



Have a Healthy Plate April 2018 Look inside for...

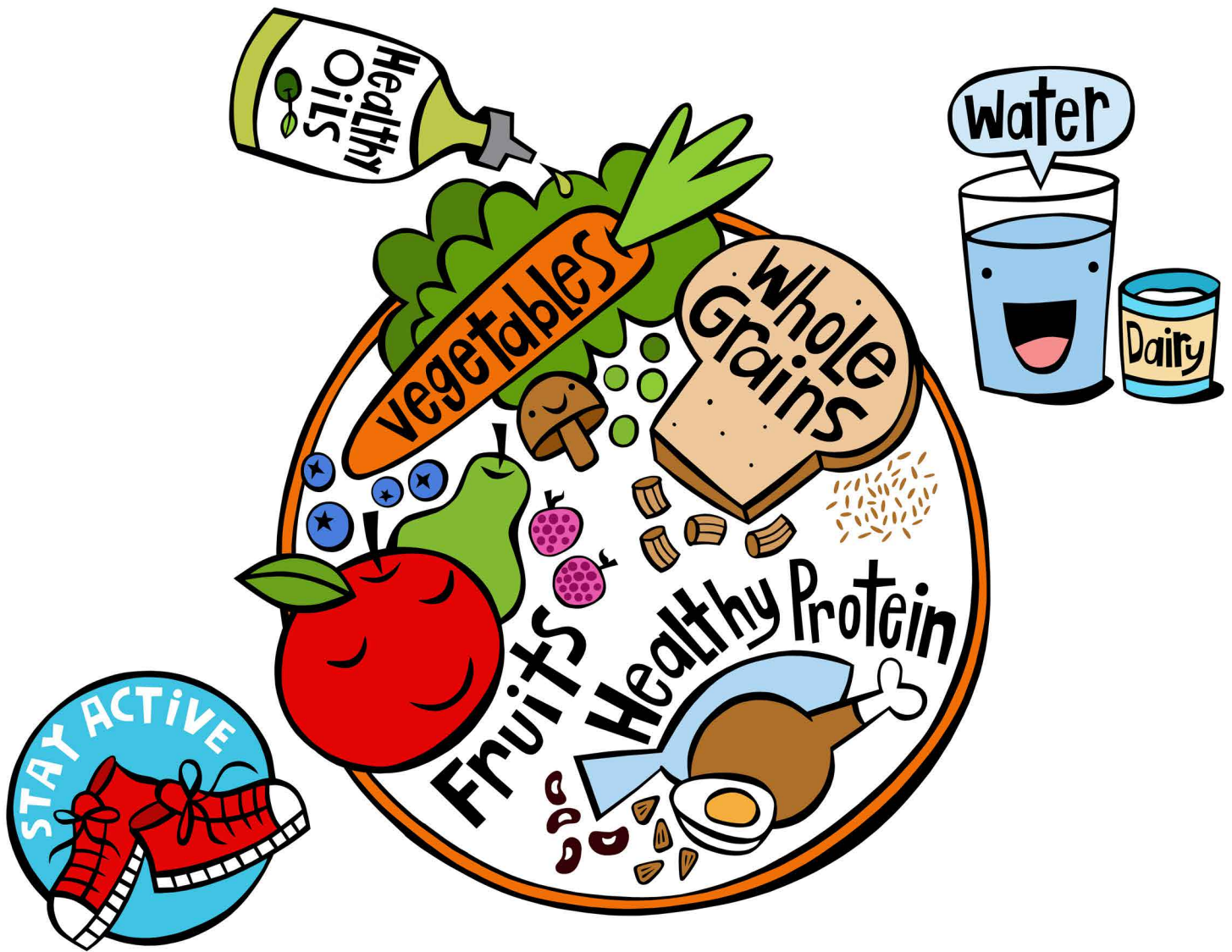
- Kid's Healthy Eating Plate
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- Monthly Recipe: Veggie Quesadillas with Cilantro Yogurt Dip (English/Spanish)



For more information on
how to lead a healthier
lifestyle, visit our website
GetHealthyCT.org



Kid's Healthy Eating Plate



Eating a variety of foods keeps our meals interesting and flavorful. It's also the key to a healthy and balanced diet because each food has a unique mix of nutrients—both macronutrients (carbohydrate, protein, and fat) and micronutrients (vitamins and minerals).

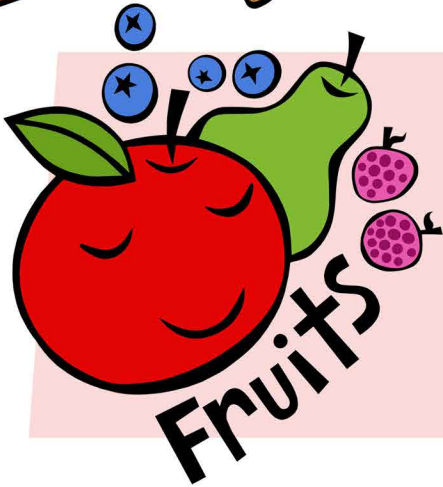
The **Kid's Healthy Eating Plate** provides a blueprint to help us make the best eating choices.

Along with filling half of our plate with colorful **vegetables** and **fruits** (and choosing them as snacks), split the other half between **whole grains** and **healthy protein**:



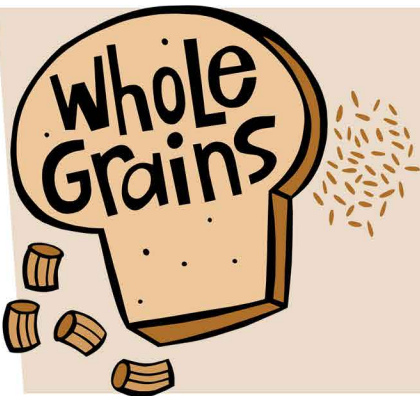
The more veggies – and the greater the variety – the better.

Potatoes and French fries don't count as vegetables because of their negative impact on blood sugar.



Eat plenty of fruits of all colors.

Choose whole fruits or sliced fruits (rather than fruit juices; limit fruit juice to one small glass per day).



Go for whole grains or foods made with minimally processed whole grains. The less processed the grains, the better.

Whole grains—whole wheat, brown rice, quinoa, and foods made with them, such as whole-grain pasta and 100% whole-wheat bread—have a gentler effect on blood sugar and insulin than white rice, bread, pizza crust, pasta, and other refined grains.



Choose beans and peas, nuts, seeds, and other plant-based healthy protein options, as well as fish, eggs, and poultry.

Limit red meat (beef, pork, lamb) and avoid processed meats (bacon, deli meats, hot dogs, sausages).

It's also important to remember that fat is a necessary part of our diet, and what matters most is the type of fat we eat. We should regularly choose foods with healthy unsaturated fats (such as fish, nuts, seeds, and **healthy oils** from plants), limit foods high in saturated fat (especially red meat), and avoid unhealthy trans fats (from partially hydrogenated oils):

Use healthy oils from plants like extra virgin olive, canola, corn, sunflower, and peanut oil in cooking, on salads and vegetables, and at the table.

Limit butter to occasional use.



Dairy foods are needed in smaller amounts than other foods on our plate:

Choose unflavored milk, plain yogurt, small amounts of cheese, and other unsweetened dairy foods.

Milk and other dairy products are a convenient source of calcium and vitamin D, but the optimal intake of dairy products has yet to be determined and the research is still developing. For children consuming little or no milk, ask a doctor about possible calcium and vitamin D supplementation.



Water should be the drink of choice with every meal and snack, as well as when we are active:

Water is the best choice for quenching our thirst. It's also sugar-free, and as easy to find as the nearest tap.

Limit juice—which can have as much sugar as soda—to one small glass per day, and avoid sugary drinks like sodas, fruit drinks, and sports drinks, which provide a lot of calories and virtually no other nutrients. Over time, drinking sugary drinks can lead to weight gain and increase the risk of type 2 diabetes, heart disease, and other problems.



Finally, just like choosing the right foods, incorporating physical activity into our day by **staying active** is part of the recipe for keeping healthy:



Trade inactive “sit-time” for “fit-time.”

Children and adolescents should aim for at least one hour of physical activity per day, and they don’t need fancy equipment or a gym—*The Physical Activity Guidelines for Americans* suggest choosing unstructured activities for children such as playing tug-of-war, or having fun using playground equipment.

Overall, the main message is to focus on diet quality:

The *type of carbohydrate* in the diet is more important than the *amount of carbohydrate* in the diet, because some sources of carbohydrate—like vegetables (other than potatoes), fruits, whole grains, and beans—are much healthier than sugar, potatoes, and foods made from white flour.

The Kid’s Healthy Eating Plate does not include sugary drinks, sweets, and other junk foods. These are not everyday foods and should be eaten only rarely, if ever.

The Kid’s Healthy Eating Plate encourages the use of healthy oils in place of other types of fat.

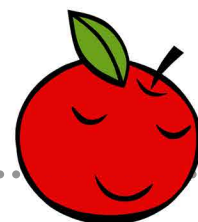


About the Kid’s Healthy Eating Plate

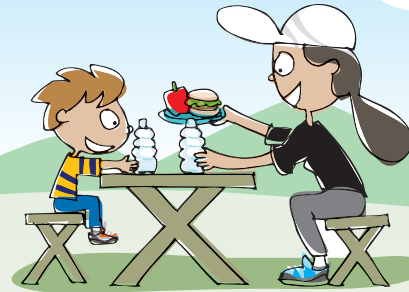
The Kid’s Healthy Eating Plate is a visual guide to help educate and encourage children to eat well and keep moving. At a glance, the graphic features examples of best-choice foods to inspire the selection of healthy meals and snacks, and it emphasizes physical activity as part of the equation for staying healthy.

The Kid’s Healthy Eating Plate was created by nutrition experts at the Harvard T.H. Chan School of Public Health, based on the best available science, to enhance the visual guidance provided by the U.S. Department of Agriculture’s MyPlate icon. The Kid’s Healthy Eating Plate reflects the same important messages as the Harvard Healthy Eating Plate, with a primary focus on diet quality, but is designed to further facilitate the teaching of healthy eating behaviors to children.

For more information, visit *The Nutrition Source*
(www.hsph.harvard.edu/nutritionsource/kids-healthy-eating-plate).



Healthy Tips for Picky Eaters



Do any of the statements below remind you of your child?

“Ebony will only eat peanut butter sandwiches!”

“Michael won’t eat anything green, just because of the color.”

“Bananas used to be Matt’s favorite food, now he won’t even touch them!”

Your child may eat only a certain type of food or refuse foods based on a certain color or texture. They may also play at the table and may not want to eat. Don’t worry if your child is a picky eater. Picky eating behavior is common for many children from the age of 2 to 5 years. As long as your child has plenty of energy and is growing, he or she is most likely eating enough to be healthy. If you have concerns about your child’s growth or eating behavior, talk to your child’s doctor.

How to cope with picky eating

Your child’s picky eating is temporary. If you don’t make it a big deal, it will usually end before school age. Try the following tips to help you deal with your child’s picky eating behavior in a positive way. Check the ones that work for you and your child.

- ☐ **Let your kids be “produce pickers.”** Let them pick out fruits and veggies at the store.
- ☐ **Have your child help you prepare meals.** Children learn about food and get excited about tasting food when they help make meals. Let them add ingredients, scrub veggies, or help stir food.

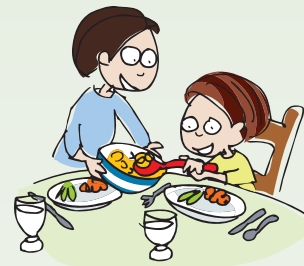


- ☐ **Offer choices.** Rather than ask, “Do you want broccoli for dinner?” ask “Which would you like for dinner, broccoli or cauliflower?”
- ☐ **Enjoy each other while eating family meals together.** Talk about fun and happy things. If meals are times for family arguments, your child may learn unhealthy attitudes toward food.
- ☐ **Offer the same foods for the whole family.** Don’t be a “short-order cook,” making a different meal for your child. Your child will be okay even if he or she does not eat a meal now and then.



Trying new foods

Your child may not want to try new foods. It is normal for children to reject foods they have never tried before. Here are some tips to get your child to try new foods:



“Let them learn by serving themselves. Teach them to take small amounts at first. Tell them they can get more if they are still hungry.”

■ **Small portions, big benefits.** Let your kids try small portions of new foods that you enjoy. Give them a small taste at first and be patient with them. When they develop a taste for more types of foods, it’s easier to plan family meals.

■ **Offer only one new food at a time.** Serve something that you know your child likes along with the new food. Offering more new foods all at once could be too much for your child.

■ **Be a good role model.** Try new foods yourself. Describe their taste, texture, and smell to your child.



“They learn from watching you. Eat fruits and vegetables and your child will too.”

■ **Offer new foods first.** Your child is most hungry at the start of a meal.

■ **Sometimes, new foods take time.**

Kids don’t always take to new foods right away. Offer new foods many times. It may take up to a dozen tries for a child to accept a new food.

Make food fun!

Help your child develop healthy eating habits by getting him or her involved and making food fun! Get creative in the kitchen with these cool ideas. Check the ones you try at home, and be sure to add your own ideas, too!



“Make meals and memories together. It’s a lesson they’ll use for life.”

☐ **Cut a food into fun and easy shapes with cookie cutters.**

☐ **Encourage your child to invent and help prepare new snacks.** Create new tastes by pairing low-fat dressings or dips with vegetables.

Try hummus or salsa as a dip for veggies.

☐ **Name a food your child helps create.**

Make a big deal of serving “Maria’s Salad” or “Peter’s Sweet Potatoes” for dinner.

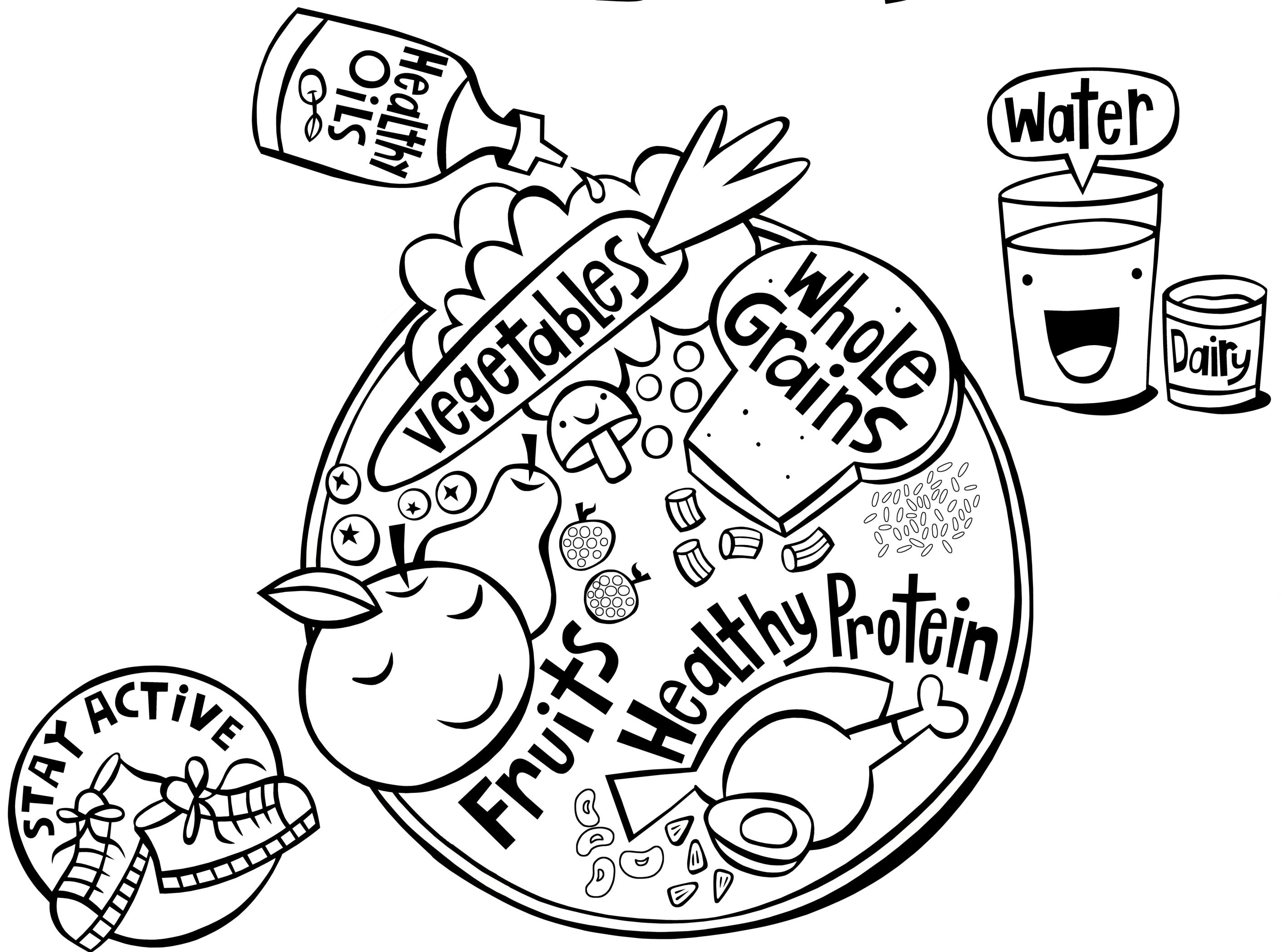
☐ **Our family ideas to make food fun:**



For more great tips on these and other subjects, go to:

ChooseMyplate.gov/preschoolers/

Kid's Healthy Eating Plate



Making Physical Activity a Part of a Child's Life

Many physical activities fall under more than one type of activity. This makes it possible for your child to do two or even three types of physical activity in one day! For example, if your daughter is on a basketball team and practices with her teammates every day, she is not only doing vigorous-intensity aerobic activity but also bone-strengthening. Or, if your daughter takes gymnastics lessons, she is not only doing vigorous-intensity aerobic activity but also muscle- and bone-strengthening! It's easy to fit each type of activity into your child's schedule – all it takes is being familiar with the *Guidelines* and finding activities that your child enjoys.



What can I do to get – and keep – my child active?

As a parent, you can help shape your child's attitudes and behaviors toward physical activity, and knowing these guidelines is a great place to start. Throughout their lives, encourage young people to be physically active for one hour or more each day, with activities ranging from informal, active play to organized sports. Here are some ways you can do this:

- Set a positive example by leading an active lifestyle yourself.
- Make physical activity part of your family's daily routine by taking family walks or playing active games together.
- Give your children equipment that encourages physical activity.
- Take young people to places where they can be active, such as public parks, community baseball fields or basketball courts.
- Be positive about the physical activities in which your child participates and encourage them to be interested in new activities.
- Make physical activity fun. Fun activities can be anything your child enjoys, either structured or non-structured. Activities can range from team sports or individual sports to recreational activities such as walking, running, skating, bicycling, swimming, playground activities or free-time play.
- Instead of watching television after dinner, encourage your child to find fun activities to do on their own or with friends and family, such as walking, playing chase or riding bikes.
- Be safe! Always provide protective equipment such as helmets, wrist pads or knee pads and ensure that activity is age-appropriate.

What if my child has a disability?

Physical activity is important for all children. It's best to talk with a health care provider before your child begins a physical activity routine. Try to get advice from a professional with experience in physical activity and disability. They can tell you more about the amounts and types of physical activity that are appropriate for your child's abilities.

Veggie Quesadillas with Cilantro Yogurt Dip

This recipe is a good source of vitamin A, which keeps eyes and skin healthy.

Ingredients:

- 12 soft **corn tortillas**
- 1 1/2 cups shredded **cheese**
- 1 cup corn **kernels**
- 1/2 cup **beans**, try black or pinto beans
- 1/2 cup chopped **cilantro**
- 1 **bell pepper**, finely chopped
- 1 **carrot** shredded
- 1 **jalapeno pepper** finely minced (optional)

Cilantro Yogurt Dip

- 2 cups **plain nonfat yogurt**
- 1/4 cup finely chopped **cilantro**
- 1/2 teaspoon **salt**

Directions:

1. Preheat large skillet over low heat.
2. Line up 6 tortillas. Divide cheese, corn, beans, cilantro, shredded carrots and peppers between the tortillas. Cover each with a second tortilla.
3. Place a tortilla on a dry skillet or grill and warm until cheese is melted and tortilla is slightly golden, about 3 minutes.
4. Flip and cook other side until golden, about one minute.
5. Mix together nonfat yogurt, cilantro and salt.
5. Cut into wedges and serve immediately with the dip.
6. Refrigerate leftovers within 2 hours.

Nutrition Facts

Serving Size 4 wedges (173g)			
Servings Per Container 9			
Amount Per Serving			
Calories 230		Calories from Fat 70	
		% Daily Value*	
Total Fat 8g		12%	
Saturated Fat 4g		20%	
Trans Fat 0g			
Cholesterol 20mg		7%	
Sodium 450mg		19%	
Total Carbohydrate 30g		10%	
Dietary Fiber 3g		12%	
Sugars 5g			
Protein 10g			
Vitamin A 45% • Vitamin C 25%			
Calcium 20% • Iron 6%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

9 servings, 4 wedges each

Bright Ideas:

Source: Oregon State University Extension Service. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>

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Quesadillas Vegetarianas con Salsa de Yogurt y Cilantro

Esta receta es una buena fuente de vitamina A, que mantiene los ojos y la piel saludables.

Ingredientes:

- 12 tortillas **blandas de maíz**
- 1 1/2 tazas de **queso** rallado
- 1 taza de **elote** o **maíz en grano**
- 1/2 taza de **frijoles**, ya sea negro o pinto
- 1/2 taza de **cilantro** picado
- 1 **chile pimiento** finamente picado
- 1 **zanahoria** rallada
- 1 **chile jalapeño** finamente picado (opcional)

Salsa de Yogurt con Cilantro

- 2 tazas de **yogurt** natural y sin grasa
- 1/4 taza de **cilantro** finamente picado
- 1/2 cucharadita de **sal**

Preparación:

1. Caliente una sartén grande a fuego bajo.
2. Extienda 6 tortillas. Reparta el queso, el elote, los frijoles, el cilantro, la zanahoria rallada y los chiles, entre todas las tortillas. Cubra cada una con otra tortilla.
3. Ponga una tortilla en una sartén seca o asador y caliéntela hasta que el queso se haya derretido y la tortilla esté ligeramente dorada, más o menos por 3 minutos.
4. Déle la vuelta y cocine por el otro lado hasta que esté dorado, más o menos por 1 minuto.
5. Mezcle juntos el yogurt sin grasa, el cilantro y la sal.
6. Corte cada quesadilla en 6 trozos y sirva inmediatamente con la salsa.
7. Refrigere lo que sobre dentro de las siguientes 2 horas.

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Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

**9 porciones de 4 trozos
cada una**

Ideas Brillantes:

Fuente de Información: OSU Oficina de Extensión. Para más recetas y otros recursos sobre comiendo bien por menos, vea nuestra página Internet <http://healthyrecipes.oregonstate.edu>

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