



Nutrition Facts for Kids

September 2019
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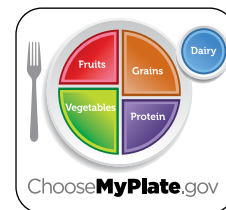
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GetHealthyCT.org



10 tips

Nutrition Education Series

food safety tips for preschoolers



10 tips to keep food safe and clean

Keeping your preschooler safe is your number one priority. Building safe habits will be valuable throughout their lives. Follow these simple tips to keep food safe and clean for your preschooler.

1 develop a healthy habit for life
Encourage handwashing after using the bathroom, before and after eating, after playing with pets, or whenever they are dirty. **Preschoolers are less likely to get sick if they wash their hands often.** Keep a stool by the sink to make handwashing easier.



2 make handwashing fun!
Sing "Twinkle, Twinkle, Little Star" or the "Alphabet" song or count for 20 seconds each time to make sure your child is washing long enough. Have them pick out a favorite soap to keep them interested.

3 send a safe, healthy lunch
Keep foods cold by adding a frozen juice box or small ice pack to an insulated lunch box. When using paper lunch bags, double bag to help maintain the temperature.

4 keep hot lunches hot
Use an insulated thermos to keep foods like soup warm until lunchtime. Fill your thermos with boiling water and let stand for a few minutes. Then empty the water and fill with piping hot food.



5 safe snacking
Many hands touching snacks can result in the spread of germs. Divide snacks up into small bags or buy single-serve packets. Rinse fruits and vegetables before slicing and serving them as snacks.

6 stay clean
Young children can easily get sick because their immune systems are not fully developed. Keep food and surfaces clean. Wash surfaces before and after you prepare foods like fish, meat, eggs, and cheese for your preschooler.

7 holiday eggs
Hard-cooked eggs are a fun tradition for many families. After boiling eggs, dye them in food-safe coloring and return them to the refrigerator within 2 hours to keep them safe to eat.

8 some foods are hard to swallow
Avoid foods that are hard to swallow or cut them into small pieces, about 1/2 inch. Hard-to-swallow foods can include peanuts, popcorn, round slices of hot dog, hard candy, whole grapes, and cherry tomatoes.

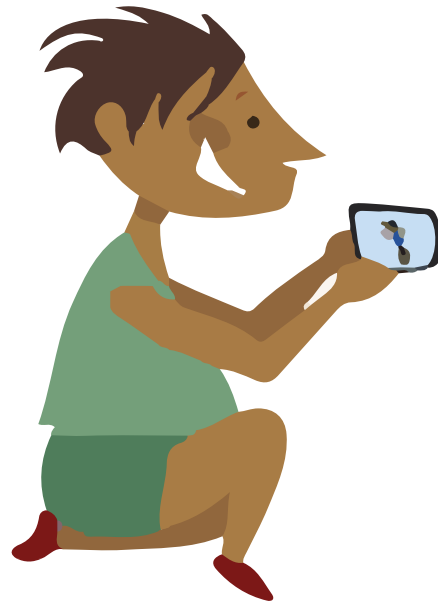


9 watch how they eat
To prevent choking, have your preschoolers sit down when they eat. Avoid letting them run, walk, play, or lie down with food in their mouth.

10 seafood for preschoolers
Omega-3 fats in fish and shellfish have important health benefits for young children. But be aware of chemicals such as mercury. Choices that are often lower in mercury include salmon, sardines, tilapia, trout, pollock, and catfish.

Calories Needed Each Day

Knowing how many calories you need each day is important to keep you and your family healthy. Do you know how many calories you need each day?



Calories = ENERGY IN

How many calories you need each day from food depends on:

- age
- gender
- how active you are

Activity = ENERGY OUT

not active - Not much ENERGY OUT. Does only light activity like cooking or walking to the mailbox.

somewhat active - Some ENERGY OUT. Does physical activity adding up to 30-40 minutes each day, which is equal to walking quickly for 1.5 - 3 miles.

very active - A lot of ENERGY OUT. Does physical activity for more than 40 minutes each day, or more than walking quickly for 3 miles.

not active



somewhat active



very active



Calories Needed Each Day for Women and Girls

Age	Not Active	Somewhat Active	Very Active
2-3 years	1,000 - 1,200	1,000 - 1,400	1,000 - 1,400
4-8 years	1,200 - 1,400	1,400 - 1,600	1,400 - 1,800
9-13 years	1,400 - 1,600	1,600 - 2,000	1,800 - 2,200
14-18 years	1,800	2,000	2,400
19-30 years	1,800 - 2,000	2,000 - 2,200	2,400
31 - 50 years	1,800	2,000	2,200
51 years and older	1,600	1,800	2,000 - 2,200

Calories Needed Each Day for Men and Boys

Age	Not Active	Somewhat Active	Very Active
2 - 3 years	1,000 - 1,200	1,000 - 1,400	1,000 - 1,400
4 - 8 years	1,200 - 1,400	1,400 - 1,600	1,600 - 2,000
9 - 13 years	1,600 - 2,000	1,800 - 2,200	2,000 - 2,600
14 - 18 years	2,000 - 2,400	2,400 - 2,800	2,800 - 3,200
19 - 30 years	2,400 - 2,600	2,600 - 2,800	3,000
31 - 50 years	2,200 - 2,400	2,400 - 2,600	2,800 - 3,000
51 years and older	2,000 - 2,200	2,200 - 2,400	2,400 - 2,800

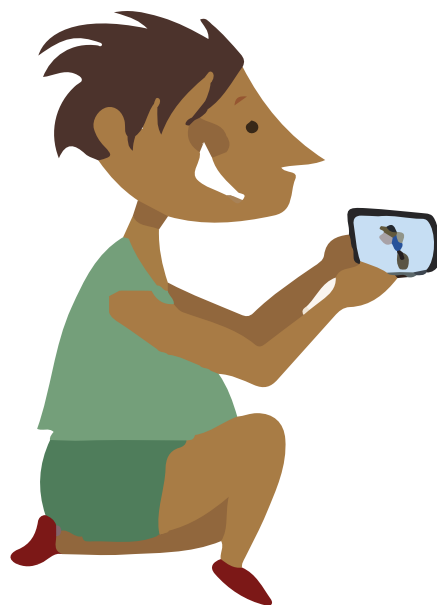
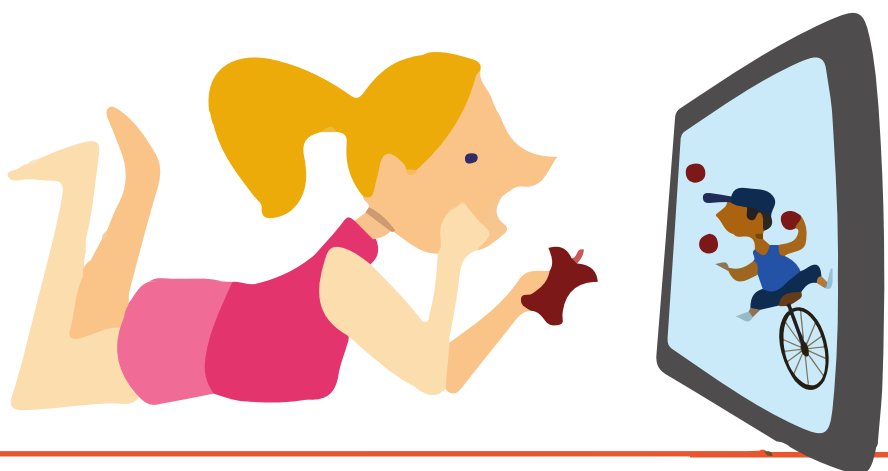


Information Source: [National Heart, Lung, and Blood Institute](#)

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Calorías Necesarias Cada Día

Saber cuántas calorías se necesita cada día es importante para que usted y su familia sean sana. ¿Sabe usted cuántas calorías se necesita cada día?



Las calorías = ENERGÍA CONSUMIDA

El numero de calorías que necesita cada día de los alimentos depende de:

- edad
- género
- cantidad de actividad física

La actividad Física = ENERGÍA USADA

inactivo - Muy poca ENERGÍA USADA.
Esta persona sólo lo hace la actividad ligera como cocinar o caminar por el camino.

algo activo - Algo ENERGÍA USADA.
Esta persona hace la actividad física que suman 30 a 40 minutos por día, lo que equivale a caminar a buen ritmo por 1,5 a 3 millas.

muy activo - Mucha ENERGÍA USADA.
Esta persona hace la actividad física que suman más que 40 minutos por día, lo que equivale más que caminar a buen ritmo por 3 miles.

poco activo

inactivo



muy activo



Calorías Necesarias Cada Día para Mujeres y Niñas

Edad	Inactivo	Poco Activo	Muy Activo
2-3 años	1,000 - 1,200	1,000 - 1,400	1,000 - 1,400
4-8 años	1,200 - 1,400	1,400 - 1,600	1,400 - 1,800
9-13 años	1,400 - 1,600	1,600 - 2,000	1,800 - 2,200
14-18 años	1,800	2,000	2,400
19-30 años	1,800 - 2,000	2,000 - 2,200	2,400
31 - 50 años	1,800	2,000	2,200
51 años y mayor	1,600	1,800	2,000 - 2,200

Calorías Necesarias Cada Día para Hombres y Niños

Edad	Inactivo	Poco Activo	Muy Activo
2-3 años	1,000 - 1,200	1,000 - 1,400	1,000 - 1,400
4-8 años	1,200 - 1,400	1,400 - 1,600	1,600 - 2,000
9-13 años	1,600 - 2,000	1,800 - 2,200	2,000 - 2,600
14-18 años	2,000 - 2,400	2,400 - 2,800	2,800 - 3,200
19-30 años	2,400 - 2,600	2,600 - 2,800	3,000
31 - 50 años	2,200 - 2,400	2,400 - 2,600	2,800 - 3,000
51 años y mayor	2,000 - 2,200	2,200 - 2,400	2,400 - 2,800



Fuente de Información: [National Heart, Lung, and Blood Institute](#)

USDA es un proveedor y empleador que ofrece oportunidad igual para todos. Este material se desarrolló con fondos proporcionados por el Supplemental Nutrition Assistance Program (SNAP en inglés) del Departamento de Agricultura de los EE.UU. (USDA siglas en inglés).

My Child Doesn't Eat the Lunch I Pack! What Do I Do?



You've packed your child a lunchbox worthy of sharing on social media, so why are the contents untouched at the end of the day? Why do some school-aged kids skip lunch? There are four common reasons. Work with your kids to see if some simple sleuthing can help you determine the cause of lunchtime leftovers.

Problem #1: Your Child Doesn't Enjoy the Foods You Send

As a parent, you have the important job of selecting healthful foods for your child's lunchbox. But if children think some items are mushy, discolored, soggy or just plain yucky, they're not going to eat very much.

Solution

Get your kids' feedback: What do they want for lunch? Why didn't they like certain items? Give kids input in choosing foods and they will be more likely to munch their lunch. Bring children to the grocery store and let them choose some nutritious favorites.

Problem #2: Your Child Is Distracted or Doesn't Have Enough Time to Eat

Many schools offer a 20-minute lunch period, which seems like ample time to finish a mid-day meal. But silly schoolmates, full-volume chatter and time to tie shoes, find coats and locate lunches can result in just a few minutes to eat. Plus, few foods can compete with the lure of getting outside for cartwheels, freeze tag and monkey bars.

Solution

Pack bite-sized foods that are quick to eat. A sandwich is easier to eat than a thermos of steaming soup; grape tomatoes are quicker than stringy celery sticks. Interestingly, some schools have flipped their lunch hour, so children play outside first, then they come inside to eat. This can help because kids aren't rushing through lunch to get outside, and physical activity makes them hungrier so they are more eager to eat. When that's not an option, pack a healthy afternoon recess mini-meal so children are well-fueled, even if they don't eat a big lunch.

Problem #3: The Lunchbox Is Difficult to Open

For younger children, some lunchbox containers, lids and zippers are too difficult for their small hands to open. When there's only one lunch monitor for a roomful of kids, it can be difficult for little voices to ask for help. Some children may not be eating because they physically can't get to their food.

Solution

Before sending any new containers to school, test them out at home to ensure your child can open them. If they struggle, switch to more kid-friendly containers, or speak to the lunch monitor about helping your child with difficult lids.

Problem #4: Your Child Has a Small Appetite

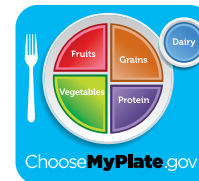
It may look like the lunchbox is coming home full, but perhaps your child is simply eating small portions. This may be because the portions you send are too large, or a morning snack was filling.

Solution

Kids have small stomachs and don't need large portions. Watch how much your child eats for lunch on weekends to gauge the correct portion to send during the week. If they fill up on their recess snack, ensure it's nutritious. Send an apple and cheese rather than chips or candy. That way, even if lunch appetites are small, at least you know your kids have eaten something nourishing while at school.

If detective work doesn't help solve the problem, don't be too concerned. Prepare nutritious breakfasts, after-school snacks and dinners, and your children will remain well-nourished even if they eat a small lunch.

MyPlate snack tips for kids



10 tips for making great tasting snacks

If you're a budding chef, it's easy to create a great tasting snack!
Below are some quick ideas that you can make on your own.

1 create a yogurt sundae!

Top plain, low-fat or fat-free yogurt with fresh, frozen, or canned fruit, like bananas, strawberries, or peaches. Sprinkle whole-grain cereal on top for crunch.



6 pack an afterschool snack

For a healthy afterschool snack, keep a fruit cup packed in 100% juice or water in your bag. Some fresh fruit, like bananas and oranges, are also easy to pack and eat any time.



2 make pita pockets

Stuff a small whole-wheat pita with sliced bell peppers, salsa, and a slice of low-fat cheese. Melt in the microwave for 15-20 seconds.

7 try a piece of cheesy toast!

Toast a slice of whole-wheat bread and top with a slice of your favorite low-fat cheese.

3 jazz up your favorite cereal

Make a trail mix! Stir 1/4 cup of unsalted nuts, 1/4 cup of dried raisins or cranberries, and 1/4 cup of whole-grain cereal together.



8 freeze your fruit

For a frozen treat on hot days, try freezing grapes or bananas! Don't forget to peel bananas and pull grapes from the stem before freezing.

4 make a fruit sandwich

Cut an apple into thin slices. Spread peanut butter or almond butter between two slices to create "apple sandwiches."

9 power up with 'roll-ups'

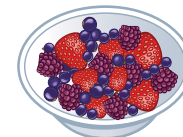
Roll a slice of low-salt deli turkey or ham around an apple wedge or around a slice of low-fat cheese.

5 dip your veggies

Create veggie treats by dipping slices of cucumbers, peppers, and carrots in a low-fat salad dressing or hummus.

10 build a fruit salad

Mix your favorite sliced fruits such as pineapple, grapes, and melon.



Have Fun With Fruits and Vegetables



Find the hidden fruits and vegetables in the puzzle. Words can read up, down or across, from left to right or right to left.

Find:

Apple
Banana
Broccoli
Carrots
Celery
Eggplant
Grapes
Kiwi
Orange
Papaya
Pear
Peas
Squash
Yams

B	F	S	E	A	Y	A	P	A	P
R	C	Q	L	S	R	P	E	A	R
O	H	U	P	B	A	N	A	N	A
C	P	A	P	Y	R	E	L	E	C
C	S	S	A	Y	A	M	S	T	E
O	A	H	E	G	N	A	R	O	K
L	E	C	A	R	R	O	T	S	I
I	P	G	R	A	P	E	S	K	W
B	E	G	G	P	L	A	N	T	I

Fruit and Vegetable Goals

Name a fruit you would like to try:

How will you eat this fruit?
(On cereal, as a snack, for dessert, with dinner or on pancakes.)

Name a vegetable you would like to try:

How will you eat this vegetable? (As a snack, with dip, or for lunch.)



Adapted from

Team Up At Home Team Nutrition Activity Book

Peachy Peanut Butter Pita Pockets

2 Servings

Ingredients

- 1 **whole wheat pita pocket**, 8-9 inches each
- ¼ cup **peanut butter**, all natural, no sugar added
- 1 **apple**, cored, thinly sliced
- 1 **banana**, thinly sliced
- 1 **peach**, fresh, thinly sliced



Nutrition Information

Serving Size: ½ pita pocket

Calories: 410
Total Fat: 17g
Saturated Fat: 2.5g
Protein: 12g
Sodium: 115mg
Carbohydrates: 53g
Fiber: 7g

Instructions

1. Cut pita in half to make 2 pockets and warm in the microwave for about 10 seconds to make them more flexible.
2. Carefully open each pocket and spread a thin layer of peanut butter on the inside walls.
3. Fill with a combination of apple, banana, and peach slices.

Pita con Melocotón Y Mantequilla de Maní

2 Porciones

Ingredientes

- 1 **pan de pita de harina de trigo integral** medianos
- ¼ taza **mantequilla de maní** natural, sin azúcar
- 1 **manzana** sin corazón y picada en rodajas finas
- 1 **banano** picada en rodajas
- 1 **melocotón** fresco picada en rodajas



Información Nutricional

Tamaño de Porción: ½ pan

Calorías: 410
Grasa Total: 17g
Grasa Saturada: 2.5g
Proteína: 12g
Sodio: 115mg
Carbohidratos: 53g
Fibra: 7g

Preparación

1. Corte el pan pita por la mitad para preparar 4 "bolsillos" y entibiélos en el horno microondas alrededor de 10 segundos para que estén más blandos.
2. Abra cuidadosamente cada "bolsillo" y úntelos por dentro con una capa fina de mantequilla de maní.
3. Rellene con una combinación de rodajas de manzana, banana y durazno.



Pumpkin Smoothie

4 Servings

Ingredients

- 1 cup **pumpkin puree**, fresh or low sodium canned
- 1 cup **plain Greek yogurt**
- ½ cup **orange juice**
- 2 frozen **bananas**
- 1 tsp **ground cinnamon**
- 1 tsp **maple syrup**
- A handful of **ice cubes**



Nutrition Information

Serving Size: 1 cup

Calories: 130
Total Fat: 0.5g
Saturated Fat: 0g
Protein: 7g
Sodium: 25mg
Carbohydrates: 26g
Added Sugar: 1g
Fiber: 4g

Instructions

1. Place all ingredients in a blender and combine until smooth.
2. Divide smoothie between 4 glasses. Serve over ice and with a sprinkle of cinnamon, if desired.

Batido de Calabaza

4 Porciones

Ingredientes

- 1 taza de **puré de calabaza**, fresco o en lata bajo en sodio
- 1 taza de **yogurt griego natural**
- ½ taza de **jugo de naranja**
- 2 **bananos congelados**
- 1 cucharadita de **canela molida**
- 1 cucharadita de **sirope de maple**
- Un poco de **cubos de hielo**



Información Nutricional

Tamaño de Porción: 1 taza

Calorías: 130
Grasa Total: 0.5g
Grasa Saturada: 0g
Proteína: 7g
Sodio: 25mg
Carbohidratos: 26g
Azúcar Agregado: 1g
Fibra: 4g

Preparación

1. Coloque todos los ingredientes en una licuadora y licúe bien.
2. Divida el batido en 4 vasos. Sirva sobre hielo y espolvoree con canela si lo desea.

