

Nutrition Guidelines for Parents



Pacific Union Conference

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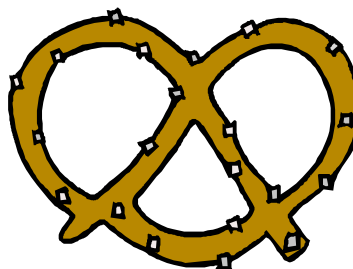
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NOURISHING NIBBLES

(Also known as sensible snacks)

Although snacks are generally not recommended, most everyone enjoys snacking—especially children. If it is felt necessary to provide snacks, here are some suggestions that will help our children obtain their nutritional needs without offering them foods laden with sugar, fat, and sodium.

- | | |
|---|---|
| 1. Apple wedges | 17. Mini muffins |
| 2. Applesauce or fruit | 18. Mini sandwiches |
| 3. Bagels | 19. Misc. dried fruits |
| 4. Banana halves | 20. Naturally sweetened cereal |
| 5. Broccoli spears with dip | 21. Orange slices |
| 6. Cantaloup pieces | 22. Pear wedges |
| 7. Carrot sticks | 23. Popcorn |
| 8. Celery with peanut butter and raisins | 24. Raisins |
| 9. Cornbread with honey | 25. Rice Cakes |
| 10. Dried fruit rolls | 26. Sesame bread sticks |
| 11. 100% Fruit juice pops | 27. Trail mix (dried fruit with nuts and seeds) |
| 12. Fruit slushy | 28. Watermelon pieces |
| 13. Graham crackers with or without peanut butter | 29. Whole-grain crackers with or without cream cheese |
| 14. Grapes | 30. Yogurt |
| 15. Honeydew pieces | 31. Raw, unsalted nuts - almonds, cashews, etc. |
| 16. Hummus with pita bread | |



Healthy, Hearty Lunch Suggestions For Healthy, Hearty Children



Children should be eating about one third of their daily calories at lunch. Here are suggestions for packing a healthy lunch that will help to prevent obesity in children while supplying important nutrients. The Vegetarian Food Guide Pyramid should be consulted to determine portion size and variety.

- Bagels, rolls, pita pockets, English muffins, and multi-grain breads create a healthy base for a good school lunch.
- Pasta or potato salad is another option. Children enjoy fun shaped and colored pasta. (It is important to go light on the mayonnaise.)
- Imitation meats (such as Wham, FriChik, Big Franks, Veja-links, Swiss Stake etc.) and egg salad are packed with protein and make excellent sandwich fillers!
- Peanut butter and jelly sandwiches are always a favorite. Some children enjoy having raisins or dried cherries added. A sandwich made with cream cheese and olives is another option.
- Raw vegetables should be included. Celery can be filled with peanut butter. Most children enjoy baby carrots. Slices of green and red peppers add a festive touch. Vegetables can also be used as fillers in sandwiches (lettuce, onions, tomatoes, cucumbers, etc.) It is helpful

to pack vegetables in a separate container and have the children add them later so that the sandwiches don't become soggy!

- Fruit is always a winner! Suggestions include orange wedges, apple slices, grape clusters, pineapple slices, etc.
- Sweets for the sweet! However, it is important to stay away from prepackaged sweets such as cookies, cakes, etc. Instead consider trail mixes (dried fruit with nuts), granola bars, dried fruit rolls, graham crackers, and yogurt.
- Milk is the preferred beverage. However, occasionally substituting 100% fruit juice is acceptable.

It is important to use an insulated thermos or an ice pack so that the lunch remains cold.

The home packed school lunch should be based on the Type A School Lunch:

Type A School Lunch

- a) 2 oz of protein, (e.g. meat alternatives, cheese, eggs, dry beans or peas, peanut butter)**
- b) 1-2 servings of enriched or whole grain bread or bread alternatives (pasta, rice)**
- c) $\frac{3}{4}$ cup (total) of two or more vegetables and/or fruit**
- d) $\frac{1}{2}$ pint skim, 1%, or 2% milk**

Pacific Union Conference Nutrition Guidelines for Parents

The Pacific Union Conference would like to assist parents in helping their children to develop life-long health habits. The body is the temple of God, and should be nourished as a sacred gift. Scientific research indicates that good nutrition enhances the cognitive development of children. The link between diet and chronic disease is also well recognized. Childhood obesity has reached epidemic proportions and is at the forefront of medical concerns.

Inadequate nutrition influences intelligence and academic performance. Low levels of protein and iron have been correlated with low achievement scores. Those with poor nutrition during the formative years usually score lower on tests of vocabulary, reading comprehension, math skills, and general knowledge. Children who receive insufficient food are more likely to have low arithmetic scores and to repeat a school grade. In problem-solving tests of speed and accuracy, those who did not have breakfast scored lower. Those with iron-deficiency anemia were found to have shortened attention spans, irritability, fatigue, and difficulty with concentration. This led to poor test scores, especially in vocabulary and reading. A New York study of slightly malnourished children showed their intelligence and performance were affected. Improved nutrition corrected their impairments.

Guidelines to assist parents have been developed by the Pacific Union conference to support the formation of positive health habits. These are based on the lacto-ovo-vegetarian diet. Choices should be selected from a variety of foods and consumed in moderation. Food should be well prepared, tasty, eye appealing and flavorful.

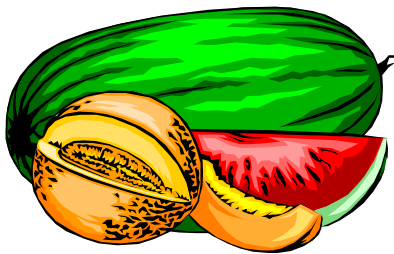
Pacific Union Conference Nutrition Guidelines

Parents, as gatekeepers for your children's nutrition and health, you are encouraged to:

1. Purchase nutritious foods, use healthful food preparation methods, and model appreciation for such foods.
2. Provide three balanced meals per day that are based on variety with moderation.
3. Refrain from providing snacks or limit to once a day.
4. Provide a lacto-ovo-vegetarian diet.
5. Offer water and milk as the preferred beverages.
6. Follow the *US Dietary Guidelines 2000* when making food choices.
7. Allow children to eat to their own satisfaction at mealtime.
8. Develop positive attitudes in children with regard to food and nutrition.
9. Build an atmosphere at mealtime that is conducive to the intellectual, social, emotional, and spiritual development of the child.
10. Encourage a spirit of adventure and discovery in expanding the family menu.
11. Assure food given to children is safe to eat.
12. Maintain an appropriate weight by balancing the calories consumed and those used in exercise.

Guidelines Rationale

1. It is part of the role of parents to care for their children's health and nutrition. The food that comes into the home, how it is prepared, and its acceptance at the dinner table all teach children about nutrition. It is the responsibility of parents to make good choices and implement them in the home. The occasional celebration that might include foods not ordinarily thought of as nutritious, should be a very small part of the total life experience. It is what is consumed on a day-to-day basis that builds the foundation of health.

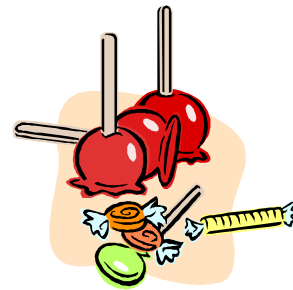


The Daily Diet Should Contain:

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|------|---|
| 6-11 | servings of breads, cereals, grains |
| 2-4 | servings of fruit |
| 3-5 | servings of vegetables |
| 2-3 | servings of milk or milk products |
| 2-3 | servings of beans, legumes, nuts, seeds, or meat alternates |

2. Regularly scheduled meals provide nutrients for the body throughout the day. Children should be able to depend on a routine that will satisfy feelings of hunger at predetermined intervals. Thus they will avoid the habit of unnecessary snacking. Healthful, appealing meals contain a wide variety of foods from each of the groups shown on the *Vegetarian Food Pyramid*. Use moderate-sized portions of colorful foods with varying sizes, textures, aromas, and tastes.

3. Snacking may provide up to 25% or more of some children's daily caloric intake. Choices of foods for snacks must then provide considerable amounts of nutrients. Make those choices from the list of nibbles included in this packet. The better approach is to eliminate snacking or to limit it to once a day. If children come to a meal hungry, they are much more likely to eat the meal.



4. "Fruit, grains, and vegetables prepared in a simple way, free from spice and grease of all kinds, make, with milk or cream, the most healthful diet. They impart nourishment to the body, and give a power of endurance and a vigor of intellect that are not produced by a stimulating diet." *Child Guidance*, p.380. These recommendations are based on a vegetarian diet. Science has shown that meat naturally includes more saturated fat than is healthful. In order to make meat tasty, condiments with excessive salt are often added, such as meat sauces, catsup, mustard, and others. Typical meat servings have more calories than today's sedentary lifestyles can tolerate. Food safety issues provide compelling evidence for dispensing with meat in the diet. The American Dietetic Association, in its position paper on vegetarian diets reports, "Appropriately planned vegetarian diets are healthful, are nutritionally adequate, and provide health benefits in the prevention and treatment of certain diseases."

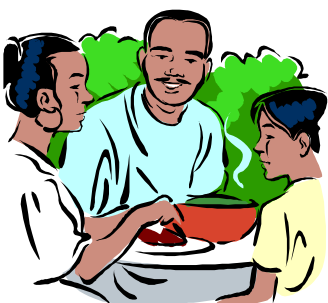
5. Growing bodies need the nutrients provided in milk, i.e., calcium, protein, vitamin D, riboflavin, and B¹². The body needs at least one milliliter (ml) of water per calorie, or for a 2000 calorie diet, 2000 ml (2 liters) of water, or approximately 8 cups. Including fruit juice in the diet provides considerable sugar—a “natural” sugar, but sugar nevertheless. It is better to choose a piece of fruit rather than a cup of fruit juice. Juice is mostly sugar, and is squeezed from a quantity of fruit that we would not eat. For example, 8 ounces of orange juice requires squeezing at least 3 good-sized oranges. Tossing the pulp loses the fiber and any minerals, vitamins, or phytochemicals attached to it.
6. *The US Dietary Guidelines 2000* can be applied to K-8 children. Habits formed early on become the basis for lifelong eating behavior. Use the following modified *Dietary Guidelines* to make healthful eating choices every day:
 - a. Aim for fitness...
 1. Aim for a healthy weight
 2. Be physically active each day
 - b. Build a healthy base...
 1. Let the Vegetarian Food Pyramid guide your food choices.
 2. Choose a variety of grains daily, especially whole grains.
 3. Choose a variety of fruits and vegetable daily.
 4. Keep food safe to eat
 - c. Choose sensibly...
 1. Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.
 2. Choose beverages and foods that are moderate in sugar content.
 3. Choose and prepare foods with little salt.
7. A clean plate is not the goal of mealtime. The nourishing of the child is the goal. Give children age-appropriate serving sizes, so that when the appetite is satisfied, the child will stop eating. Let children trust their own feelings of hunger. Mealtime should be a pleasant experience. By limiting or avoiding snacking, children will come to the table hungry and be more likely to consume the meal with gusto.

A Sensible Serving Size Should Look Like The Size Of:

| | |
|---|--------------------------|
| 2 ounces of meat alternate | 2 matchbooks |
| 3 ounces of meat alternate | an audiocassette tape |
| 1 cup of fruit or yogurt | a baseball |
| ½ cup chopped vegetables | 3 regular ice cubes |
| 1 medium potato | a computer mouse |
| 1 cup of mashed potatoes, rice, or pasta | a tennis ball |
| 1 medium orange or apple | a baseball |
| 1 standard bagel | a hockey puck |
| 1 cup chopped fresh leafy greens | 4 lettuce leaves |
| 2 tablespoons peanut butter | a golf ball |
| 1 ounce cheese | a tube of lipstick |
| 1 slice cheese | a 3.5-inch computer disk |

Modified from the American Dietetic Association recommendations
for sensible sized portion for a healthy diet.

8. As children grow, even in elementary school, they make food choices based on their perception of body image. Parents can build healthy attitudes by verbalizing positive comments regarding their own body shape as well as the image of others. If your children are overweight or undernourished, recommend a positive strategy, such as seeking the counsel of a registered dietitian.



9. More happens at the dinner table than simply eating a meal together. Mealtime provides an opportunity for children to hear their parents talk about current issues. Children should have the opportunity to tell about their day. The tradition, the heritage and the values of the family are passed on through discussions around the dinner table. Occasionally, light the candles, arrange the flowers, get out the best china and crystal and make it an inviting, appealing, satisfying, educational experience for children.

10. Children often accept new foods based on the choices that a favored uncle, grandparent, or most likely, the father makes. Multiple exposures to a new food are required before a child will risk eating it. Rejected foods should not be fussed over, but calmly removed at the end of the meal. Parents decide what is provided, but children should be allowed to decide how much, and what they will eat. If children resist vegetables, set a plate of age-appropriately-sized servings, ($\frac{1}{4}$ to $\frac{1}{2}$ cup) of vegetables before them and let them choose which vegetable, and how much they will eat.

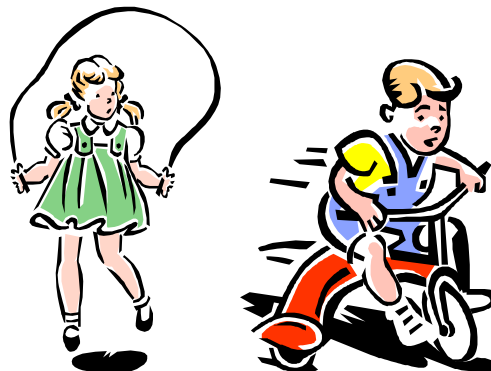
11. Food safety involves refrigeration, reading food labels for out-of-date items, and hand washing prior to food preparation. Hot food needs to be kept hot, and equally important, keep cold food cold. Any food requiring refrigeration, if left at room temperature longer than 2 hours, should be tossed.

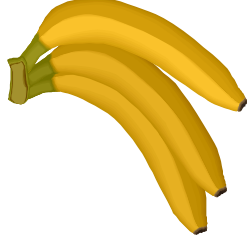
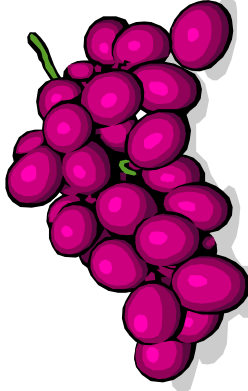
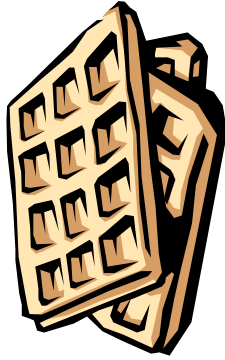
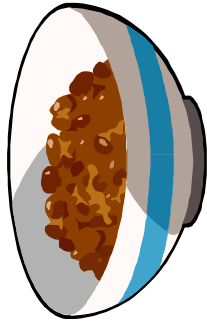
Practice These Food Safety Tips All Year:

- Wash your hands before handling food
- Don't thaw food on the kitchen counter
- Never leave perishable food at room temperature for more than 2 hours.
- Freeze or refrigerate leftovers quickly.
- Cook eggs thoroughly before serving.

Environmental safety at mealtime is likewise important. Children should be seated while eating. Be sure to cut food in age-appropriate bite sizes to prevent choking.

12. Childhood obesity has become a national epidemic. Simple mathematics is at the basis of the problem: too many calories in for the number of calories out. Children should receive appropriate portion sizes. Encourage children to run, play, and to participate in yardwork or housework. Seriously limit TV viewing and computer games. Children need to be active every day to be healthy and maintain an appropriate weight.





Sample Breakfast Menus

For Busy Parents

| | | | | |
|--|---|--|--|---|
| 1 Cheerios Orange Slices Whole Wheat Toast with Peanut Butter Non-fat Milk | 2 Bagel with Cream Cheese Breakfast Link Applesauce Non-fat Milk | 3 Breakfast Burrito Grapefruit Half Non-fat Milk | 4 Cream of Wheat with Chopped Dates Whole Wheat Toast with Almond Butter Blueberries Non-fat Milk | 5 Waffle with Cashew Butter Sliced Bananas Non-fat Milk |
| 6 Fruit Smoothie with Tofu English Muffin with Cream Cheese Non-fat Milk | 7 Pancakes with Peanut Butter Sliced Strawberries Prosage Pattie Non-fat Milk | 8 Oatmeal with Raisins Honey-dew Melon Wedges Whole Wheat Toast Non-fat Milk | 9 Granola Fresh or Canned Peach Muffin Non-fat Milk | 10 French Toast with Almond Butter and Blackberries Cantaloup Chunks Non-fat Milk |

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Resources for further reading

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Web sites:

<http://www.childrenshealth.gov>

<http://www.eatright.org>

<http://www.healthierus.gov>

<http://www.vrg.org>

<http://www.sdada.org>