protein as a source of fuel.

## *How much carbohydrates, fat and protein so swimmers need?*

It has been clearly shown that swimmers in training need more calories and these extra calories should be coming from foods that are high in carbohydrates. A swimmer's diet should contain an energy nutrient balance that includes:

|             |             |               |               |
|-------------|-------------|---------------|---------------|
| 15% Protein | 10%-15% Fat | 70%-75% Carbs | for sprinters |
| 15% Protein | 15%-25% Fat | 60%-70% Carbs | for distance  |

## *Vitamins*

Vitamins help control the growth of all body tissue. They are essential for the release of energy in the body. The body cannot make most vitamins, therefore, you must supply these vitamins to your body in what you eat and drink. Vitamins are widely distributed in the foods that make up the typical diet. Most swimmers can obtain all essential vitamins they need by eating a wide variety of foods that include meat, dairy products, vegetables and grain products.

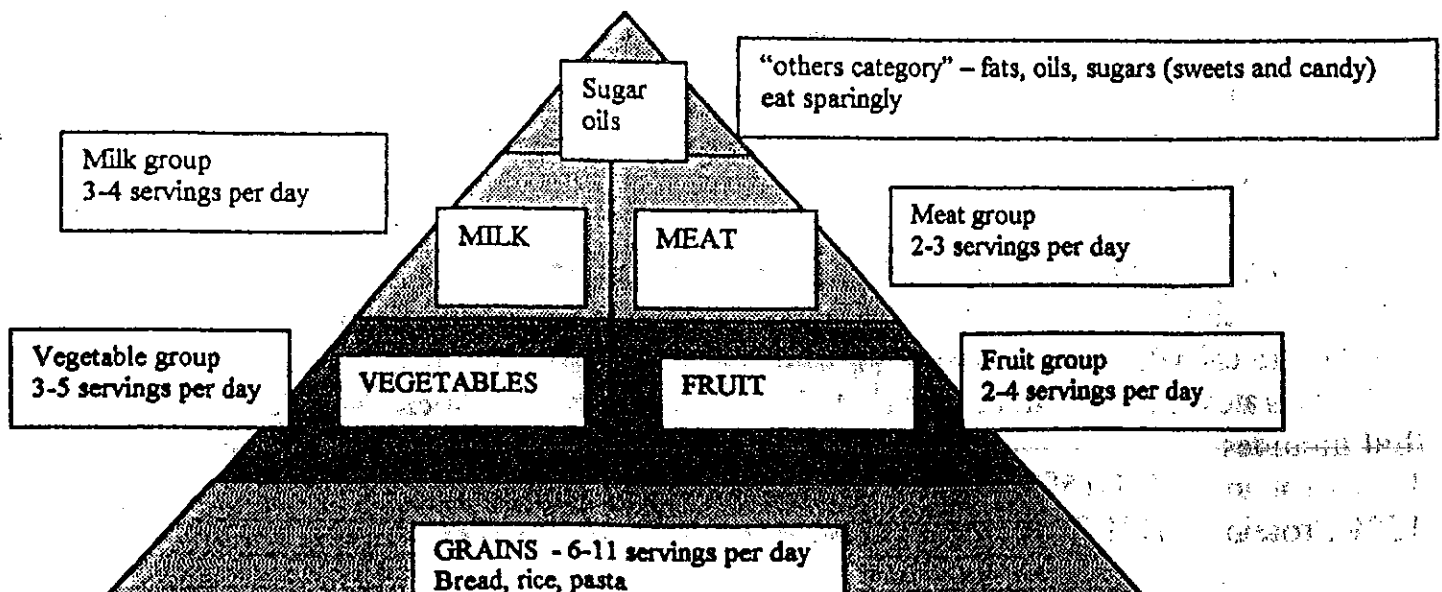
## *Minerals*

Like vitamins, minerals are involved in an endless number of jobs in the body. The major functions of minerals are building cells and controlling body processes. Important minerals include Calcium, iodine, iron and phosphorous.

## *Calories*

A calorie is a unit used to express the heat or energy value of food. Energy or the fuel for work comes from conversion of the body energy stores. The caloric level of the swimmer's diet needs to be adjusted to energy demand or undesirable weight gain or loss occurs. For every gram of Protein and Carbohydrates your body gets 4 calories and a gram of Fat equals 9 calories.

*Below is the Food Guide Pyramid.* If a swimmer follows the guide, they will gain all the vitamins, minerals, carbohydrates, protein and fat needed. There may be a need to increase the basic food group allowances depending on the amount of activities the swimmer is involved in.



# NUTRITION UPDATE

## Promoting Healthful Weights for Children and Teens

From childhood through adulthood, a healthy weight promotes a healthy life. The wise approach to achieving healthy weights: smart eating and active living!

### Weight Whys

Why focus attention on healthy weights for kids? In the growing years, a healthy weight is a *psychological plus* – helping to build a positive self-image. Normal-weight children and teens also have a better chance of becoming normal-weight adults and, thus, have a lower lifetime risk for heart disease, stroke, diabetes, high blood pressure and some cancers. That's a *physical plus*!

In the past decade, however, the number of overweight children in the United States has more than doubled. Some contributing factors: overeating, physical inactivity and a family history of weight problems.

### A "Kid Healthy" Weight

A healthy weight differs from child to child, and teen to teen. What's right for your child depends on his or her body size, growth stage and gender. Consider these facts:

▲ *Kids' bodies differ from yours.* Be aware that a little extra fat, perhaps before puberty, may be the body's way to prepare for a growth spurt.

▲ *Children and teens develop at different rates.* Avoid comparing them to their peers. Instead, see how your child's growth pattern and body type compare to yours at the same age.

▲ *Overweight kids won't necessarily become overweight adults.* Children



Chewy Granola Bars  
Peanut Thai Noodle Salad

Growth charts – used in regular check-ups – help track your child's weight in relation to height. Generally, after age two, healthy children tend to stay within the same percentiles for height and weight on growth charts. A significant change in percentile may signal a weight problem. If you're concerned about your child's body size, talk to a dietitian or health-care provider.

### Weighty Problems

What if your child or teen is overweight? Forget adult notions of dieting. Use a "kid healthy" approach instead:

▲ *Remember – kids need food energy and nutrients to grow, play and learn.* Unless guided by a dietitian or health-care provider, children and teens should not be put on a restrictive eating regime.

▲ *Slow down weight gain* – to allow your child's height to catch up with his or her weight. Weight loss is not a goal for most growing kids.

Moving more uses extra food energy.

▲ *Take care of the whole child.* The root of weight problems often goes beyond food. Stress, boredom, school problems, peer or family conflict and lifestyle can all play a role, too. Get professional help if you need it.

▲ *Help kids take charge.* Pressuring overweight kids to eat smarter and move more usually won't work!

### Healthful Eating, Healthy Kids

What kids do makes a difference! Help your child or teen prevent a weight problem ... or reach the weight that's right for him or her ... by following this advice.

▲ *Let the Pyramid guide your child's food choices.* That way, he or she can get enough food to grow, play and learn – without getting too many calories.

• Offer grain products, vegetables and fruits, low-fat dairy foods and beans, lean meat, poultry, fish, eggs or nuts. Let your child decide how much of these foods to eat. (See charts for serving specifics.)

• To encourage healthful eating, go one step at a time. Perhaps switch to low-fat milk, or offer a single-serve snack instead of the whole package.

▲ *Count on meals to provide most of the nutrients kids need.* Family mealtimes promote healthful eating.

▲ *Help kids fit snacks in* – so they count toward Pyramid servings. Stock snacks from different food groups: fruits, vegetables, crackers, nuts and cheese.

▲ *Together, be "portion smart."* Be sensible about portions you serve to

# NUTRITION UPDATE

## DAILY PYRAMID SERVINGS FOR CHILDREN AND TEENS

| FOOD GROUP           | Children, Ages 2 to 6 years<br>(~ 1,600 calories) | Older Children, Teen Girls<br>(~ 2,200 calories) | Teen Boys<br>(~ 2,800 calories) |
|----------------------|---|--|---------------------------------|
| Grains               | 6   | 9  | 11                              |
| Vegetables           | 3   | 4  | 5                               |
| Fruits               | 2   | 3  | 4                               |
| Milk/Milk Products   | 2-3*  | 2-3*   | 2-3*                            |
| Meat/Meat Alternates | 2, for a total of 5 oz.                           | 2, for a total of 6 oz.                          | 3, for a total of 7 oz.         |

Adapted from *The Food Guide Pyramid, Home and Garden Bulletin Number 252, 1996.*

\* Older children and teenagers (ages 9 to 18 years) need 3 servings daily.

### Tips: Learning to Eat Smart

Help your child develop healthful eating habits with this approach to eating:

#### WHAT'S A PYRAMID SERVING?

(Young children might eat smaller servings.)

##### Bread, Cereal, Rice and Pasta

- ✓ 1 slice bread, 5-6 crackers
- ✓ 1 oz. ready-to-eat cereal flakes
- ✓ 1/2 cup cooked hot cereal, rice or pasta

##### Fruits

- ✓ 1 medium apple, banana, orange
- ✓ 1/2 cup chopped, cooked or canned fruit
- ✓ 3/4 cup fruit juice

##### Vegetables

- ✓ 1 cup raw leafy vegetables
- ✓ 1/2 cup other vegetables - cooked or raw
- ✓ 3/4 cup vegetable juice

##### Milk, Yogurt and Cheese

- ✓ 1 cup milk\* or yogurt\*
- ✓ 1-1/2 oz. natural cheese\*
- ✓ 2 oz. process cheese\*
- ✓ 1 cup soy beverage with calcium

##### Meat, Poultry, Fish, Dry Beans, Eggs and Nuts

- ✓ 2-3 oz. cooked lean meat, poultry, fish
- ✓ 1/2 cup cooked dry beans or 1/2 cup tofu counts as 1 oz. lean meat
- ✓ 2 tablespoons peanut butter or 1/3 cup nuts counts as 1 oz. meat

\* Choose fat-free or reduced-fat dairy products

▲ *Keep mealtime positive* – and relaxed.

▲ *Help kids learn self-regulation* – so they know how much food is right for them. You decide what foods and when; kids pick from those foods and decide how much.

▲ *Stick with regular meal and snack times.* The chance of overeating goes down when kids know when to expect the next snack or meal.

▲ *Limit chances for emotional overeating.* Using food to comfort, reward or discipline kids sets up a lifetime habit of emotion-driven eating.

Help children be healthy by setting a good example. Follow habits of healthful eating and active living together.



Try these recipes, which provide some tasty meal and snack ideas.

### CHEWY GRANOLA BARS

Makes 16 bars

- 2 cups rolled oats
- 1 cup PLANTERS® Dry Roasted Unsalted Peanuts, coarsely chopped
- 1 cup packed light brown sugar
- 1/2 cup wheat germ
- 1/2 cup seedless raisins
- 1/2 cup egg substitute, or 2 eggs
- 1/3 cup margarine, melted
- 1 teaspoon vanilla extract

Mix oats, peanuts, brown sugar, wheat germ and

margarine and vanilla; press mixture firmly into a greased 9 x 9 x 2-inch baking pan.

Bake at 350° F for 25 to 30 minutes or until done. Cool 10 minutes. Cut into 16 bars.

Nutrition Information per bar (made with egg substitute): 200 calories, 5 g protein, 31 g carbohydrate, 7 g total fat, 1 g saturated fat, 0 mg cholesterol, 55 mg sodium, 2 g dietary fiber.

### APPLE CHEESE SNACKS

Makes 4 servings

- 1/2 cup reduced-fat soft cream cheese
- 1/4 cup seedless raisins
- 2 tablespoons PLANTERS® Unsalted COCKTAIL Peanuts
- 2 medium apples, cored and cut in half

Mix cream cheese, raisins and peanuts. Spread cheese mixture into cored out center of each apple half. Cut apple halves in half again. Serve immediately or place 4 quarters of each apple together; wrap in plastic wrap and chill.

Nutrition Information per serving (1/2 filled apple): 150 calories, 5 g protein, 23 g carbohydrate, 9 g total fat, 4 g saturated fat, 15 mg cholesterol, 150 mg sodium, 3 g dietary fiber.

### PEANUT THAI NOODLE SALAD

Makes 8 servings

- 1/4 cup lime juice
- 1/4 cup low-sodium soy sauce
- 3 tablespoons honey
- 1/2 cup PLANTERS® Unsalted COCKTAIL Peanuts, coarsely chopped, divided
- 8 ounces dry fusilli pasta
- 2 carrots, cut into matchstick strips (about 1 cup)
- 1 cup snow peas, cut into matchstick strips
- 1 small red bell pepper, cut into matchstick strips (about 1 cup)

Blend lime juice, soy sauce, honey and 1/4 cup peanuts in electric blender until smooth; set aside.

Cook pasta, according to package directions, adding carrots, snow peas and pepper strips to boiling water during the last 3 minutes of cooking time. Drain.

Reserve 1/4 of the prepared peanut sauce; toss pasta with remaining peanut sauce. Refrigerate until serving time.

Let pasta salad stand at room temperature for 30 minutes before serving. To serve, toss with reserved peanut sauce and remaining chopped peanuts.

Nutrition Information per serving (1 cup): 200 calories, 7 g protein, 34 g carbohydrate, 5 g total fat, 1 g saturated fat, 0 mg cholesterol, 270 mg sodium, 3 g dietary fiber.



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[www.planters.com](http://www.planters.com)

# NUTRITION UPDATE

## Kids Come in All Shapes and Sizes

These days it seems that everyone is concerned about the shape of American children. Kids themselves are worried about their weight. They are surrounded by messages – from the media, friends and family – that thin is good and fat is bad. At the same time, kids are faced with an abundant choice of foods and beverages and outdated advice to “clean their plates.”

Parents, in particular, are concerned about children's weight issues. To be honest, most worry about how being overweight can affect kids' physical health and self-esteem. However, some are embarrassed by overweight children and feel that a fat child somehow reflects on their abilities as parents.

American adults worry constantly about their own weight. Many have dieted and exercised for years in an attempt to become one of the “perfect” bodies that they see in magazines and movies. Having struggled, mostly unsuccessfully, they may be overly concerned about their children's weights – because they don't want them to suffer as they have.

Health experts are also focusing on weight issues in children and teens. Certainly, some concerns about kids' health and fitness levels are legitimate. Diabetes among young people is increasing at an alarming rate and many children are missing out on health benefits that come from regular physical activity.

However, in our weight-obsessed culture, body image is an extremely sensitive issue. Too much pressure about avoiding overweight can backfire – and lead to eating disorders in some young people. Adults who want to help kids with weight problems need to choose



Growing Granola

It is typical, however, for kids to grow “out” before they grow “up.” This is especially true right before puberty. Although both boys and girls often follow this pattern, changes in shape and fat distribution are often particularly traumatic for young women.

Girls often see the changes of puberty (e.g., developing hips and breasts) as “getting fat” rather than as normal physical changes. Some studies show that 80% of teen girls feel bad about their bodies, 75% feel “fat” and up to 70% are on diets at any given time. These dieting behaviors frequently prevent

### RECOGNIZING DIVERSITY

Even very young children recognize that there are natural differences in people's shapes and sizes. By discussing the facts in a natural and non-judgmental way, you can set the stage for accepting, and celebrating, the diversity of human beings.

- Discuss people who are tall or short, thin or fat – people you know or people you see on television, in the movies or in photographs.
- Talk about how people in different cultures around the world vary in size and shape. South Pacific Islanders are often large and round, while Pygmy people are very small.
- Introduce the idea that different people naturally eat different amounts of food. Talk about the fact that some thin people eat more than overweight people.
- Point out that a person's size and shape are not optional and that very few people have “perfect” bodies like fashion models or some celebrities.
- Look for role models of diverse shapes, sizes, ages and colors. These might be important people in a child's life, such as relatives, teachers and caregivers. They might also be famous people, such as

### Every Body is Different

If you look at media celebrities and advertising models, it seems as though all the “beautiful people” are thin and tall. Nothing could be further from the truth. Human beings come in all shapes, sizes, heights and weights – just as they come in all skin colors and ethnic backgrounds.

Like their parents, children come in all shapes, sizes, heights and weights. In fact, genetics is the strongest determinant of how children will grow and how they will look as adults. If everyone in your family is short and round, it is very unlikely that you will ever be tall and thin – no matter how little you eat or how much you exercise.

Throughout childhood and adolescence, kids grow, develop and mature at very different rates. Take a close look at any group of same-aged children and you will see a wide range of heights and weights. Some children will have plenty of baby fat, others hardly any.

# NUTRITION UPDATE

ng women from getting critical  
rients like calcium and iron – just  
en they are needed the most.

## Every Body Can be a Healthy Body

dy weight and clothing size are not  
e best ways to measure health and fit-  
ss, especially in growing children. To  
lp kids grow up physically and emo-  
ionally healthy, caring adults can shift  
e focus away from numbers on the  
ale and in clothes. It is also important  
focus on improvement in small steps,  
ther than on quick leaps to some idea  
f perfection.

ere are a few measurements to help  
ults and children see that every body  
an be more active, fit and healthy.

► **Fitness:** Strength, flexibility,  
ndurance and speed are all measures of  
itness. Make sure that any testing is  
lone by those who have been trained to  
ork with children.

◆ **Health:** Discuss age-appropriate indi-  
cators with a pediatric health provider.  
These might include blood pressure and  
neart rate readings or iron and chole-  
sterol levels.

◆ **Weight for height:** Talk to a physician  
about growth charts and body mass  
index (BMI) standards that may help  
explain individual growth patterns in  
different kids.

## Helping Kids Feel Good About Their Bodies

Today's "thin-is-in" culture doesn't  
make it easy for us – young or old – to  
feel good about our bodies. However,  
adults can have a profound effect on  
children with both their words and  
deeds. Here's how you can help a child  
you love.

■ **Focus on the whole child, not just**

children can easily feel shamed and  
blamed for something that is difficult,  
or almost impossible, to control. Focus  
instead on children's natural strengths  
and abilities. Help them learn to trust  
their internal hunger signals and to  
regulate their own eating.

■ **Be an everyday model for healthy  
self-acceptance.** If kids hear you talking  
about what's wrong with your body, they  
will focus on their own flaws. If you  
love and take good care of your body,  
that's what they will see. Show them,  
and teach them, how to find clothes  
that look good and feel comfortable on  
their body type.

■ **Embrace enjoyable physical activity  
as a family value.** Forget regimented  
exercise – which few adults, and even  
fewer children, enjoy. Choose activities  
where the whole family can have fun  
together – hiking, biking or even kite  
flying. Or look for activities that match  
a child's natural skills, such as karate,  
canoeing or gardening, even if no one  
else does it.

■ **Steer kids away from silly fads and  
dangerous diet products.** Looking for  
instant solutions in diet pills, powders  
and plans can make children feel even  
worse when they eventually fail. Help  
kids learn to recognize unrealistic  
promises – and to look for healthy, long-  
term solutions.



Try some of these recipes  
for a sweet treat.

## GROWLING GRANOLA

Makes about 5 1/2 cups

- 3 cups TEDDY GRAHAMS® Graham Snacks,  
any flavor
- 1 cup sweetened dried banana chips
- 1/2 cup flaked coconut
- 1 cup golden seedless raisins
- 2 tablespoons honey

Mix graham snacks, banana chips, coconut and  
raisins on baking sheet. Drizzle with honey.

Bake at 350° F for 12 to 15 minutes or until golden,  
stirring occasionally. Cool completely. Serve as a  
snack mix, as a cereal with milk or as a topping for  
fruit, yogurt, ice cream or frozen yogurt.

Nutrition information per serving (1/4 cup): 100  
calories, 1 g protein, 20 g carbohydrate, 3 g total fat,  
2 g saturated fat, 0 mg cholesterol, 35 mg sodium,  
1 g fiber.

## TEDDY SPUMONI SPINNERS

Makes 12 tarts

- 2 (8-ounce) containers strawberry low-fat  
yogurt
- 1 cup lite prepared whipped topping
- 1/2 cup PLANTERS® Sweet Roasts –  
Honey Peanuts & Cashews
- 1/2 cup seedless raisins
- 2 tablespoons powdered sugar
- 60 TEDDY GRAHAMS® Graham Snacks,  
any flavor

Blend yogurt, whipped topping, nuts, raisins and  
sugar in medium bowl.

Line 12 (2 1/2-inch) muffin-pan cups with paper  
liners. Spoon about 1/4 cup yogurt mixture into  
each cup. Arrange 5 teddy grahams over mixture  
in each cup in a spoke-like fashion.

Cover; freeze until firm, about 4 hours. Let thaw  
about 15 minutes before serving.

Nutrition information per serving: 130 calories, 3 g  
protein, 22 g carbohydrate, 4 g total fat, 1 g satur-  
ated fat, 2 mg cholesterol, 80 mg sodium, 1 g fiber.

## TEDDY FRUIT TOSS

Makes 6 servings

- 1 (8-ounce) container low-fat vanilla yogurt
- 2 tablespoons honey
- 2 tablespoons orange juice
- 1 teaspoon grated orange peel
- 4 cups mixed fresh fruit pieces  
(melon, strawberries, bananas, apples)
- 1/2 cup seedless raisins
- 1 1/2 cups TEDDY GRAHAMS® Graham Snacks,  
any flavor

Blend yogurt, honey, juice and orange peel in small  
bowl; chill until serving time.

Mix fruit pieces, raisins and graham snacks just  
before serving. Spoon fruit mixture into serving  
dishes; drizzle with yogurt dressing before serving.

Nutrition information per serving: 200 calories,  
3 g protein, 42 g carbohydrate, 4 g total fat,  
1 g saturated fat, 2 mg cholesterol, 145 mg sodium,  
4 g fiber.



You can find more great-  
tasting recipes on our website

# NUTRITION UPDATE

## Moving Kids Toward Fitness

As parents, educators and caregivers, we want our children to be healthy and to feel good about themselves. Promoting fitness can help! Fitness for kids starts with eating healthful meals and snacks, taking part in enjoyable physical activities and developing a positive attitude. While all the keys to fitness are important, this article focuses on physical activity.

### Physical Activity Pays Dividends

Being physically active is a vital part of the health equation. Unfortunately, most of us, including children, are not active enough. So, there's no better time than now to encourage youngsters to get moving and stay active throughout their lives. If you need some convincing reasons, consider the many short- and long-term health benefits listed here. Regular physical activity:

- improves physical fitness levels
- promotes healthy bones, muscles and joints
- builds endurance and muscular strength
- makes it easier to maintain a healthy weight
- lowers risk factors for some serious health problems such as heart disease, colon cancer and type 2 diabetes
- helps keep blood pressure in check
- fosters self-esteem
- reduces stress

### What Type? How Much?

Physical activity is about moving the body. All activities (including active play, helping with chores at home, taking a stretch break, exercising or



Italian Snack Mix  
Salad a la Sportz

competing in an organized sport) count, but two types are especially beneficial.

❖ Aerobic activities speed up kids' heart rates and breathing, which helps develop cardiovascular fitness. Jumping rope, playing soccer and in-line skating are examples of aerobic activities.

❖ Strength and flexibility activities help kids develop strong bones and muscles and improve coordination. Doing pull-ups, climbing or playing on a jungle gym builds strength; stretching, Tae-Kwon Do or yoga increases flexibility.

Experts say that children and teens need at least 60 minutes of physical activity on most – preferably all – days of the week. That may sound like a lot, but it is an achievable goal, especially since they can accumulate activities over the course of the day. Kids can build activity into their routines (climb the stairs at the mall instead of taking the elevator, play kickball or hockey, move around while talking on the phone), participate in gym classes at school and enjoy fun activities such as skating, shooting hoops or dancing to favorite music.

Smart Moves for Children suggests different types of activities for kids in their pre- and early-teen years. You can vary

### SMART MOVES FOR CHILDREN

#### EVERYDAY MOVES

Get moving at home and school.

- ✓ Climb the stairs more often.
- ✓ Help out with yard work.
- ✓ Walk or ride a bike to do an errand.

#### AEROBIC MOVES

Several times/week, do activities that strengthen your heart.

- ✓ Swim laps.
- ✓ Take a 30-minute bike ride.
- ✓ Run around a track.

#### SPORTS MOVES

Several times/week, try a recreational sport.

- ✓ Try your hand at ping-pong.
- ✓ Get in a volleyball game.
- ✓ Play softball.

#### LEISURE MOVES

A couple of times/week, take part in fun activities.

- ✓ Play miniature golf.
- ✓ Go bowling.
- ✓ Play tennis.

#### FLEX AND STRENGTHEN MOVES

A couple of times/week, stretch and strengthen your muscles.

- ✓ Learn karate moves.
- ✓ Take a dance or gymnastics class.
- ✓ Try rope climbing at the gym.

#### SLOW/NO MOVES

Limit the amount of time you spend...

- ✓ Watching TV or videos.
- ✓ Playing computer games.
- ✓ Talking on the phone.

the activities to help younger or older children choose ones that are right for their ages and skill levels. (Hint: Ask a doctor, health educator or Phys. Ed. teacher for advice about the safety or appropriateness of specific activities.)

## Safety Check!

Children are precious, so it's important to set and enforce sensible safety rules for activities. Consider these:

**□ Work Up to Workout:** If kids have been inactive, urge them to "get physical" gradually. Stretching before and after activities, walking or biking after school or washing the car can set the stage for more vigorous exercise.

**□ Get in Gear:** Ensure use of helmets and/or knee pads, face guards, chest protectors and wrist guards when biking, skateboarding, riding a scooter, snowboarding, skiing, skating or playing football, hockey or baseball. (When it starts to get dark, adequate lighting, light colors and reflective patches on clothing and equipment make children more visible.)

**□ Location, Location, Location:** Know where youngsters play or exercise and check out safety conditions. To help prevent injuries, teach children how to be safe around swimming pools; playground, sports or gym equipment; and in the community.

**□ Eyes Wide Open:** Encourage children to participate in age-appropriate activities. (For example, they should delay starting a weight-lifting program until their late teen years, when muscles and bones are more fully developed.) Make sure kids are properly supervised.

**□ Your Attention, Please:** Explain to youngsters that distractions such as headsets may pose a danger during activities that require their full attention, such as running, walking or skating.

important. Supply fluids (water or sports drinks are best) – especially for children, who do not handle extremes of hot or cold weather well – before, during and after physical activities.

**□ Just in Case:** Despite your best efforts, accidents and injuries can occur. Teach youngsters how to get help for themselves or others.

## Calling All Adults!

Young people learn from those around them. Do your part to promote enjoyment of physical activity as a way of life. Here are a few ideas:

**▲ Be a role model.** Be physically active yourself and, when feasible, include kids in your activities.

**▲ Plan fun family activities.** Involve the kids in planning hikes, bike rides, bowling or an action-packed day at the park.

**▲ Urge kids to team up with their friends.** It's more fun to walk, jog or take a class with others.

**▲ Promote health in schools.** Support physical education as an important part of the school curriculum.

**▲ Check local recreational facilities.** Supervised after-school, weekend or summer activities, such as swimming, basketball or tennis, may be available.

**▲ Get involved.** Participate with kids in events for good causes.

**▲ Sing their praises.** Praise youngsters for being active, progress in learning a sport and improved performance.

**▲ Set limits for sedentary activities.** Youngsters need time in their busy lives to be physically active.

Children and teens are more likely to be physically active if they receive support and encouragement from parents, caregivers, teachers and health professionals.

participation and being a good sport – rather than on competition. Use your influence to help young people experience how good being physically active can make them feel!



Try some of these recipe ideas for a new twist on tasty food choices to fuel physically active kids.

## ITALIAN SNACK MIX

Makes 9 cups

- 2 cups Pizza SPORTZ® Snack Crackers
- 4 cups air-popped popcorn
- 2 cups bite-size crispy wheat squares cereal
- 3 thin breadsticks, broken into 1 1/2-inch pieces
- 2 tablespoons grated Parmesan cheese
- 1/8 teaspoon garlic powder
- Butter-flavored nonstick cooking spray

Spread crackers, popcorn, cereal and breadsticks on a 15 1/2 x 10 1/2 x 1-inch baking pan. Mix cheese and garlic powder; set aside.

Evenly spray cracker mixture with cooking spray for 4 to 5 seconds while stirring; sprinkle cheese mixture over snack mix, tossing to coat well. Store in airtight container.

Nutrition Information per serving (1/4 cup): 40 calories, 1 g protein, 6 g carbohydrate, 1 g total fat, 0 g saturated fat, 0 mg cholesterol, 65 mg sodium, 1 g dietary fiber.

## SALAD A LA SPORTZ

Makes 16 (1-cup) servings

- 2 cups Pizza SPORTZ® Snack Crackers
- 2 tablespoons grated Parmesan cheese
- 16 cups mixed salad greens
- 1 cup shredded carrot
- 1 cup cherry tomatoes, halved
- 1/3 cup sliced green onions
- 1 cup fat-free Italian salad dressing

Arrange crackers in a single layer on large baking sheet; sprinkle with cheese. Bake at 350° F for 3 to 4 minutes or until slightly browned. Cool.

Combine salad greens, carrot, tomatoes and green onions in large bowl. Toss with dressing. Sprinkle with crackers; serve immediately.

Nutrition Information per serving: 60 calories, 2 g protein, 8 g carbohydrate, 2 g total fat, 1 g saturated fat, 0 mg cholesterol, 220 mg sodium, 1 g dietary fiber.



You can find more great-tasting recipes on our website

# NUTRITION UPDATE

## Food and Physical Activity – Keys to Fitness

**D**uring your pre- and early-teen years, you're growing, developing and learning new things every day. And, while all this is going on, you want to feel your best. Being fit can help. To get or stay fit, the goal is to balance the foods you eat with the amount and types of activities you do. Here's how to get started.



Spicy Snack Mix  
Easy Mint Creme Frozen Yogurt

and snacks. Choose one or two slices of pizza, instead of half a pie; a single scoop ice cream cone, instead of a double-dipper or a medium soft drink, instead of a super-size beverage.

### WHAT COUNTS AS A PYRAMID SERVING?

#### Bread, Cereal, Rice and Pasta

- ✓ 1 slice bread, 1/2 bagel, 5-6 crackers, 1 oz. graham snacks
- ✓ 1 oz. ready-to-eat cereal
- ✓ 1/2 cup cooked cereal, rice or pasta

#### Vegetables

- ✓ 1 cup raw leafy vegetables, 3/4 cup juice
- ✓ 1/2 cup cooked or chopped raw veggies

#### Fruits

- ✓ 1 medium fresh fruit, 3/4 cup juice
- ✓ 1/2 cup chopped, cooked, canned fruit

#### Milk, Yogurt and Cheese

- ✓ 1 cup milk or yogurt
- ✓ 1-1/2 oz. natural; 2 oz. process cheese

#### Meat/Meat Alternates

- ✓ 2-3 oz. cooked lean meat, poultry, fish
  - ✓ 1/2 cup cooked dry beans, 1 egg, 1/3 cup nuts or 2 tablespoons peanut butter\*
- (\*Each of these counts as 1 oz. of lean meat.)

### For fun physical activities . . .

- **Move It:** Being physically active makes you feel good, but most of us aren't active enough. Look for more ways to fit physical activities into

### Strategies that Focus on Fitness

Making smart choices helps you do all the things you want to do each day. These choices include:

- ◆ Eating great-tasting, healthful meals and snacks
- ◆ Participating in fun physical activities
- ◆ Having a positive, "can do" attitude.

### For great-tasting, healthful meals and snacks . . .

- ◆ **Climb the Pyramid:** The Food Guide Pyramid shows you how to choose a healthful diet. By eating a variety of foods from the Pyramid's food groups, you can get the nutrients you need, along with the right number of calories for your healthy weight.
- ◆ **Do the Math:** Most school-age kids should aim for 9 Bread Group servings, 4 Vegetable Group servings, 3 Fruit Group servings, 3 Milk Group servings and 2-3 Meat/Meat Alternate Group servings (totalling about 6 oz.). Fats, oils and sweets fit in the Pyramid Tip. In moderation, these foods can be part of a healthful diet. Check your meals and snacks to see how your choices add up.
- ◆ **Break-the-Fast:** Breakfast supplies

hot cereal topped with milk and banana slices, half a pumpkin seed bagel with cheese and tomato, strawberry yogurt or a whole-grain cereal bar with a glass of orange juice.

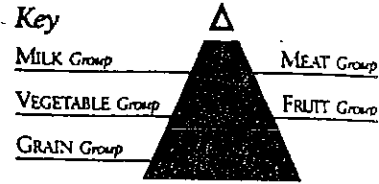
- ◆ **Be a Savvy Snacker:** Snacks can provide energy and nutrients that keep you going between meals. Hint — include a food group choice in your snacks. Go for milk and a few cookies, apple slices spread with peanut butter, zesty snack crackers with fruit juice or a trail mix of cereal, raisins, nuts and candies.
- ◆ **Balance Your Act:** Vary your choices so you're not eating too much of any one food. All your favorites can fit into a healthful diet — just be smart about how often and how much of them you eat. If you have a hamburger and fries at lunch, include some grain foods, green veggies and fruit at dinner.
- ◆ **Think Moderation:** By watching

# COMBINATION FOODS ARE NUTRITIOUS

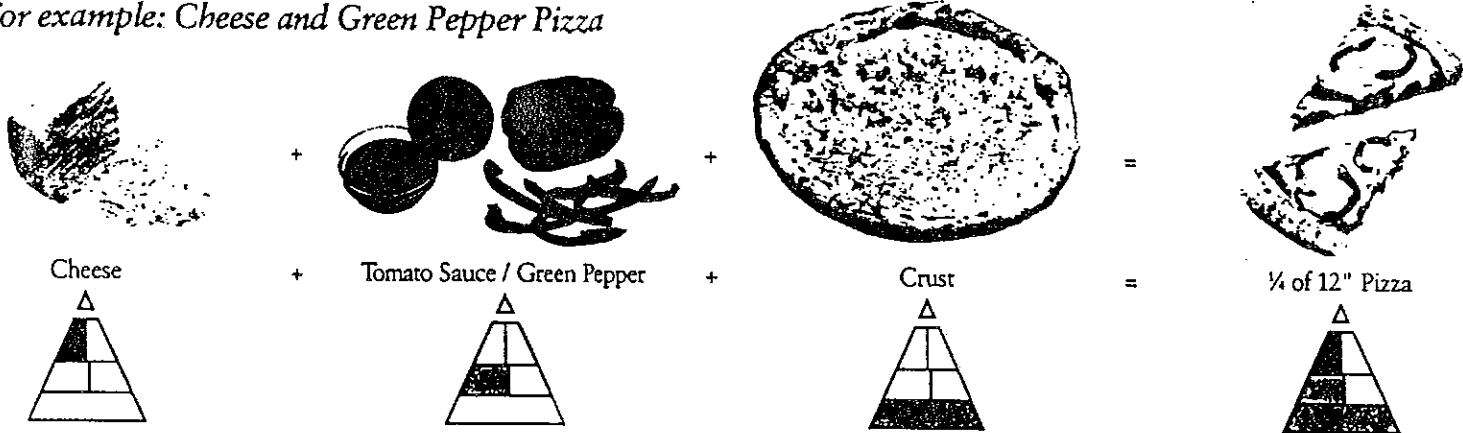
Pizza...  
Lasagna...  
Chicken Stir fry!  
Where do they fit on the Pyramid?

These mixed dishes—"Combination Foods"—are made by combining foods from the Five Food Groups. So, they fit in several parts of the pyramid.

Combinations count as full or partial servings of two or more food groups. So, they help you meet the recommended number of servings listed on the Daily Food Guide Pyramid.



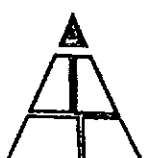
For example: Cheese and Green Pepper Pizza



## Serving Sizes of Combination Foods

|   |  |   |                                     |
|---|--|---|-------------------------------------|
| <p>Chicken stir fry and rice<br/>1 1/2 cups</p> | <p>Cheese and mushroom omelet<br/>2 eggs</p>       | <p>Cereal with fruit and milk<br/>1 1/4 cup</p> | <p>Lasagna<br/>2 1/4" x 2 1/4"</p>  |
| <p>Cheeseburger<br/>1</p>                       | <p>Baked potato with cheese and broccoli<br/>1</p> | <p>Chef's Salad<br/>1 1/2 cups</p>              | <p>Chili and crackers<br/>1 cup</p> |

EAT HEALTHY!  
EAT THE PYRAMID WAY!



- **Get enough** foods from each food group every day. Use the serving numbers on the front as a guide.
- **Count Combination Foods** as servings or partial servings from the food groups. Combinations can help you meet your daily servings from each food group.
- **Limit foods from the "Others" category.** These foods are usually high in calories (from sugar and fat) and low in most nutrients. They include:
  - Sweets (cake, pie, candy, cookies, etc.)
  - Chips and other salty snacks
  - Alcohol (wine, wine coolers, beer, etc.)

# Portion distortion

*Serving-size recommendations can help you right-size your portions.*

Over the past two decades, Americans have significantly cut back their consumption of whole milk, butter, margarine, and certain cuts of red meat—all rich sources of fat and calories. Yet despite a modest fall in the percentage of calories from fat in the U.S. diet, the rate of obesity has nearly doubled. Many Americans seem to have become so preoccupied with trimming fat that they've neglected to rein in their portion sizes—and their total caloric intake.

"There's definitely a connection between portion sizes getting big and people getting big," says New York University nutrition researcher Lisa Young, Ph.D., R.D., who has tracked changes in U.S. portion sizes. "Supersize" servings are one reason why Americans consume an average of nearly 150 calories a day more than they did 20 years ago—an amount that can add roughly 15 extra pounds of weight per year.

According to Young's research, food portions have risen dramatically since the 1980s, when restaurants and convenience stores began ratcheting

up their serving sizes to attract value-conscious consumers. Because restaurant labor costs—which account for much of the overhead—are largely unaffected by the size of the food order, eateries can afford to sell "supersize" portions at prices just slightly higher than smaller servings.

That "more-is-better" marketing strategy proved so successful that serving sizes once considered enormous have now become standard menu items. They include 1½-pound pasta dishes (more than 700 calories), double-decker hamburgers (up to 1,200 calories), 6½-ounce soft drinks (900 calories), and ¾-pound muffins (up to 990 calories). Those items combined would satisfy many people's caloric needs not just for one day but for two.

As portion sizes have increased, the way Americans define a "standard" size has increased as well. In a recent study in the *Journal of the American Dietetic Association*, 100 college students were asked to find a "medium" size bagel, baked potato, muffin, apple, or cookie. The items

they brought back were as much as three times larger than the amounts defined as standard serving sizes by the U.S. Department of Agriculture's food pyramid.

## The not-so-simple food pyramid

The USDA created the food pyramid to help Americans achieve a healthy, balanced diet—both in terms of the variety and amount of food they eat. It lists a range of recommended servings for the major food groups. The lower number is for people who need about 1,600 calories a day, such as many sedentary women and some older adults; the higher number is for those who need about 2,800 calories a day, such as active men.

- Meats and alternatives, such as beans, nuts, and eggs: 2 to 3 servings.
- Fruits and vegetables: 5 to 9 servings.
- Dairy products: 2 to 3 servings.

These guidelines are useful for weight control, however, only if you define a serving size the same way the USDA does. But the USDA amounts typically far smaller than the portions Americans typically eat. Most people aren't aware of that disparity—and tend to overestimate the USDA serving sizes of various foods, according to a March 2000 survey by the American Institute for Cancer Research.

When buying packaged foods, such as frozen din-

ners and cakes, keep in mind that the serving sizes listed on the "Nutrition Facts" panels are set by the Food and Drug Administration (FDA), not the USDA. Devoted to help consumers make supermarket comparisons, the FDA serving sizes are supposed to reflect what people *do* eat rather than what they *should* eat. For example, the USDA defines one serving of scalloped potatoes as a half cup, whereas the FDA puts the serving amount at three-quarters of a cup. Some FDA serving sizes, however, can also be surprisingly small (see box on p. 10). To reduce confusion, your best bet is to use FDA serving sizes to compare prices, contents, and calorie levels of various brands. USDA serving sizes are better for tracking the overall balance and quantity of your diet.

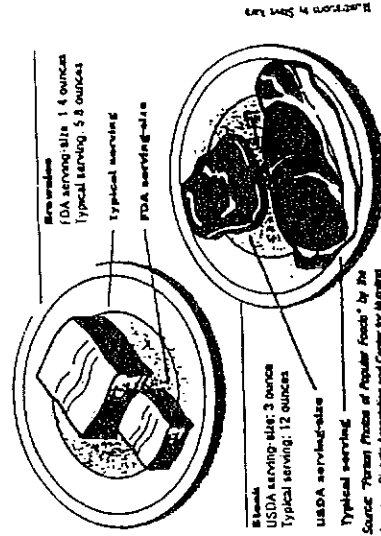
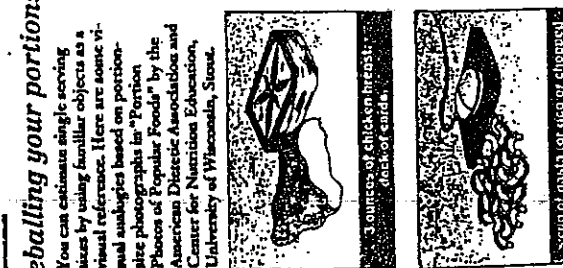
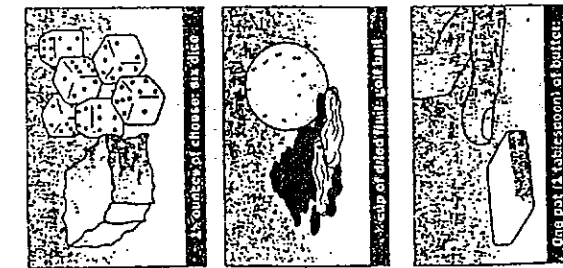
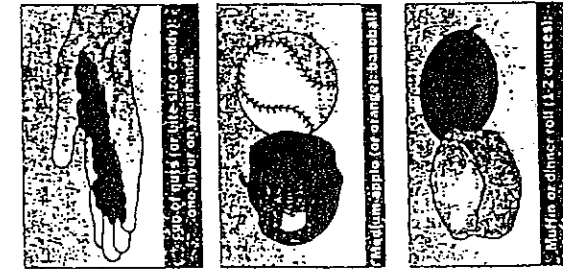
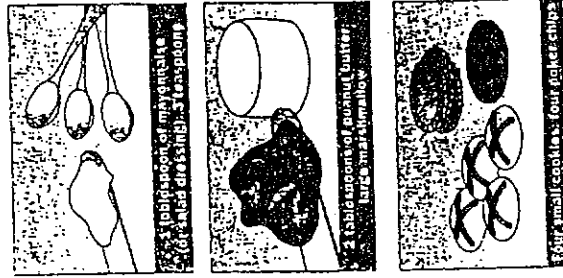
To familiarize yourself with USDA serving sizes, it's helpful to spend a few days measuring out those amounts at each meal. With practice, you'll be able to estimate serving sizes by sight.

## Typical vs. recommended servings

Many people consider a 12-ounce steak to be one serving of meat, according to informal surveys of restaurants and individuals. But according to the USDA, 12 ounces are equivalent to four servings—more than a full day's supply. To stay within the food pyramid guidelines, you'd have to either save part of the steak for another meal—or eat it all at one sitting and skip other meat dishes for the rest of the day and most of the next.

On the brighter side, the USDA recommendation to consume five to nine servings of fruits and vegetables a day seems less daunting if you keep in mind that those servings are typically only a half-cup each. If what you consider a "normal" serving of broccoli is closer to a cup, then count it as two servings.

Here are two examples of how the typical amounts that people eat, based on informal surveys of restaurants and individuals, compare with official serving sizes.



Illustrations by Steve Levy

1/2 cup of milk (or 1/2-size candy)  
USDA amount: 1 cup  
Typical serving: 1/2 cup

1/2 medium of ground beef (or 1/2 hamburger)  
USDA serving-size  
Typical serving

Source: "Portion Portions of Popular Foods" by the American Dietetic Association and Center for Nutrition Education, University of Wisconsin, Stout, 1987.

Illustrations by Jean Wenzel

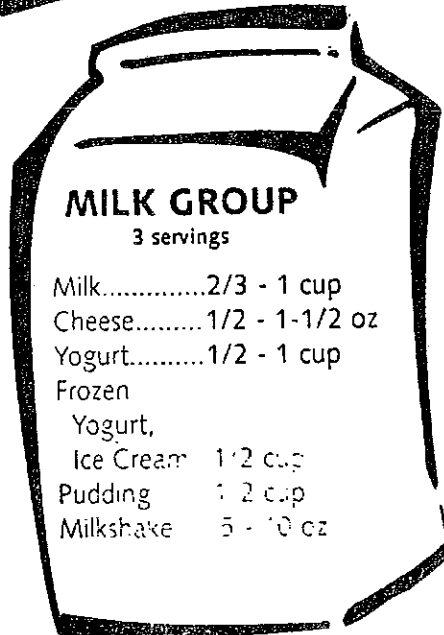
# Food to Grow On

## Food Choices

Choose a variety of foods from each of the five food groups. Listed below are the minimum number of servings each day for children, age 2-8. The smaller serving sizes are for the younger age range. Some children need more servings each day depending on size, activity level, and growth.

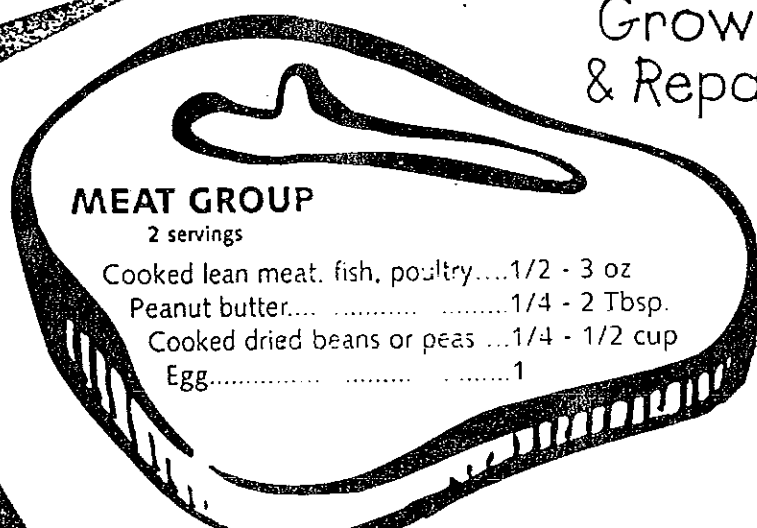
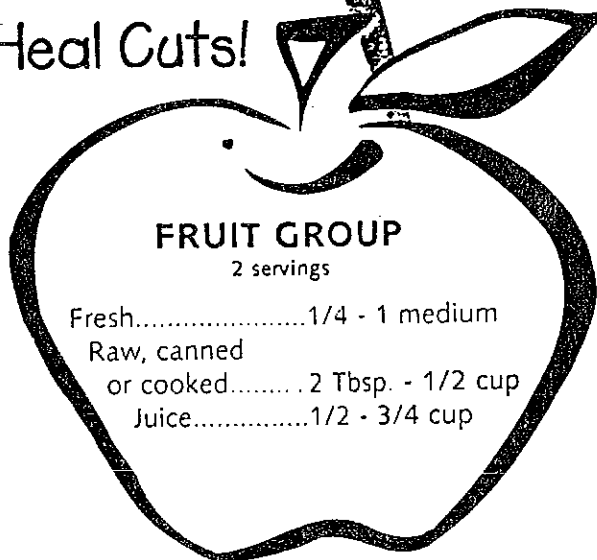
For specific advice on food choices for your child, consult your physician or registered dietitian.

for Children 2-8

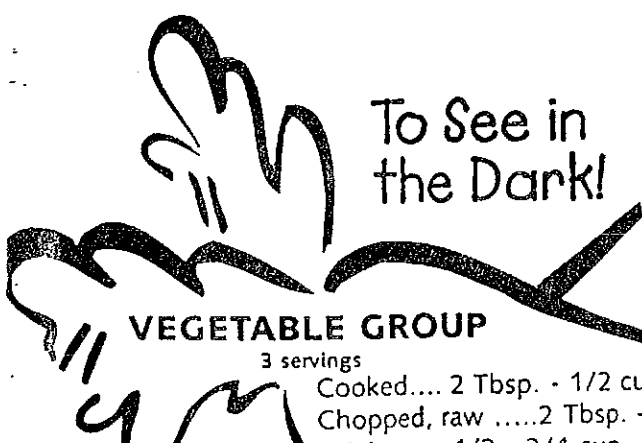


For Strong Bones and Teeth!

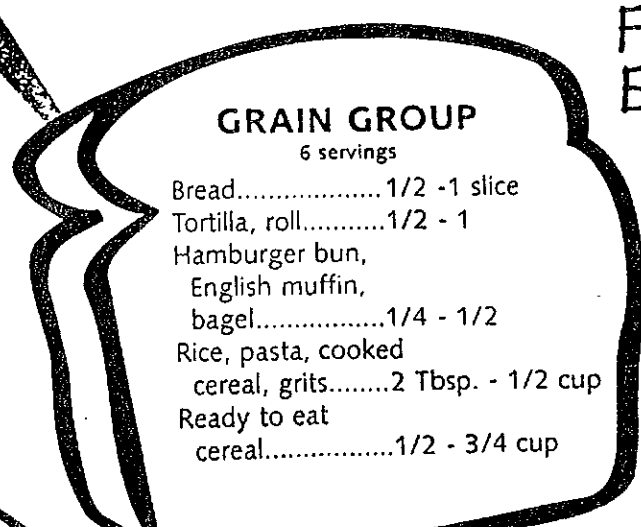
to Heal Cuts!



For Growth & Repair!



To See in the Dark!



For Energy.

# MILK Matters

Children need at least 3 servings from the Milk Group each day for strong bones and teeth. Chocolate milk is as nutritious as white milk. Ice cream is fine in small amounts, 1 or 2 servings a day. Soda pop is a nutrient-zero. Milk is a nutrient-hero. Milk is a great source of calcium and 9 other nutrients needed for good health - vitamin D, protein, riboflavin, magnesium, potassium, phosphorus, niacin, vitamins A and B12. Parents who drink milk, have children who drink milk.

# DELICIOUS WAYS to Get 3 Dairy a Day

Serve milk with all your meals.

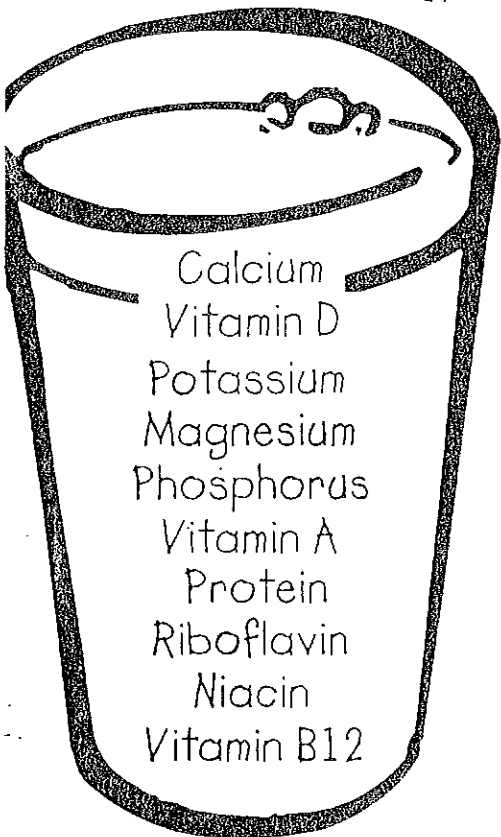
Serve other foods from the Milk Group, like cheese, yogurt and pudding.

Add chocolate, strawberry or other flavors to milk.

Substitute milk for water in soup, instant cocoa, hot cereal, mashed potatoes, rice and pancakes.

Add cheese to sandwiches, soups, salads and casseroles.

# MILK'S Nutrient Package



# SUPER SNACKS for a Super Star!

Kids need 2-3 healthy snacks each day.

One-minute healthy snacks that kids LOVE:

- Cereal and milk
- Cheese cubes on a pretzel
- Yogurt and cereal
- Ice cold milk and graham crackers
- Chocolate milk (hot or cold) and animal crackers
- Cheese and crackers
- Pudding and fruit parfait
- String cheese
- Fruit and veggies with a yogurt dip

Whip up a fruit smoothie. Blend 1 cup of milk with 1/2 cup of fruit and 5-6 ice cubes.

Preserve appetites during the dinner hour rush by offering appetite-teasers. Offer small servings of any of the snack ideas above.

# Winning Ways for PICKY EATERS

Children who help prepare a food will be more willing to eat it.

Offer a small serving of a new food along with favorites.

Be a role model. Eat a new food and your child may too.

It takes 8 - 10 exposures to a new food before a child is willing to try it. Continue to offer - not force - new foods.

Make mealtime a family event. Sit down at the table and talk with your child. Relax and enjoy eating together.

# The Bottom Line

Parents and children should divide the responsibilities for eating\*

Parents are responsible for:  
WHAT foods are offered, WHEN foods are offered, and



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# Anatomy of MyPyramid

## One size doesn't fit all

USDA's new MyPyramid symbolizes a personalized approach to healthy eating and physical activity. The symbol has been designed to be simple. It has been developed to remind consumers to make healthy food choices and to be active every day. The different parts of the symbol are described below.

### Activity

Activity is represented by the steps and the person climbing them, as a reminder of the importance of daily physical activity.

### Moderation

Moderation is represented by the narrowing of each food group from bottom to top. The wider base stands for foods with little or no solid fats or added sugars. These should be selected more often. The narrower top area stands for foods containing more added sugars and solid fats. The more active you are, the more of these foods can fit into your diet.

### Personalization

Personalization is shown by the person on the steps, the slogan, and the URL. Find the kinds and amounts of food to eat each day at MyPyramid.gov.

### Proportionality

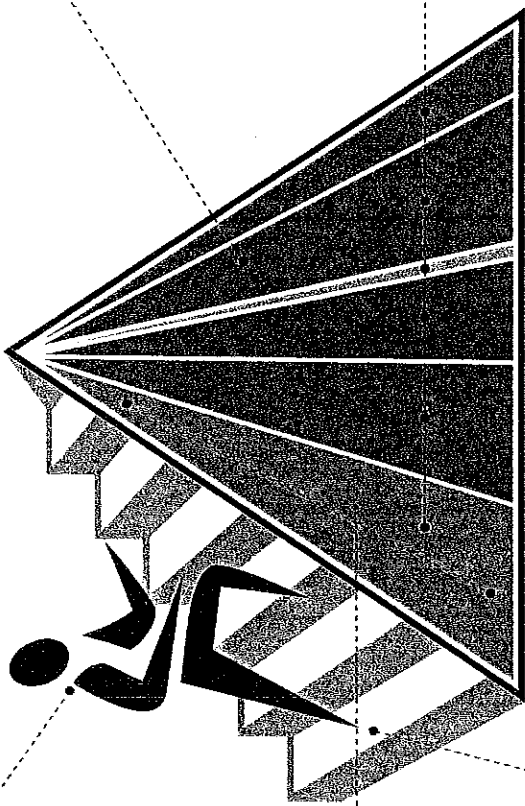
Proportionality is shown by the different widths of the food group bands. The widths suggest how much food a person should choose from each group. The widths are just a general guide, not exact proportions. Check the Web site for how much is right for you.

### Variety

Variety is symbolized by the 6 color bands representing the 5 food groups of the Pyramid and oils. This illustrates that foods from all groups are needed each day for good health.

### Gradual Improvement

Gradual improvement is encouraged by the slogan. It suggests that individuals can benefit from taking small steps to improve their diet and lifestyle each day.



**MyPyramid.gov**  
STEPS TO A HEALTHIER YOU



U.S. Department of Agriculture  
Center for Nutrition Policy  
and Promotion  
April 2005 CNPP-16

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