

Dickinson

Good Nutrition for Growing Children

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What was mealtime like for you as a child?



What is your greatest challenge when feeding kids?

- 1. Lack of preparation/shopping time**
- 2. Little variety**
- 3. Acceptance by kids**
- 4. Cost**
- 5. Other**

Ellyn Satter's Division of Responsibility in Feeding

- For toddlers through adolescents:
 - The adult is responsible for *what, when, where*.
 - The child is responsible for *how much and whether*.

Satter's Division of Responsibility

Parent's responsibilities

- What foods are offered
- When food is offered
- Where food is offered
(no distractions)



Child's responsibilities

- How much to eat (as many servings as they like)
- If they will eat (they may choose not to eat)

For more about raising healthy children who are a joy to feed, read Part two, "How to raise good eaters," in Ellyn Satter's *Secrets of Feeding a Healthy Family*. For the evidence, read *The Satter Feeding Dynamics Model*. - See more at: <http://bit.ly/2bx6scs>

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What are some examples of your “job” as an adult?



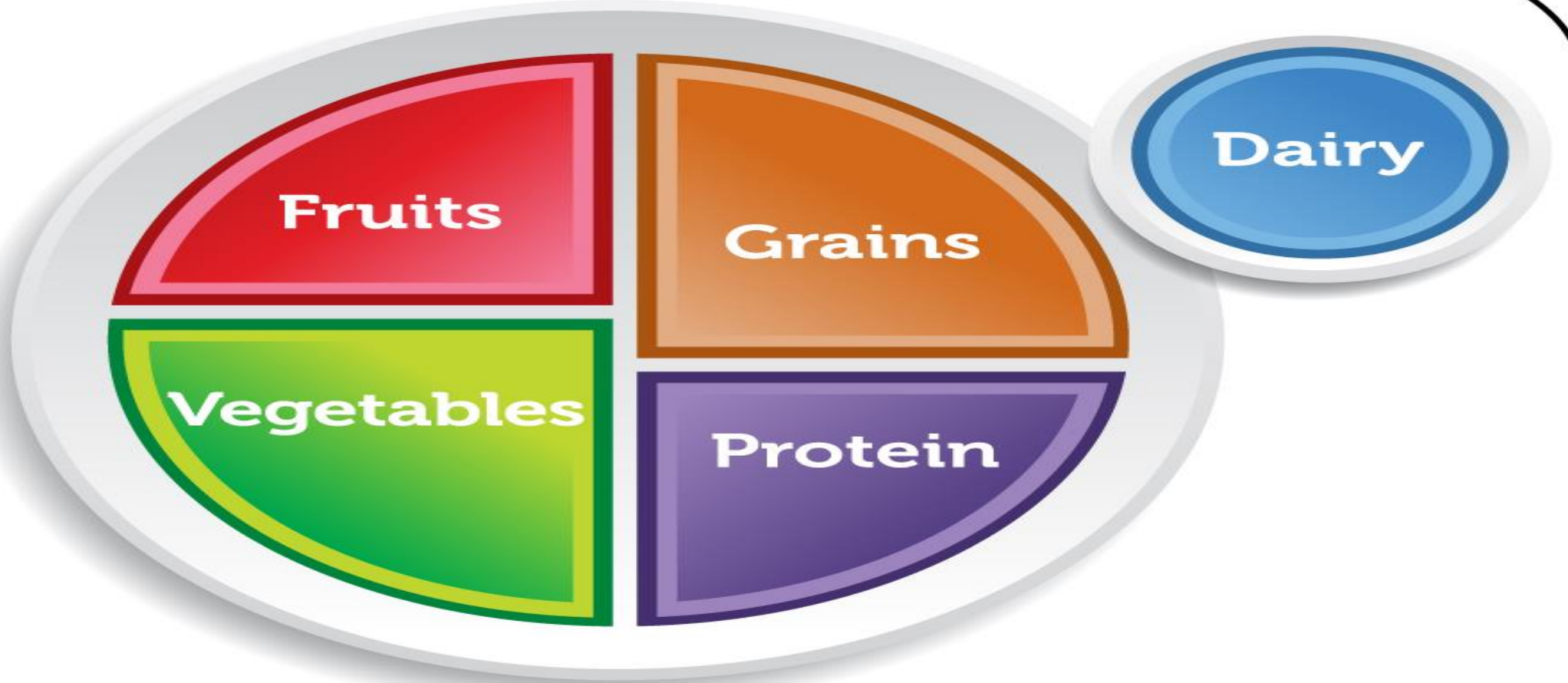
- Choose and prepare the food.
- Provide regular meals and snacks.
- Make eating times pleasant.
- Step-by-step, show children by example how to behave at family mealtime.
- Be considerate of children’s lack of food experience without catering to likes and dislikes.
- Not let children have food or beverages (except for water) between meal and snack times.
- Let children grow up to get bodies that are right for them.

What would be some examples of the “job” of the child?



- Children will eat.
- They will eat the amount they need.
- They will learn to eat the food their parents eat.
- They will grow predictably.
- They will learn to behave well at mealtime.

How does MyPlate fit?



Choose **MyPlate**.gov

Age: 0-12 months

- 0-8 months:

- Infants are recommended to consume breast milk and/or infant formula from birth to 6 months.
- After 6 months, developmental cues will indicate when the infant is ready to try solid food such as iron-fortified cereal, fruit, or vegetables. Infant stomachs are very small but growth at this stage is rapid, thus, infants should be fed several times a day. Allow infants to self-regulate how much they consume. Begin with a few tablespoons of solid food a day and increase as needed. Offer solid foods slowly and individually.

- 8-12 months:

- Infants at this stage may be consuming foods from all food groups. Servings may range from about 1/8 to 1/3 cup servings 2-3 times a day. At 10 months, combination foods such as macaroni and cheese may be introduced to the infant. Continue to expose the infant to a variety of healthy foods and allow them to self-regulate when and how much to consume

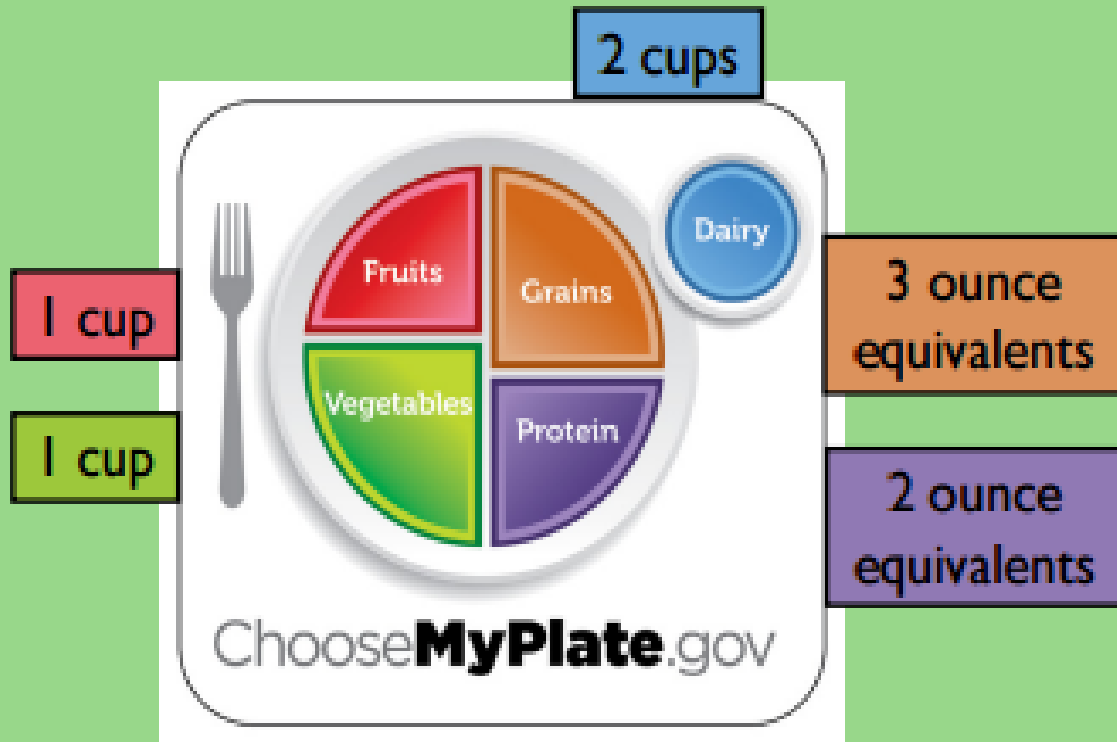
Age: 1-2 years old

- Children ages 1 to 2 years old should be eating solid foods.
- Breast-feeding can be continued at this age, but solid food should be the main source to fulfill energy needs.
- Well balanced diet, similar to that of an adult, with a variety of fruits and vegetables, whole grains, protein source foods, and low-fat dairy.
- Children in this age range should be consuming whole milk, unless overweight or obesity is a concern.
- Children should eat three meals a day and may also eat one or two healthy snacks. Serving sizes should be about one-quarter of an adult's serving size.

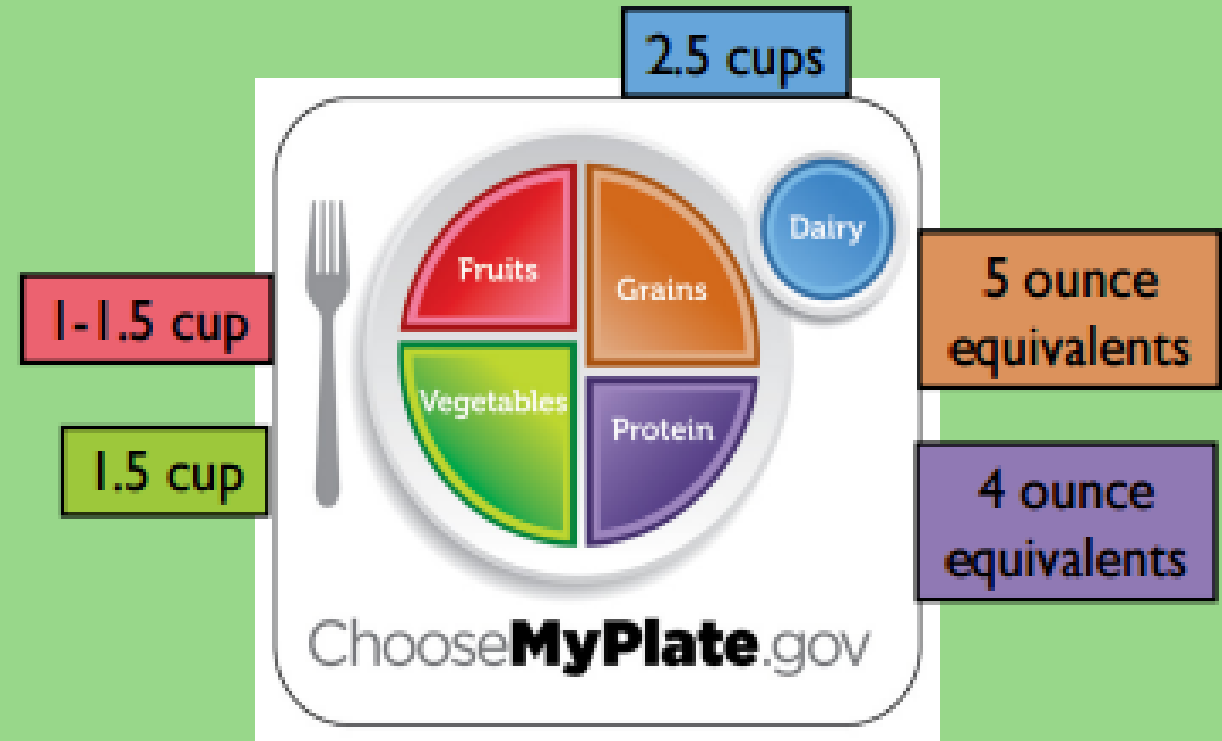
Children 2-8 years old

Written by Briana Eicher, RD, CD

Age: 2-3 years old



Age: 4-8 years old



The amount of calories and nutrients required for children ages 2-8 years depends on their activity level. The recommended daily amounts above are based on the requirements for all children who get less than 30 minutes of physical activity per day.

Children and Adolescents 9-18 years old

Written by Sasha Harrison, Post-Baccalaurate Dietetics and Nutrition, Fitness and Health Student

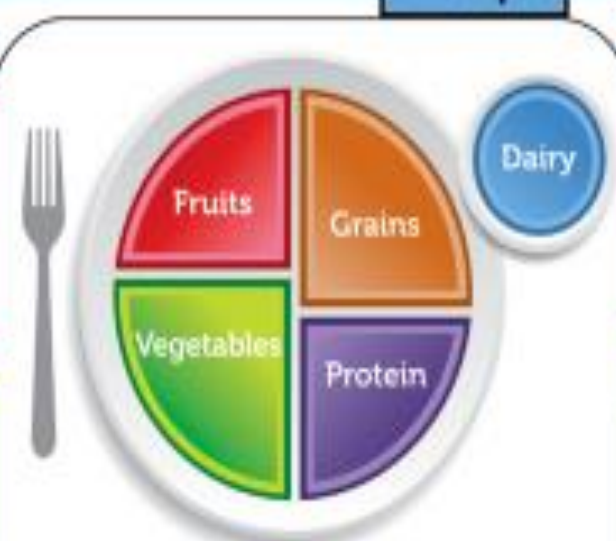
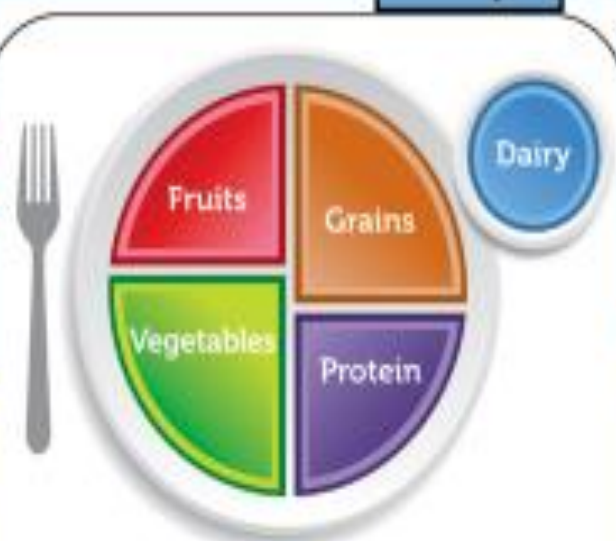
Age: 9-13 years old

Age: 14-18 years old

3 cups

3 cups

1.5 cups



Girls: 2 cups/Boys: 2.5 cups

Girls: 5 ounce equivalents/
Boys: 6

5 ounce equivalents

Girls: 1.5 cups/Boys: 2 cups

Girls: 2.5 cups/Boys: 3 cups

Girls: 6 ounce equivalents/
Boys: 8

Girls: 5 ounce equivalents/
Boys: 6.5

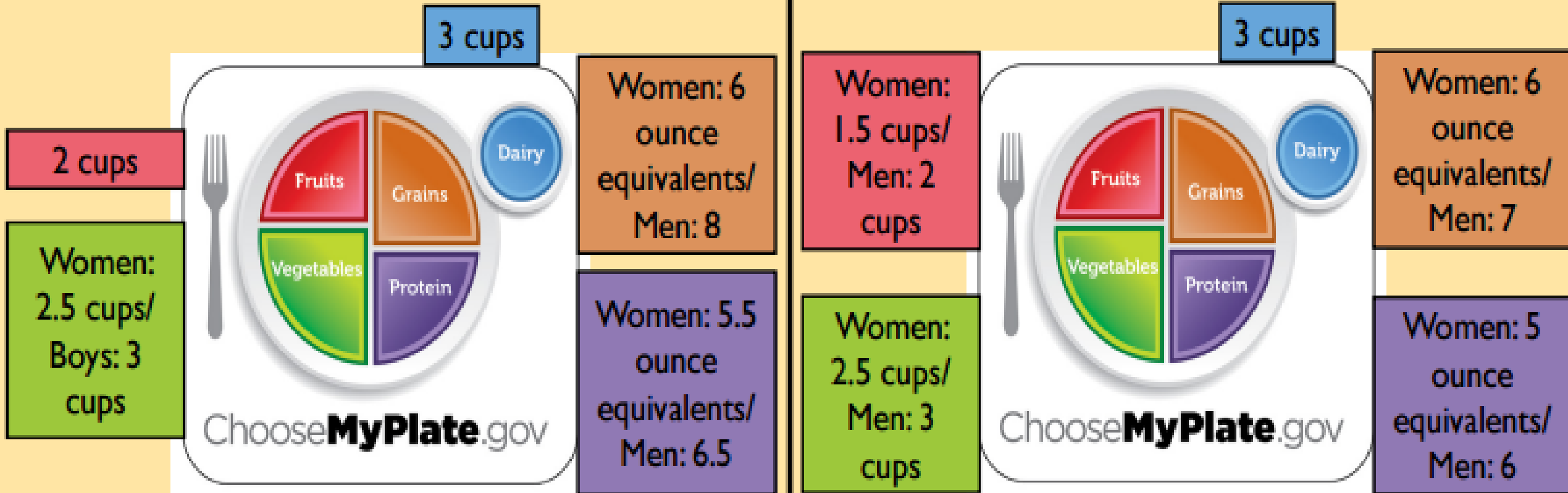
The amount of calories and nutrients required for individuals ages 9-18 years depends on their activity level. The recommended daily amounts above are based on the requirements for those who get less than 30 minutes of physical activity per day.

Adults 19-50 years old

Written by Briana Eicher, RD, CD

Age: 19-30 years old

Age: 31-50 years old



The amount of calories and nutrients required for adults ages 19-50 years depends on their activity level. The recommended daily amounts above are based on the requirements for those who get less than 30 minutes of physical activity per day.

Two cupped hands ≈
1 ounce



Thumb nail =
1 teaspoon

HELPING HANDS

One cupped hand ≈
1/2 cup

Palm =
3-4 ounces

Fist ≈ 1 cup

Thumb =
1-2 tablespoons

HELPING HANDS

Use this "handy" chart to visualize approximately sized portions for meals, snacks and recipes (examples are provided for each corresponding measurement).



Palm ≈
3-4 ounces
(meat, fish, & poultry)



Thumb nail ≈
1 Teaspoon
(butter, margarine,
mayonnaise, & oils)



Thumb ≈
1-2 Tablespoons
(salad dressing, sour cream,
cream cheese, peanut
butter & hard cheeses)



Fist ≈ 1 cup
(cereal, soup, casseroles,
fresh fruit, raw vegetables
or salads)



One cupped hand ≈
1/2 cup
(pasta, rice, beans, potatoes,
cooked vegetables,
pudding, & ice cream)

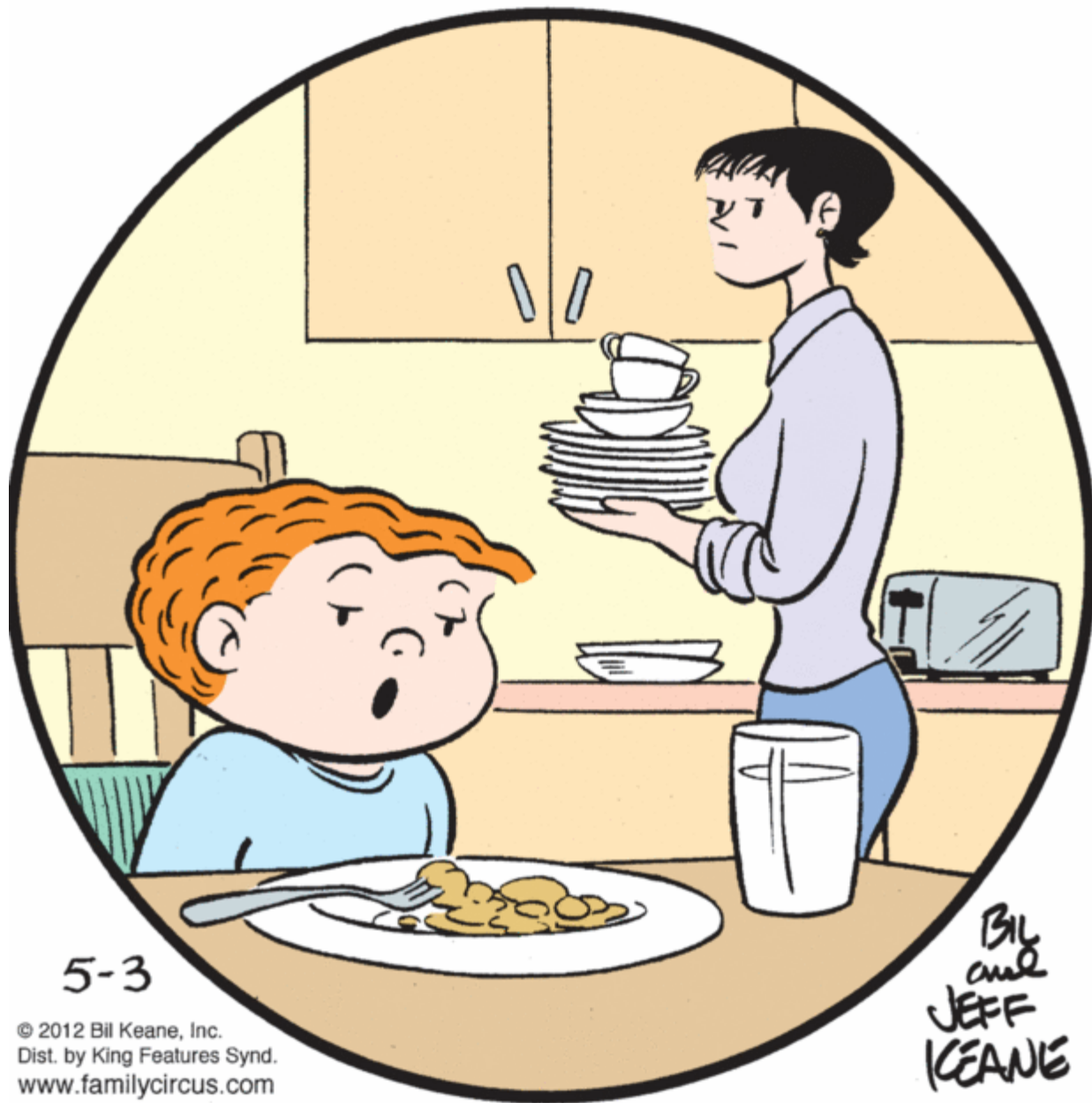


Two cupped hands ≈
1 ounce
(chips, crackers
& pretzels)

Try the leader in perfectly
portioned meals created
for healthy living.

Healthy
Choice

* Indicates approximate
size of serving



Children are
UNPREDICTABLE
eaters

5-3

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and
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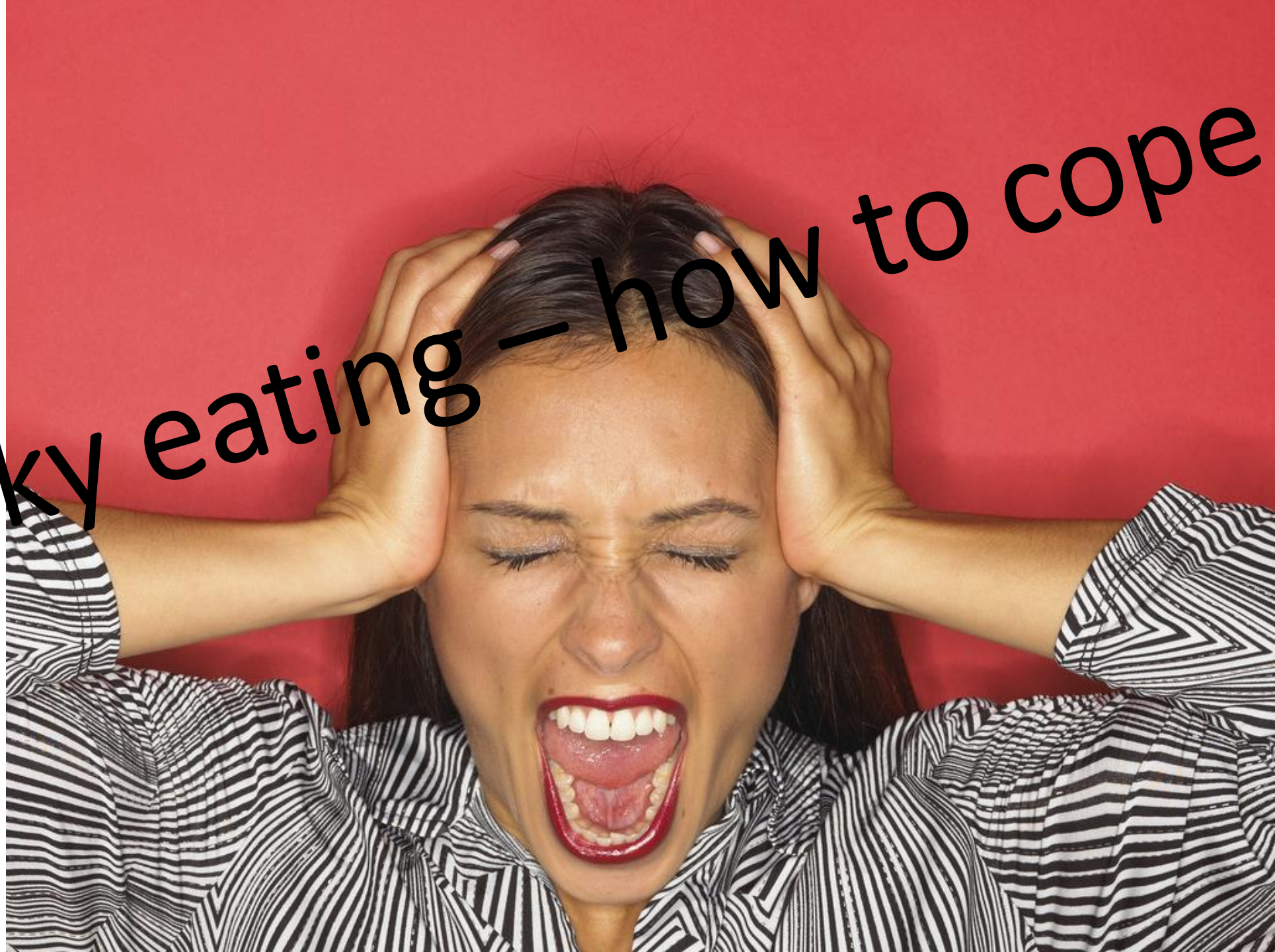
**“Are you sure I liked this
last time?”**

Why do children eat the way they do?

- Certain tastes are preferred
- Neophobia (aversion to new foods) is very common
- Repeated opportunities to experience food
- Influences of other children and the media



Picky eating – how to cope



Mealtime tips

- Make a game out of eating by making up funny names for foods such as “broccoli trees”.
- Cut foods into fun shapes and have them try eating the smile or stars, etc.
- Add chopped broccoli, shredded zucchini or carrots, applesauce, chopped pears, etc., to make it more nutritious but not so obvious.
- Offer veggies with dip.



A child that helps
in the kitchen...



Tries and likes more foods



Cooking with Kids

How do I know when my child is eating enough?

- Children eat when they are hungry and usually stop when they are full.
- Offer all food groups at every meal. Make sure no one food group is completely left out. If this happens for a few days, don't worry. However, missing out on a food group for a long time could keep your child from getting enough nutrients.
- Encourage your child to eat a variety of foods within the food groups by modeling good eating yourself. Even within a food group, different foods provide different nutrients.



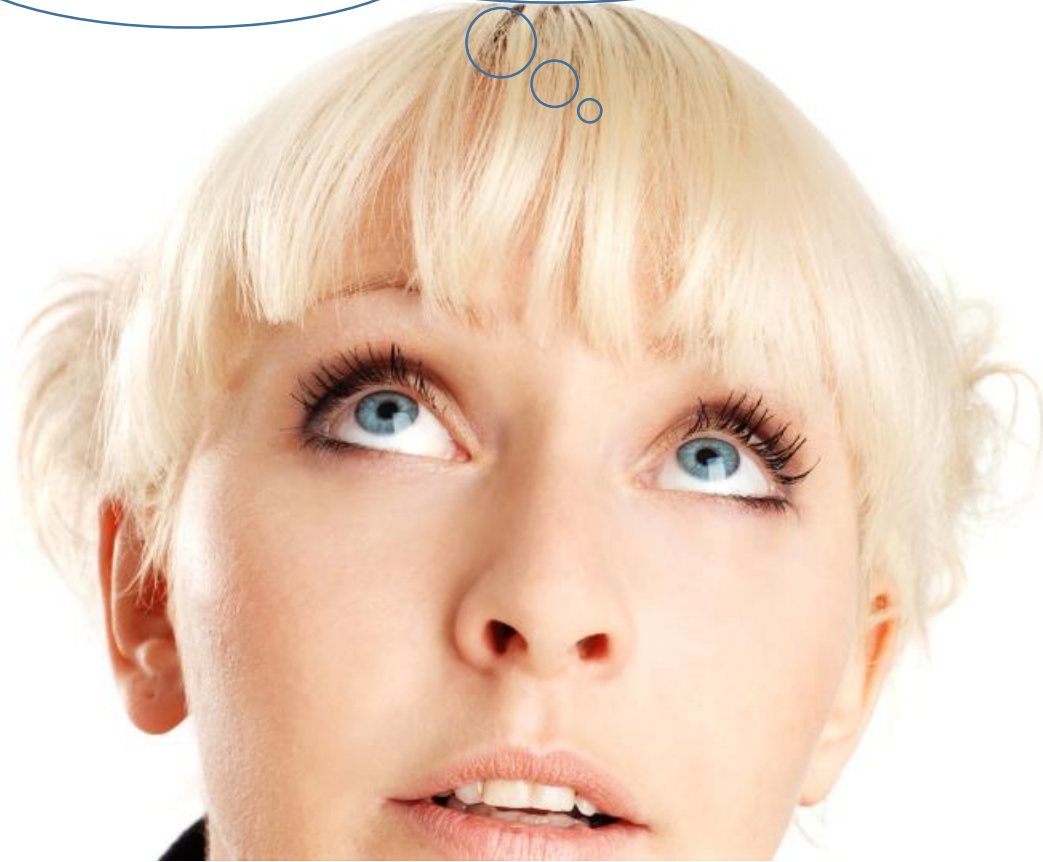
A child who is growing well is getting enough to eat.

Help them know when they have had enough



- Let them learn by serving themselves.
- Avoid praising a clean plate.
- Reward children with attention and kind words, not food.
- Try not to restrict specific foods.

What should I say.....



Instead of:

“Eat that for me.”

OR

***“If you don’t eat one more
bite, I will be sad.”***

Try:

***“This is a mango; it’s
sweet like a strawberry.”***

OR

***“This celery is very
crunchy!”***

Instead of:

“You’re such a big boy; you finished all your broccoli.”

OR

“Look at Maria. She ate all of her peaches.”

OR

“You have to take two more bites before you leave the table.”

Try:

***“Is your stomach telling
you that you’re full?”***

OR

***“Has your tummy had
enough?”***

Instead of:

***“No dessert until you eat your
vegetables.”***

OR

***“Stop crying and I will give you
some candy.”***

Try:

***“We can try these
vegetables again another
time.”***

OR

***“I am sorry you are sad.
Come here and let me
give you a hug.”***

Resources

- Sally at Real Mom Nutrition
 - Website
 - Social Media
- Ellyn Satter Institute
- Choosemyplate.gov
 - Myplate for kids and families
- Eatright.org (Academy of Nutrition and Dietetics)

Questions?



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A portion of this presentation was adapted from “Feeding Without the Fuss” by Cami Wells, MS, RD

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