

**Preparing  
for a  
Lifetime**  
It's Everyone's Responsibility

# GRANDPARENT

TOOLKIT



# NUTRITION

## CHILDREN 6-12 YEARS OLD



# THINGS TO REMEMBER

- Be invested in creating a positive eating environment.
- Take responsibility for feeding your grandchildren and allow them to grow in their independence to eat how they desire.
- Maintain a routine of three scheduled family meals and healthy snacks when possible.
- Develop and maintain rules and expectations around food and snacks.
- Teach your grandchildren how to make good tasting snacks.

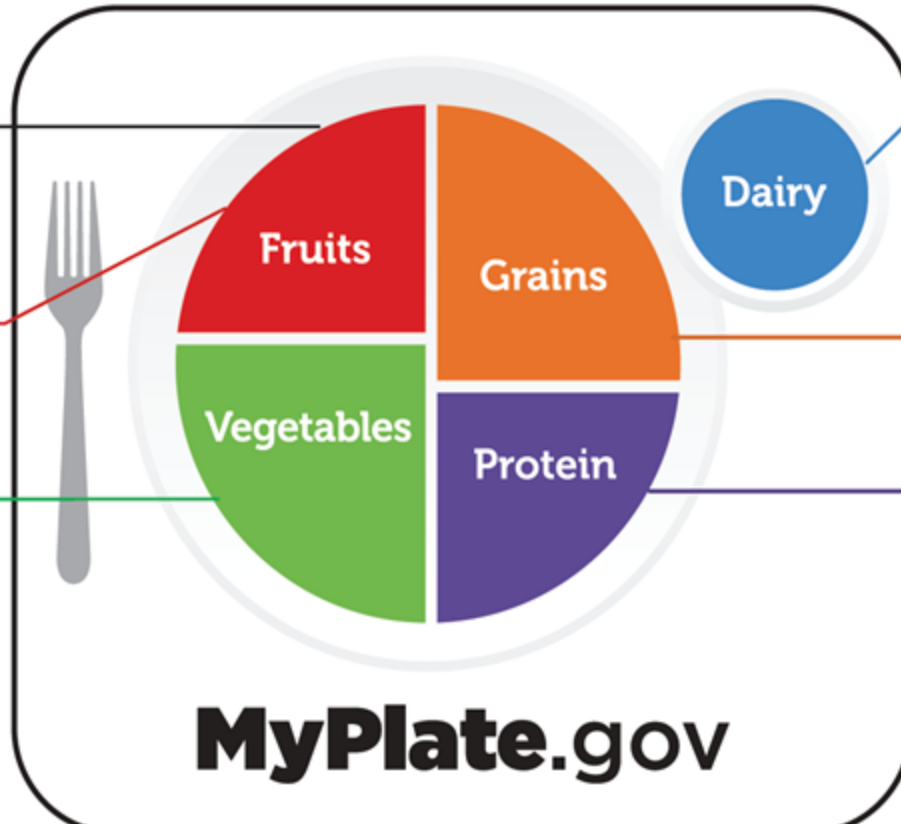
# Start *simple* with **MyPlate**

Healthy eating is important at every life stage,  
with benefits that add up over time, bite by bite. Small changes matter.

Make half your plate fruits and vegetables.

Focus on whole fruits.

Vary your veggies.



Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions).

Make half your grains whole grains.

Vary your protein routine.

**Limit**

Choose foods and beverages with less added sugars, saturated fat, and sodium.

**Activity**

Being active can help you prevent disease and manage your weight.

# MY PLATE RECOMMENDATIONS

- It is recommended that fruits and vegetables take up half of your plate.
- Choose whole grains over refined grains (100% whole wheat bread vs. white bread).
- Include lean meats or vegetarian sources of protein at meals.
- Choose low fat dairy products or milk substitutes.
- Fat is needed for the body to function and grow. Include healthy fats at meals.
  - Examples of healthy fat are avocado, nuts/seeds, olive oil, etc.

# MY PLATE FOOD GROUPS

- **Fruits and Vegetables:** choose fresh, frozen or canned whole fruits and veggies as often as possible.
- **Grains:** focus on whole grains.
- **Dairy:** children over two should be offered low fat vs. whole milk.
- **Protein foods:** choose lean meats or for vegetarian diets, protein sources such as eggs, beans, or tofu.
- **Vegetable oils:** Focus on minimally processed vegetable oils like olive or canola oil.

## Dairy

Milk, Yogurt, Cheese



## Vegetables



## Fruits



## Grains

Bread, Cereal, Pasta



## Protein

Meat, Beans, Nuts



# EAT THE RAINBOW

Different colors of fruits and vegetables contain different vitamins and minerals.

Have your grandchild help plan meals by choosing a wide variety of colors. Not only is it fun but will benefit your grandchild's health - and yours too!





# HOW TO READ A NUTRITIONAL LABEL

1. Serving Information →

2. Calories →

3. Nutrients →

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>1 cup (227g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>280</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 4.5g	<b>23%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 850mg	<b>37%</b>
<b>Total Carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

4. Quick Guide to percent Daily Value (%DV)

- 5% or less is **low**
- 20% or more is **high**

1. Serving Information



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Check the **Serving size** and **servings per Container**.

The nutrition facts label will give you the information for one serving.

In the example, the container has 4 servings, but the nutrition facts are for 1 serving.

# Nutrition Facts

4 servings per container

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Amount per serving

**Calories** 280

% Daily Value\*

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2. Calories



2. **Calories** refer to how much energy you are eating in one serving of this container/food.

# Nutrition Facts

4 servings per container  
**Serving size**      **1 cup (227g)**

---

Amount per serving  
**Calories**                      **280**

---

	% Daily Value*
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3. Nutrients →

3. Nutrients listed in Food Labels are important for health.

- Try to limit fat, sodium (salt), and carbohydrates.
- Try to get more fiber, Vitamin D, Calcium, Iron, and Potassium.

4. The % Daily Value is a guide to help consumers know if that food is high or low in the nutrients listed.

“Added sugars” refers to sugar that has been added to that food in addition to the natural sugar found in organic form.

Try to choose foods with a 5% or less Daily Value “Added Sugars” content.

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4. Quick Guide to percent Daily Value (%DV)

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# GROWTH SPURTS

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- After age 2, children grow in height at an estimated rate of 2 ½ inches (6cm) per year until they reach adolescence (age 13).
- For pre-adolescents (8-12) and adolescents (age 13-18), *growth spurts increase appetite because they are experiencing important changes in their bodies.* Therefore, they need healthy foods that will support their growing body.

## **How many calories does your grandchild need?**

The number of calories needed depends on many factors like genetics, age, activity level, and stages of physical growth and development.

*Talk to your grandchild's pediatrician about eating habits and calorie needs.*

# Encourage Grandchildren to Self-Determine When They Are Full

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Portion size recommendations serve as guidelines for providers and caregivers to ensure they offer enough food.

It is important to remember that every child has different activity levels, hunger cues, and body composition.

*If you feel concerned about your grandchild's eating habits, talk to their pediatrician.*

<b>Food Group</b>	<b>Servings per Day</b>	<b>Portion Size for Ages 1 to 3</b>	<b>Portion Size for Ages 4 to 6</b>	<b>Portion Size for Ages 7 to 10</b>
<b>Fruits</b>	2–3 servings	¼ cup cooked, frozen, or canned ½ piece fresh ¼ cup 100% juice	¼ cup cooked, frozen, or canned ½ piece fresh ⅓ cup 100% juice	⅓ cup cooked, frozen, or canned 1 piece fresh ½ cup 100% juice
<b>Vegetables</b>	2–3 servings	¼ cup cooked	¼ cup cooked ½ cup salad	½ cup cooked 1 cup salad
<b>Grains</b>	6–11 servings	½ slice bread ¼ cup cooked cereal, rice, or pasta ⅓ cup dry cereal 2–3 crackers	½ slice bread ⅓ cup cooked cereal, rice, or pasta ½ cup dry cereal 3–4 crackers	1 slice bread ½ cup cooked cereal, rice, or pasta ¾–1 cup dry cereal 4–5 crackers
<b>Meats and other proteins</b>	2 servings	1 ounce meat, fish, chicken, or tofu ¼ cup cooked beans ½ egg	1 ounce meat, fish, chicken, or tofu ⅓ cup cooked beans 1 egg	2–3 ounces meat, fish, chicken, or tofu ½ cup cooked beans 1 or 2 eggs
<b>Dairy</b>	2–3 servings	½ cup milk ½ ounce cheese ⅓ cup yogurt	½ cup milk 1 ounce cheese ½ cup yogurt	1 cup milk 1 ounce cheese ¾–1 cup yogurt

Adapted from Dietz WH, Stern L, eds. *Nutrition: What Every Parent Needs to Know*. 2nd ed. Elk Grove Village, IL: American Academy of Pediatrics; 2012:194.



# PORTION SIZES

Think about portion sizes in relation to household items or utilizing your hand to reinforce the idea of portion size in each of your meals.

## The Palm = 3 oz.

The palm of your hand can be used to estimate protein intake. 1 palm is equivalent to a 3 oz. serving of protein. Examples of what you could measure a 3 oz. serving include pork, poultry, beef, fish, and chicken.



## A Cupped Hand = 1/2 cup

1 hand cupped is equivalent to a 1/2 cup serving. You can use this tool for measuring food items such as pastas, potatoes, nuts, and even ice cream.



## Fist = 1 cup

A fist is a great way of measuring carbohydrates. You can use this tool when measuring the intake of rice, cereals, salads, fruits, or popcorn.



# PORTION SIZES

Another way to measure daily portions is to think about sizes of household items or utilizing your hand to reinforce the idea of portion size in each of your meals.

**Other At Home Ways of Measuring:**

There are many other resources you can use to measure aside from your hand or an actual measuring cup.



A deck of cards =  
3 oz serving of protein



A softball = 2 cups



A baseball = 1 cup



A tennis ball =  
1/2 cup



A golf ball =  
2 tablespoons

## Tip of Thumb = 1 Tablespoon

The tip of a thumb is equivalent to a serving of 1 tablespoon. This tool is used when measuring fat intake such as mayonnaise, cheese, salad dressings, creams, and peanut butter.



## The Thumb Nail – 1 Teaspoon

The nail of the thumb is about 1 teaspoon serving of oils or fats. This can be used to measure salad dressings, olive oil, or butter.



## Other At Home Ways of Measuring:

There are many other resources you can use to measure aside from your hand or an actual measuring cup.



A deck of cards =  
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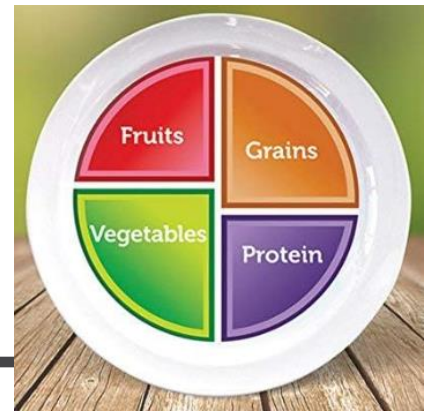
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2 tablespoons

# MEAL PLANNING

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Using a divided plate concept helps keep portions under control and eat a balanced meal.

- $\frac{1}{4}$  of the plate is for protein
- $\frac{1}{4}$  of the plate is for starches and grains
- $\frac{1}{2}$  of the plate is for fruits and vegetables

None of these foods should overlap or be piled high.

Talk to your grandchild about how their stomach feels after a healthy meal. Help them recognize body cues to know when they are full.

# DURING FAMILY MEALS

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- Encourage your grandchild to decide when they are full.
- It's ok if your grandchild says they are full and still has food on their plate.
- Having set meals and snacks vs grazing throughout the day will make family meal time easier.
- If a child isn't hungry at meal time but is shortly after, provide leftovers from the meal.
- If necessary, encourage smaller portions during meal times and talk about if they feel full before offering more.

# DURING FAMILY MEALS

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- Add more salads, vegetables, and fruit, especially at the start of a meal. This can help control hunger and give a sense of fullness.
- Try not to rush through meals. Eat slowly and chew well.
- Encourage time to notice body cues like feeling full before allowing seconds.
- Be aware that most restaurant portions are much larger than needed.
- Limit meal-time distractions, such as TV and screens.

# 'ON THE GO' HEALTH

When eating out, it's important to help your grandchild learn how to choose the best option for them.

## **Beverages:**

**Choose water!** Restaurant portion sizes and free refills of sugar-sweetened beverages result in excess calories and sugar. Also, water is usually free!

## **Healthy Combinations:**

- Choose a favorite food then pair it with a healthy option to create a more balanced meal.

*EXAMPLES:* French fries with grilled chicken sandwich or cheeseburger with fruit cup.

# TIPS FOR DINING OUT OR TAKE OUT

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- Start your meal with veggies.
- Consider sharing a meal.
- Look for fruits and vegetables.
- Look for sauces made from vegetables like marinara rather than cream or butter sauces to limit saturated fat calories.
- Ask for sauces and dressings to be put 'on the side' or for the dish to be prepared with less or no sauce.



# FOOD SWAPS



Whole grains vs processed/  
refined grains provide more  
nutrients and have more fiber.  
This aids digestion and keeps a  
person feeling full longer.

***Swap:*** White bread for whole  
wheat bread.

# FOOD SWAPS



## Drinks

The American Heart Association recommends children 2 to 18 years old should limit their consumption of added sugars to no more than 6 teaspoons per day.

**One can of soda could have 16 teaspoons of sugar.**

***Swap:*** Soda for water with orange slices.

Instead of...	Try...
White rice	Brown rice
White flour tortillas	Corn or whole wheat tortillas
Sugary “kids” cereal	Breakfast cereal with <5 g sugar and >3 g fiber per serving or oatmeal. Add sliced banana or berries for sweetness.
White bread	Whole wheat or whole grain
French fries	Baked potatoes
Ice cream	Frozen yogurt

Chart adapted from Food Smart curriculum

# OTHER TIPS TO KEEP IN MIND

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When you are shopping, limit these foods that are high in sodium/salt or look for low-sodium versions:

- Processed meats
- Sauces, dressings, and condiments
- Instant flavored foods, like flavored rice or noodles

When choosing snacks for yourself or grandchild:

- Snack on unsalted nuts instead of salted pretzels or chips

# OTHER TIPS TO KEEP IN MIND

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When cooking meals at home for yourself and grandchildren:

- Try cooking fresh or frozen chicken, lean meats, or seafood instead of buying deli meats or sausages.
- Go for fresh or frozen vegetables without sauce, or canned vegetables with lower salt.
- If you use canned foods, rinse to wash away some of the salt before cooking or eating.

# OTHER TIPS TO KEEP IN MIND

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When cooking meals at home for yourself and grandchildren:

- Use condiments and spreads that are unsalted or lower in sodium/salt. If you use regular spreads, just use less.
- Don't add salt to the water when you cook pasta or rice.
- Try different herbs and spices to flavor your food, like ginger or garlic, instead of salt.

*If you're too busy to cook every night, start by making dinner just one night a week.*

# SUGAR AND SWEETS

- Swap out the soda sugary drinks.

Water is best, but if you or grandchild wants something sweet to drink, try adding fresh fruit to water, sugar free juice, or diet drinks.

- Eat fresh, frozen, dried or canned fruits.

Choose fruit canned in water or natural juice. If you can only get fruit canned in syrup, drain and rinse in a colander to remove excess sugars/syrup.



# SUGAR AND SWEETS

- Compare food labels and choose products with the lowest amounts of added sugars. Dairy and fruit products will contain some natural sugars.

- Add fruit.

Instead of adding sugar to cereal or oatmeal, try fresh fruit (bananas, cherries or strawberries) or dried fruit (raisins, cranberries or apricots).

- Cut the ingredients back when baking.

When baking cookies, brownies or cakes, cut the sugar called for in your recipe by one-third to one-half.



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# HEALTHY EATING ON A BUDGET

- Meat can be expensive. Get protein from beans, seeds, eggs, etc.
- Serve your grandchild smaller servings and offer more as they ask to reduce waste.
- Purchase in-season fresh produce. Also include frozen or canned fruits or veggies.
- Use the food bank in your community.

# If the distance to the grocery store is a challenge



- Stock up on canned and frozen fruits and veggies.
- Chose whole wheat or whole grain products.
- When choosing pantry foods, look for products with fewer listed ingredients.
- Choose water or milk instead of sugary drinks.

# Extend the shelf life of your produce



- Keep your produce whole.
- Don't wash berries until right before eating.
- Do not refrigerate food that is sensitive to cold. Store in a cool dry place to extend their shelf life.
  - **Refrigerate:** Apples, apricots, cantaloupe, figs, honeydew.
  - **Do not refrigerate:** Avocados, bananas, nectarines, peaches, pears, plums.

# WEIGHT CONSCIOUS WORLD

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Things to remember when encountering picky eating:

- Your grandchild is a complex and beautiful individual that may be navigating the world differently.
- Avoid guilt or shaming.
- Reframe the language of “picky eating”. Use language such as “My grandchild is learning”.
- Create a positive eating environment that is encouraging them to make their own choices on which foods to eat and how much.
- Involve your grandchild in meal planning, food prep and cooking.
- Build on the food your grandchild already eats.

# WEIGHT CONSCIOUS WORLD

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There can be a lot of pressure from external factors that make us conscious about weight.

If you are concerned about your grandchild's weight, talk to their pediatrician.

**It's important to remember that young children and teens, unless recommended by their provider, should not be put on a diet.**

# Signs your grandchildren are eating the amounts they need

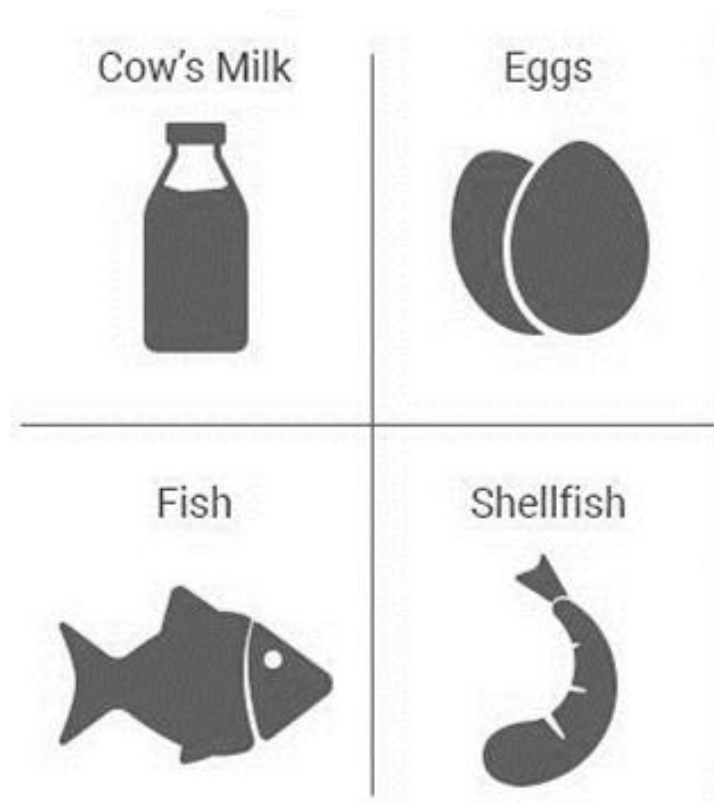
- Your grandchild will eat as much as their body tells them they need. **Do not control how much your grandchild eats.**
- Your grandchild will learn how to eat healthy foods when you eat and enjoy healthy foods. **Model healthy habits.**
- Allow eating **“unhealthy” foods in moderation.** Treats are meant to be enjoyed occasionally.

# FOOD ALLERGIES AND INTOLERANCES

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**Food allergies** occur when the immune system reacts to a specific food.

**Food intolerances** occur when it is difficult to digest foods.

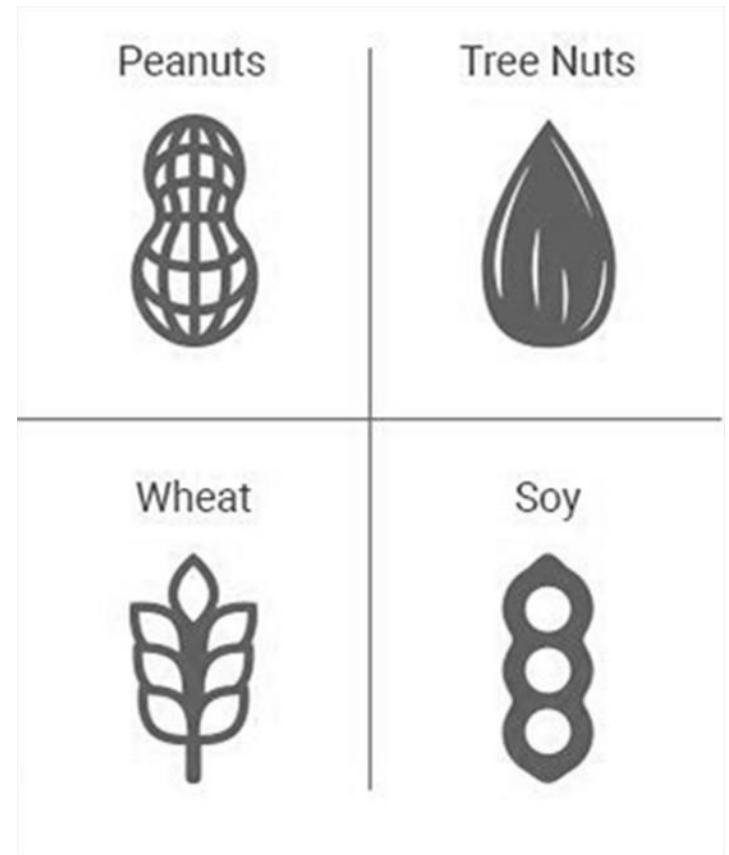


# FOOD ALLERGIES

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**Foods that most commonly trigger allergies are:**

- Cow's milk products
- Eggs
- Wheat
- Nuts and peanuts
- Soy
- Shellfish
- Fish



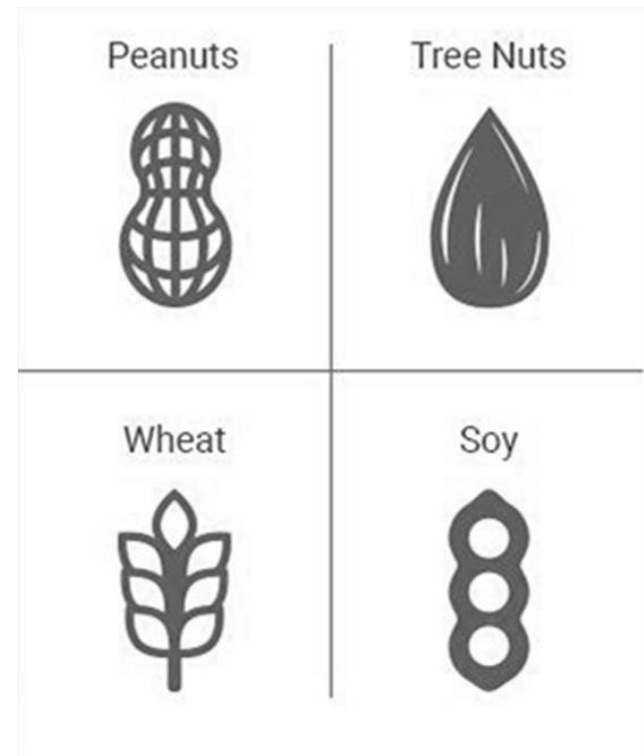


# FOOD ALLERGIES

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## Signs of an allergic reaction:

- Eczema
- Hives, itchy skin
- Vomiting
- Swelling of lips, tongue, mouth
- Tight, itchy throat
- Difficulty breathing/wheezing
- Cramps, Diarrhea



# FOOD ALLERGIES & INTOLERANCE

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What to do if you suspect an intolerance or allergy:

- If your grandchild has a minor reaction to a food, such as vomiting, diarrhea or stomach discomfort, quit offering the food and make an appointment with the pediatrician.
- If your grandchild has a serious reaction involving difficulty breathing, tightness of throat, or swelling of the mouth, call 911.

# PHYSICAL ACTIVITY

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It is recommended that children 6-12 years old get an average of 60 minutes of moderate to energetic physical activity every day.

Children should also engage in aerobic activity and exercises to strengthen bones and muscles.

# PHYSICAL ACTIVITY

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Aerobic activity could be:

- Walking to school
- Walking a pet
- Playing on the playground
- PE in school
- Favorite sports: soccer, football
- Swimming
- Dancing
- Bicycle riding
- Skateboarding

# PHYSICAL ACTIVITY

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Strengthening Muscle and Bone activities could be:

- Jumping
- Weight bearing activity
- Squats
- Step ups (walking up the stairs)
- Lunges
- Pushups on an incline (kitchen countertop)

# PHYSICAL ACTIVITY

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Look for ways to be active with others and your grandchildren:



- Go for a walk with your grandchild.
- Have a dance party in your living room.
- Add physical games to family gatherings.
- Do housework with your grandchild.

# PHYSICAL ACTIVITY

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If it isn't in your capacity to be active with your grandchild keep in mind ways, they may be able to be active:

- Jump rope
- Jumping jacks
- Dance parties
- Utilizing the stairs
- Stretching
- Hula hoop

# NUTRITION

## CHILDREN 6-12 YEARS OLD

