



---

## Nutrition Guidelines

---

- Encourage exclusive breastfeeding until 6 months of age and maintenance of breastfeeding after introduction of solid food until at least 12 months of age
- Set a daily meal schedule (3 balanced meals and two healthy snacks)
  - ◇ Eat breakfast EVERYDAY
  - ◇ Eat a diet rich in calcium, fiber and balanced micronutrients.
  - ◇ Serve fruits and/or vegetables at every meal. (Aim to eat 5 servings of fruits and vegetables a day).
  - ◇ Increase the number and variety of vegetables eaten.
    - To get children to eat more vegetables, serve more than one vegetable at a time and serve vegetables more than once, both for meals and snacks.
  - ◇ Repeated exposure to ANY new food is needed for children to accept them. It takes an average of 10-15 exposures to a new food before a child will accept it. Parents should continue offering a given vegetable, even if the child has an initial negative response.
- ◇ Keep only healthy snacks in the house. Avoid keeping junk food in the house.
- ◇ Offer snacks of fruits and vegetables.
- ◇ Avoid snacking directly out of a bag — it is difficult to monitor portion size.
- Limit fast food consumption
  - ◇ No supersizing fast foods or drinks
  - ◇ Limit fast food consumption to no more than once a week
  - ◇ Prepare more meals at home rather than purchasing restaurant food.
- Set limits on food choices. Parents should offer a choice of healthy food options and allow the child to choose among them.
- Turn off the television while eating meals or snacks.
- Eat at the table as a family at least 5 or 6 times per week.
- Allow your child to self-regulate his or her intake. Avoid overly restrictive behavior.
- Avoid sodas, sports drinks, and sweetened beverages.

(continued)

## Nutrition Guidelines (continued)

- Limit consumption of juice
  - ◇ Do not introduce juice to a child's diet before the age of 6 months.
  - ◇ Children 1 to 6 years old should limit pure, 100% juice to 4-6 oz per day.
  - ◇ Children older than 6 years should limit juice consumption to 12 oz per day.
  - ◇ Do not offer children sugar-sweetened fruit drinks.
- Increase consumption of low-fat milk and dairy products.
  - ◇ Children 1 to 2 years old should transition from formula or breast milk to whole milk.
  - ◇ Children older than 2 years should transition to low-fat, 1%, or skim milk.
  - ◇ Children should drink milk products in these amounts:
    - Children ages 1 to 3: 2 cups / day
    - Children ages 4 to 8: 3 cups / day
    - Preteens and Teens: 4 cups / day
- Children should not be punished for not finishing their meals nor should they be rewarded for cleaning their plates
- Increase consumption of water for thirst.
- Use items other than high-fat food or candy to reward good behavior.
  - ◇ Substitute verbal praise, a fun activity, or stickers.
- Parents and other family members should display the above dietary habits for the child.

(continued)

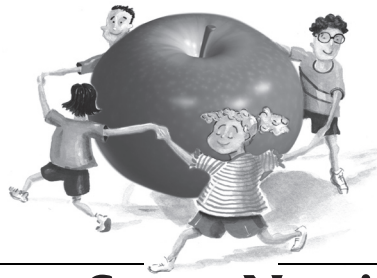
## Nutrition Guidelines (continued)

- Choose proper serving size
  - ◇ Young children and inactive girls should choose the lower number of servings from each food group. Most active school-age children and teen girls, as well as inactive teen boys, should choose the middle number of servings. Active teen boys and some very active teen girls should choose the higher number of servings from each food group.

Bread, cereal, rice, pasta, and starchy vegetable group:	1 slice whole-wheat bread ½ cup cooked whole-grain cereal, brown rice, or whole-wheat pasta ½ cup starchy vegetables (corn, peas, or potato) 1 oz whole grain cereal
Fruit group:	1 small piece of fruit or ½ banana 1 cup fresh fruit such as melon or berries ½ cup canned fruit 4 oz juice 2 Tbsp dried fruit
Vegetable group:	½ cup cooked vegetables or vegetable juice 1 cup raw vegetables
Milk, yogurt, and cheese group:	1 cup skim or 1% milk 1 cup fat-free or low-fat yogurt 1 oz fat-free or reduced-fat cheese
Meat, poultry, fish, dry beans, eggs, and nuts group:	2-3 oz skinless chicken, turkey, or fish ½ cup beans or tofu ¼ cup nuts (children > 5 years) or 2 Tbsp nut butter ½ cup egg whites or egg substitutes.
Fats, oils, and sweets group:	1 tsp butter, margarine, mayonnaise, oil, or sugar 1 Tbsp salad dressing

### Sources:

Dennison BA, Boyer PS. Risk evaluation in pediatric practice: aids in prevention of childhood overweight. *Pediatr Ann.* 2004;33:25-30.  
 Ariza AJ, Greenberg RS, Unger R. Childhood overweight: management approaches in young children. *Pediatr Annals.* 2004;33:33-38.  
 Preventing Childhood Obesity Self-Help Materials. Houston, Texas: Texas Children's Hospital; 2003:8,11.



## Low-Fat, Low-Sugar Nutrition Guidelines

Food Group	Foods to Choose More Often	Foods to Limit
Breads, cereals, starches, and starchy vegetables	Barley, bulgur, buckwheat (kasha); whole-grain breads, bagels, English muffins, hamburger buns, rolls, tortillas, crackers, cereals, pancakes, and waffles; brown rice, whole-wheat pasta, whole-wheat couscous; unflavored oatmeal; winter squash, sweet potatoes, corn; corn tortillas	Biscuits; store-bought muffins, croissants, sweet rolls, Danish, and donuts; sugar-coated cereals; crackers made with saturated fats; pasta and rice dishes prepared in a butter cream sauce; baked, fried, mashed, or scalloped potatoes
Vegetables	Any fresh or frozen vegetable such as artichoke and artichoke hearts, asparagus, beans (green, wax, Italian), bean sprouts, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, cucumber, eggplant, green onions, greens (collard, kale, mustard, turnip), mushrooms, okra, onions, pea pods, peppers, radishes, salad greens (endive, escarole, lettuce, romaine, spinach), sauerkraut, spinach, summer squash, tomatoes and tomato sauce, vegetable juices, water chestnuts, watercress, zucchini	Any vegetables prepared in butter, cream, or cheese sauce; fried vegetables
Fruits	Whole fresh and frozen fruits such as apple, banana, blueberries, cantaloupe, cherries, grapefruit, grapes, honeydew melon, kiwi, mango, orange, peach, pear, pineapple, plums, strawberries	Canned fruit, fruit juices, dried fruit, fried fruits

(continued)

## Low-Fat, Low-Sugar Nutrition Guidelines (continued)

Food Group	Foods to Choose More Often	Foods to Limit
Meat, poultry, fish, dried beans, and eggs	Fish, shellfish, skinned white-meat chicken and turkey, beans, peas, lentils, egg substitutes, egg whites, soybeans, tofu	Regular beef, pork, lamb, veal, and luncheon meats; fried chicken and fish, eggs, sausage, hot dogs
Milk, yogurt, and cheese	Skim and 1% milk, plain nonfat yogurt, nonfat yogurt sweetened with aspartame or non-nutritive sweetener; fat-free or low-fat cheese and cottage cheese	2% and whole milk, 1% and whole chocolate milk, goat's milk, kefir, low-fat yogurt (plain or fruit flavored), custard-style yogurt, regular cheese, cottage cheese
Fats	Almonds, avocado, canola oil; fat-free or reduced-fat margarine, mayonnaise and salad dressings; olives, olive oil, peanut butter, peanuts, sunflower seeds, walnuts	Bacon, butter, chitterlings, coconut; cream (half and half, whipped cream), cream cheese; saturated fats such as coconut, palm, and palm kernel oils; shortening or lard; sour cream
Sweets	Sugar substitutes such as Equal, Sweet 'n Low, or Splenda; light or sugar-free syrups, light or low-sugar jams and jellies; sugar-free gelatin; sugar-free Popsicles	Candy, sugar, syrup, honey, jam, jelly, gelatin, Popsicles and fruit juice bars, fruit snacks
Beverages	Water, diet sodas, sugar-free drink mixes, sugar-free flavored water, unsweetened iced tea, coffee	Regular sodas, fruit juices, sports drinks, drink mixes, sweet tea, flavored coffee beverages
Miscellaneous	Catsup, mustard, pickles, salsa, spices, lemon juice	
Snacks (in very limited amounts)	Low-fat popcorn, pretzels, baked or low-fat chips, rice cakes, graham crackers, granola bars, fat-free and low-fat frozen yogurt, fat-free fudge bars, homemade fruit smoothies	Chips, buttered popcorn; store-bought cakes, cookies, and pies; chocolate, sherbet, ice cream, pudding

## Low-Fat, Low-Sugar Nutrition Guidelines (continued)

**Sample Menu** – All meals are prepared without added fat.

<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
2 slices whole-grain bread or frozen waffles 2 teaspoons almond butter 1 cup skim milk or yogurt 1 small banana	Breakfast taco (small whole-wheat flour tortilla, <sup>1</sup> / <sub>2</sub> cup egg substitute, 1 ounce reduced-fat cheese, 2 tablespoons salsa) 1 small orange	1 cup old-fashioned oatmeal 1 cup skim milk 1 small pear
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Turkey sandwich (2 ounces turkey breast on a whole- grain bread or roll) 1 cup green grapes 1 cup baby carrots, jicama, and bell pepper strips 2 tablespoons fat-free ranch dressing 1 cup skim milk or fat- free, reduced-calorie yogurt Bottled water or diet soda	2 ounces water-packed tuna mixed with 1 tablespoon light mayon- naise, chopped celery 10 whole-grain crackers 1 small apple 1 cup skim milk or fat- free, reduced-calorie yogurt Water or diet soda	Peanut butter sandwich on whole-wheat bread Apple 1 cup carrot and celery sticks 2 tablespoons light ranch dressing 1 cup skim milk or fat-free, reduced-calorie yogurt Water or diet soda
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
3-4 ounces grilled salmon <sup>2</sup> / <sub>3</sub> cup steamed/boiled brown rice 2 cups mixed salad greens 1 tablespoon balsamic vinegar with 2 teaspoons olive oil <sup>1</sup> / <sub>2</sub> cup steamed green beans Water with lemon	1 cup vegetable soup (carrots, celery, onions, tomato) 2-3 ounces grilled chicken breast (skinless) <sup>1</sup> / <sub>2</sub> cup black beans <sup>1</sup> / <sub>2</sub> cup steamed/boiled brown rice 2 corn tortillas 1 cup lettuce and tomato salad with <sup>1</sup> / <sub>8</sub> avocado slice Water or unsweetened iced tea	3-4 ounces baked barbeque chicken breast (skinless) <sup>1</sup> / <sub>2</sub> cup mashed sweet potato <sup>1</sup> / <sub>2</sub> cup steamed cabbage <sup>1</sup> / <sub>2</sub> cup steamed turnip greens 1 small whole-grain roll with 1 tablespoon light margarine Water or unsweetened iced tea
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
Fruit smoothie (1 cup skim milk, 1 cup frozen fruit such as peaches or mixed berries) 3 cups low-fat popcorn 1 ounce peanuts (children >5 years)	<sup>1</sup> / <sub>2</sub> mango 1 cup fat-free, reduced- calorie yogurt with 1 ounce almond slivers	6 cups low-fat popcorn Diet soda or sugar-free Kool-Aid

Source: *Preventing Childhood Obesity Self-Help Materials*. Houston, Texas: Texas Children's Hospital; 2003:11-13.