

# Changes For Good Health

## Strategies for healthy family eating

When a child's weight is increasing at a rate that is faster than height increase, it could be the start of a trend that could be slowed by making some of the following changes:

### **Increase exercise and active play**

- Limit time for television, electronic or computer games to one hour a day.
- Indoor play: treasure hunt, dancing, house work, games with soft balls
- Outdoors: running, walking, kite flying, hula hoop, jump rope, hide and seek
- Choose toys with activity in mind
- Make a list of activities and games to try when your child is 'bored' and asks for extra snacks or wants to watch more television

### **Beverages**

- Juice and soda add a surprising amount of extra calories. Limit juice to  $\frac{1}{2}$  cup a day.
- Water is the best drink for thirst.
- Substitute sugar-free beverages for regular juice or soda
- A glass of water or sugar-free beverage before a meal will slow appetite and help your child be satisfied with smaller portions.
- Change to non-fat (skim) milk. Children need this much but not more of milk, or substitute nonfat sugar-free yogurt or low-fat cheese. Recommended servings: toddlers: 2 cups/day; 4-8 yr olds: 3 cups/day; 9-18 yr olds: 4 cups/day

### **Decrease "fast food"**

- Break the habit of stopping for fast food when you are out on errands.
- Take your family for a sandwich picnic and walk in the park or marina instead of 'out for pizza'.

### **Eat at the table for meals and snacks**

- Eat at the table with your child for meals.
- Help your child enjoy meals with moderate portions by talking with them at meals, asking them about their day, or just listen to them.
- Children need a snack between meals, but it should be at a planned time and be eaten at the table. Make plans for snacks.
- Eating while watching TV, reading, or riding in the car starts a habit of eating along with other activities, and soon that activity will be a signal to eat.

### **Increase fruits and vegetables at meals and snacks**

- Even though your child may not especially like vegetables, keep serving them at meals without comment or pressure.
- Involve your child in choosing, preparing, and serving fruits and vegetables.
- As your child learns to like more fruits and vegetables there will be more low calorie food to 'fill up on' at meals, and less need to have seconds or large servings of higher calorie foods.

## Healthy Eating and Healthy Weight for the Whole Family

The topic of healthy eating and healthy weight can be overwhelming. Taking in all of the information and putting it into practice may seem like a huge task.

To make it easier, here are 10 basic habits that will provide you with a healthier lifestyle. Choose one habit at a time and focus on it for 2 weeks, until it becomes your own. Then move on to another; check each off as you go. The more good habits you and your family form, the healthier your family will become!

- \_\_\_\_\_ 1. **Have at least 30 minute of exercise or active play EVERY day. One hour is better.**
- \_\_\_\_\_ 2. **Lead a more active lifestyle.** Take the stairs; park at the far edge of the parking lot. Ride bikes on weekends. Join a sports team.
- \_\_\_\_\_ 3. **Limit soft drinks, koolaid, fruit punch, and other sugar laden drinks to one serving per day. Only three servings per week is better**
- \_\_\_\_\_ 4. **Increase water and skim milk.** An appropriate amount of skim milk is a one cup per serving, 3-4 times per day. Fruit juice is acceptable, but limit total juice to ½ to 1 cup per day. If you feel it is appropriate, up to two “diet drinks” a day would be acceptable.
- \_\_\_\_\_ 5. **Have 3 meals and 2-3 snacks per day.** Have these meals and snacks at set times. Avoid “grazing”, or snacking constantly throughout the day.
- \_\_\_\_\_ 6. **Reduce fast food consumption or make better choices.** A good meal for a child is: Small hamburger, small fry, water; or 2 regular tacos, water; or grilled chicken sandwich, water; or 6 “subway sandwich”, baked chips, water. You may save up the allowed soft drinks to have when eating out.
- \_\_\_\_\_ 7. **Make healthier snack substitutions:** chocolate teddy grahams for Oreos, low fat granola bars for candy bars, pretzels or air popped popcorn for potato chips, fruit and juice bars for ice cream, skim milk with one spoon of chocolate syrup for soda.
- \_\_\_\_\_ 8. **Extra snacks must be from the fruit or vegetable group.** Many of us do not eat enough of these foods. If you are hungry after all meals and snacks for the day are eaten, try apple slices, frozen grapes, carrot sticks, etc.
- \_\_\_\_\_ 9. **Learn appropriate portions.** Most Americans eat MUCH larger portions of food than appropriate. The amount of food that can fit into the cupped palm of your hand is a good serving size.
- \_\_\_\_\_ 10. **Expand your interests and hobbies.** People who are busy focus more on “living life” than on food. Keep a list of “things to do” instead of eating for boredom.

### **Plan for Low Cholesterol, Low Fat Meal Plan:**

1. Beverages: Skim milk (1 cup), 100% pure fruit juice (1/2 cup), water. Regular koolaid or soda does not have fat, but may cause weight gain. Diet sodas, sugar free koolaid, Crystal Light are options; we call these free beverages.
2. Fruits: Fruits are virtually fat free. Fresh, frozen, or canned fruits are good. Avoid adding nuts, coconut, cream, etc. Avoid fruits canned in heavy syrup. Fat free Cool Whip is a good option. Avoid avocado.
3. Vegetables: Vegetables are virtually fat free. Fresh and frozen are best; canned are high in salt. Avoid added margarine, oil, sour cream, cream soups, cheeses. You might try Butter Buds, Molly McButter, lemon, herbs, fat free cheese, etc.
4. Starches/Breads: There are both high fat and low fat choices from this group. Focus on the lower fat choices such as: grits, oatmeal, toast, bread, saltines, baked snack crackers, rice, pasta, potatoes, bagels. Avoid high fat toppings on this foods. Try Molly McButter, fat free gravies, low fat white sauces or margarines, tomato based sauces, fat free cheese.
5. Milk Group: This group can be high in fat and cholesterol. You need to choose the skim or 1% products when choosing milk, cheese, yogurt, sour cream, cream cheese, regular or frozen yogurts.  
  
Meat Group: This group can be high in fat and cholesterol . You need to make choices that have less visible fat and no skin. Avoid adding fat in cooking, frying, or fatty gravies. Try white meat chicken or turkey, white fish, lower fat cuts of beef (sirloin, round, 7% ground meat), pork tenderloin, Canadian bacon, 98% fat free sausage, hot dogs, and cold cuts. Limit to 6 oz. per day.
6. Meat Substitutes: Beans and peas are great meat substitutes. Do not add fat or fatty meats in cooking. Avoid egg yolks; use more EggBeaters; limit whole eggs to 3 per week. Peanut butter and other nuts are also a meat substitute; use occasionally as it is still high in fat.
7. Fats: Try to avoid high fat additions to foods. There are fat free and low fat versions of salad dressing, mayonnaise, and margarine. Avoid added oil in cooking; use Pam. There are fat free versions of sour cream, cream cheese, dips, etc. Try the "shake and bake" method instead of frying.
8. Condiments: Many of these are low in fat, so add to your meals for flavor. Good ideas include mustard, ketchup, salsa, taco sauce, dill pickles, jellies, jams, lemon juice, spices.
9. Snacks: There are many sweet and salty snack foods that are low in fat. Try vanilla wafers, graham crackers, teddy grahams, animal crackers, rice crispie treats, fat free pudding cups, pretzels, lowfat popcorn, bugles, bagel chips, baked crackers and chips.
10. Fast Foods: Try to make better choices at fast food places. Avoid bacon, cheese, fried foods, and mayonnaise; reduce beef. Better choices include the BK broiler (no mayo), the low fat Subway sandwiches with baked chips, Canadian bacon or veggie pizza (thin crust, low on the cheese).

## **Basic Information on Lowering Cholesterol/Triglycerides**

1. Exercise. Start at 20-30 minutes, 3 times per week. Work up to 40-60 minutes, 5 times per week.
2. Lose weight if needed. Even 10 or 20 pounds may really help.
3. Do not smoke.
4. Drink alcohol only in moderation; no more than one serving per day. (Excess alcohol particularly increases triglycerides!)
5. Increase soluble fiber in your diet. This includes foods such as oats, oatmeal, cereals made from oats, whole grain breads and cereals, fresh fruits and vegetables.
6. Decrease simple sugars, like soft drinks and sugary desserts. (Excess sugar in particularly increases triglycerides.) Drink more water.
7. Decrease actual intake of cholesterol. Limit to 300 mg per day. Basic sources are
  - egg yolk (decrease to 3 per week, use more Egg Beaters)
  - whole milk products ( use 1% or skim milk, lowfat or fat free cheese, yogurt, ice creams, etc.)
  - fatty meats (buy more lean beef and pork, increase consumption of chicken and fish, eat more plant protein like beans and nuts, do not fry, do not make fatty gravies)
8. Decrease actual intake of saturated fat. Limit to about 18 gm per day. Basic sources are
  - SAME AS #7, plus palm and coconut oil. Read labels for these oils.
9. Decrease actual intake of total fat. This means limiting the "bad" fats as found in #7 and #8, but also limiting TOTAL fat in the day to about 55 gm per day. This means not going overboard on the mayonnaise, salad dressing, margarine, or oils. Buy the reduced fat or fat free brands.

Attached you will find some information sheets on managing cholesterol by following a low fat meal plan. There are tips on exercising, what foods to purchase, how to prepare them, what to eat at restaurants, etc. If you enjoy cooking, there are MANY lowfat cookbooks available at the bookstore. You will find recipes for your favorite dishes and will not even miss the extra fat.

## **Menu Ideas**

### Breakfast Ideas:

- Go down to skim or 1% milk.
- Limit egg yolks to 3 per week.
- Have more whole wheat toast, bagels, English muffins.
- Have oatmeal or oat based cereals.
- Fresh fruits or juices.
- Use a lowfat margarine.

### Lunch Ideas:

- Sandwiches with higher fiber breads, lowfat or fat free mayo, 98% fat free meats, lots of veggies.
- Fresh fruits and veggies
- Baked or other low fat chips or crackers
- Popcorn, pretzels, vanilla wafers, grahams
- Chef salad with veggies, fat free shredded cheeses, lowfat turkey/ham, fat free dressing
- "Diet" frozen dinners

### Fast Food Ideas:

- Subway sandwiches – light on the cheese, mayo
- Veggie pizza, light on the cheese
- Small burgers
- Grilled chicken sandwiches, salads

### Other Snack Ideas: (Think low fat and high soluble fiber)

- Fresh fruit and veggies
- Dried fruit, like raisins
- Popcorn, pretzels, baked chips and crackers
- ½ sandwiches with wheat bread and lowfat meats and toppings
- Lowfat or fat free yogurts or ice cream type desserts
- Lower fat/lower sugar cookies: animal crackers, vanilla wafers, etc.
- Anything with oats, oatmeal, oat bran

### Dinners:

- Try to limit your meat serving to the size of a deck of cards. Try to pick Leaner meats; broil or grill; smother without added fat.
- Rice, potatoes, pasta are good choices. About 1 cup a good serving size.
- Try to increase salads and other veggies. Season with lemon, herbs, butter Spray; limit added fat and margarine
- Try more fruity desserts – fresh fruit with a dollop of fat free Cool Whip!



## Sample Shopping List for Healthy Eating

### Milk Group:

- ☐ Skim milk, or 1%
  - ☐ 2% cheese singles, or fat free
  - ☐ String cheese
  - ☐ nonfat yogurt; sugar free is best
  - ☐ fat free frozen yogurt
  - ☐ sherbet
  - ☐ lowfat or fat free pudding cups
  - ☐ reduced fat cheddar
  - ☐ skim or 1% cottage cheese
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### Fruit:

- ☐ applesauce
- ☐ raisins
- ☐ canned fruit cups
- ☐ canned fruit
- ☐ peach pear pineapple
- ☐ juice: apple orange grape
- ☐ fresh fruit
- ☐ apple banana grapes
- ☐ melon berries orange
- ☐ frozen fruit
- ☐ frozen fruit and juice bars

Other:

### Breads/Cereals:

- ☐ grits      ☐ wheat
- ☐ oatmeal    ☐ rice
- ☐ pasta      ☐ wheat bread
- ☐ wheat      ☐ bagels (small)
- ☐ lite buns    ☐ tortillas, corn
- ☐ pretzels    ☐ popcorn
- ☐ baked snack crackers
- ☐ cold cereals: Cheerios,
- ☐ Bran Flakes, Total
- ☐ lowfat waffles
- ☐ lowfat biscuit mix
- ☐ graham crackers
- ☐ animal crackers
- ☐ goldfish crackers
- ☐ vanilla wafers

Other:

### Vegetable Group:

- ☐ lettuce/salad greens (dark)
  - ☐ baby carrots
  - ☐ fresh veggie sticks
  - ☐ canned vegetables
  - ☐ corn carrots peas
  - ☐ green beans
  - ☐ frozen vegetables
  - ☐ broccoli cauliflower
  - ☐ mixed vegetables
  - ☐ fresh vegetables
  - ☐ onion, bell pepper
  - ☐ tomato, cucumber
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### Meat:

- ☐ chicken/turkey breasts
- ☐ ground chicken/turkey
- ☐ ground beef (15% fat or less)
- ☐ fish, fish sticks (low fat)
- ☐ tuna in water
- ☐ peanut butter
- ☐ eggs (3/week), Egg Beaters
- ☐ dried beans/peas
- ☐ low fat deli meats
- ☐ lean ham, Canadian bacon

Other:

### Other Items:

- ☐ lowfat margarine (50 cal/Tbsp)
- ☐ lowfat mayonnaise
- ☐ Ketchup, mustard, salsa
- ☐ Lite syrup
- ☐ Lite Cool Whip
- ☐ fat free chocolate syrup
- ☐ sugar free jello
- ☐ baked tortilla chips
- ☐ oatmeal raisin cookies
- ☐ granola bars, light (110 cal/bar)
- ☐ Rice Krispie treats
- ☐ frozen fries/tator tots (BAKE)

## Sample Menus for Children Aged 1-3

Pattern	Sample 1	Sample 2	Sample 3	Sample 4
<u>Breakfast:</u>				
Fruit	1/4 cup apple juice	1/4 banana	1/4 cup grape juice	1/4 cup pears
Starch	1/4 cup grits	1/3 cup cheerios	1 small, plain biscuit	1, 4-inch, thin pancake
Fat/Other	1 tsp. lowfat margarine	1 tsp sugar	1 tsp. marg, 1 tsp. jelly	1 T syrup, 1 T Cool Whip
Milk	1/2 whole milk	1/2 cup whole milk	1/2 cup whole milk	1/2 cup whole milk
<u>Snack</u>				
<u>Bread</u>				
Fruit	8 Pretzel sticks	1 oz. Rice Krispy Treat	10 Cheese Nips	3 vanilla wafer
	1/4 cup applesauce	1/4 cup grape juice	1/4 cup peaches	3 orange slices
<u>Lunch:</u>				
Meat	1 oz. chicken breast	1 slice cheese	1 oz. hamburger	Chicken nuggets-2
Starch	1/4 cup cream potato	1 slice bread	1/2 Bun	1/2 cup cream potato
Starch	1/2 slice bread		4 Tator Tots	
Veg.	1/4 cup cooked carrots	Cucumber slices	1/4 cup green beans	1/4 cup mixed veggies
Milk	1/2 cup whole milk	1/2 cup whole milk	1/2 cup whole milk	1/2 cup whole milk
Fat	1 tsp. margarine	1 tsp. margarine	1 tsp. mayonnaise	1 Tbsp. gravy
<u>PM Snack:</u>				
Starch	3 vanilla wafers	1/2 slice bread	3 saltines	4 animal crackers
Fruit	1/4 cup apple juice	1 Tbsp all fruit spread	1/2 cup apple juice	1/4 apple, sliced
<u>Dinner:</u>				
Meat	1 oz. round steak	1 oz salisbury steak	Fish sticks - 1	1 oz baked chicken
Starch	1/4 cup rice	4 oz baked potato	Baked french fries - 8	1/2 cup mac & cheese
Starch	1/2 1 dinner roll			
Veg.	1/4 1/2 cup broccoli	1/4 cup sweet peas	1/4 cup cole slaw	1/4 cup green beans
Fat	1 T. gravy	1 T. grated cheese	(in cole slaw)	1 tsp. margarine
Milk	1/2 cup whole milk	1/2 cup whole milk	1/2 cup whole milk	1/2 cup whole milk
Other	1/2 cup lowfat pudding	1" slice angel food cake	1/4 cup ice cream	1 Oreo cookies
<u>Night Snack:</u>				
Starch	8 chocolate teddy grahams	2 graham cracker squares	1/2 slice toast/jelly	1/2 cup froot loops
Milk	1/2 cup whole milk	1/2 cup whole milk	1/2 cup whole milk	1/2 cup whole milk

## Sample Menus for a School Aged Child – Age 6-12

<u>Pattern</u>	<u>Sample Menus for a School Aged Child – Age 6-12</u>			
	<u>Sample 1</u>	<u>Sample 2</u>	<u>Sample 3</u>	<u>Sample 4</u>
<u>Breakfast:</u>				
Fruit	½ cup apple juice	½ banana	½ cup grape juice	1 cup sliced canteloupe
Starch	½ cup grits	1 cup cheerios	2 small, plain biscuits	2, 4-inch, thin pancakes
Starch	1 slice toast	1 slice toast	1 tsp. marg. 1 tsp. jelly	1 T syrup, 1 T Cool Whip
Fat	1 tsp. lowfat margarine	1 tsp lowfat margarine	1 cup lowfat/skim milk	1 cup lowfat/skim milk
Milk	1 cup lowfat/skim milk	1 cup lowfat/skim milk		
<u>Lunch:</u>				
Meat	3 oz. chicken breast	2 slices 2% cheese	3 oz. hamburger	Chicken nuggets-5
Starch	½ cup cream potato	2 slices bread	Bun	Baked tator tots-10
Starch	1 slice bread			(BAKE the nuggets/tots)
Veg.	½ cup cooked carrots	Cucumber slices	½ cup green beans	½ cup mixed veggies
Fruit	peach half	½ cup jello/peach mix	1 cup melon balls	Baked cinnamon apple
Milk	1 cup lowfat/skim milk	1 cup lowfat/skim milk	1 cup lowfat/skim milk	1 cup lowfat/skim milk
Fat				
<u>PM Snack:</u>				
Starch	6 vanilla wafers	1 slice bread	3 cups popcorn	1 box Cracker Jacks
Starch/Meat	1 T. peanut butter	1 oz ham	1 string cheese	
<u>Dinner:</u>				
Meat	3 oz. round steak	3 oz salisbury steak	Fish sticks – 3	3 oz baked chicken
Starch	½ cup rice	6 oz baked potato	Baked french fries – 15	½ cup mac & cheese
Starch	1 dinner roll			dinner roll
Veg.	½ cup broccoli	½ cup sweet peas	½ cup cole slaw	½ cup green beans
Fat	1 T. gravy	1 T. marg, nonfat sour cream	(in cole slaw)	1 tsp. margarine
Milk	1 cup lowfat/skim milk	1 cup lowfat/skim milk	1 cup lowfat/skim milk	1 cup lowfat/skim milk
Dessert	½ cup lowfat pudding	1" slice angel food cake	½ cup light ice cream	2 Oreo cookies
<u>Night Snack:</u>				
Starch	15 chocolate teddy grahams	4 graham cracker squares	1 slice toast/jelly	¾ cup froot loops
Milk	1 cup lowfat/skim milk	1 cup lowfat/skim milk	1 cup lowfat/skim milk	1 cup lowfat/skim milk



**Tips for Trimming Excess Fat Calories From Your Meal Plan  
(Ideas on What to Buy and How to Prepare Food from each Group!)**

- A. Milk group - Try to use the following products**
- Skim milk
  - Lowfat or fat free yogurt without added sugar
  - Skim cottage cheese
  - 2% or fat free singles
  - Reduced fat cheddar, mozzarella, etc.
  - Fat free, sugar free ice cream (as a treat!)
  - Evaporated skim milk in recipes that call for half and half or cream
- B. Meat group - Try the following techniques:**
- Keep meat portions to the size of "a deck of cards"
  - Try to increase chicken and fish in your diet.
  - Choose lowfat cuts of beef and pork; anything with the word "loin", "round", or "center cut" is good.
  - Trim all fat off meat before cooking.
  - Brown meat in skillet with Pam instead of margarine or oil.
  - Cook meat in its own juices; try not to add oil for the gravy
  - Use lower fat ground meat. It will be called "ground round" or "ground sirloin" or say "15%" fat or less.
  - Avoid frying meats. Bake, broil, grill, BBQ, etc.
- C. Vegetable group**
- Focus on at least 3 servings of vegetables a day.
  - Avoid adding margarine or oil in cooking.
  - Avoid fried vegetables.
- D. Fruit group**
- Focus on at least 2 servings per day (as per meal plan).
  - Avoid adding sugar, syrup, cream, whipped topping, ice cream, etc. to your fruit.
- E. Bread/Starch group**
- Follow your meal plan as to number of starches per day. Be sure your portions are correct.
  - Avoid adding margarine, oil, cream sauces, or heavy gravies to rice, potatoes, or pasta dishes.
  - Try adding flavor with onions, peppers, herbs, fat free chicken broth, tomato based sauces, "Molly McButter", etc.

- **Avoid fried foods. Try to do “baked French fries” if you have to have them!**
- **For breakfast starches, avoid excess margarine on toast, grits, etc. Try the reduced fat margarines like Shedd’s Spread, Country Crock, Promise, etc.**
- **When buying cereals, crackers, baked snack chips, low sugar cookies, etc., check the labels and choose the ones with the least fat.**
- **Buy baked chips, of “WOW” fat free chips.**
- **Use higher fat starch exchanges only 1-2 times per week – regular muffins, biscuits, waffles, pancakes, French fries, tator tots, taco shells, Ritz crackers, etc.**

**F. “Other” food group**

- **Limit “junkie” snacks. Have yogurt, fruit, veggie sticks, baked snack crackers, etc.**
- **Use baked or “WOW” chips**
- **Use low sugar cookies if you want something sweet—such as vanilla wafers, graham crackers, animal crackers, etc.**
- **If you substitute a sweet snack, read the label carefully and take the right amount of carbohydrates and fats out of your plan.**
- **Only sugar free beverages, such as diet soda, Crystal Light, diet koolaid.**
- **Can have sugar free jello.**
- **May substitute sugar free fat free puddings and ice creams for milk servings every once in a while.**
- **Watch serving sizes. If you substitute chips for a starch, count them out!**

**G. Fast Foods:**

- **Always have a sugar free beverage.**
- **If you have fries, either have the smallest “kid size” fry or split a regular fry with someone.**
- **If you have a fry, you will need to have the smallest sandwich possible, like the regular hamburger.**
- **If you avoid fries, you can have a larger sandwich. Try to have grilled chicken if you can.**
- **Try Rotisserie chicken instead of fried chicken.**
- **Choose Mexican items with plain flour tortillas, rather than fried shells.**
- **Watch portions. DO NOT super-size!! The “children’s meal” size is probably more appropriate.**

### Breakfast Options:

- a. 2 fruits, 1 starch, 1 skim milk, 1 other
- b. 1 fruit, 2 starches, 1 skim milk, 1 other

Adding EggBeaters a few times a week is acceptable.

¾ cup Cheerios  
1 small banana  
½ cup orange juice  
1 cup skim milk

¾ cup Cheerios  
1 slice toast  
1 small banana  
1 cup skim milk  
1 tsp. jelly

2 slices toast  
1 cup fresh fruit  
1 cup skim milk  
2 tsp. jelly

1 lowfat waffle  
1 T. syrup  
1 tsp. low fat marg.  
1 cup skim milk  
½ cup apple juice

1 medium bagel  
2 T. ff cream cheese  
½ cup sliced peaches  
1 cup skim milk

1 cup grits (any flavor)  
½ cup grapes  
1 cup skim milk

1 cup oatmeal  
1 baked cinnamon apple  
1 cup skim milk

3 (50 cal) biscuits  
1 tsp. low fat marg.  
2 tsp. jelly  
1 cup skim milk  
½ cup grape juice

2 pancakes  
(¼ cup batter each)  
1 tsp. marg.  
1 T. syrup  
1 cup skim milk  
1 cup sliced strawberries