

NOVEMBER
Good Nutrition



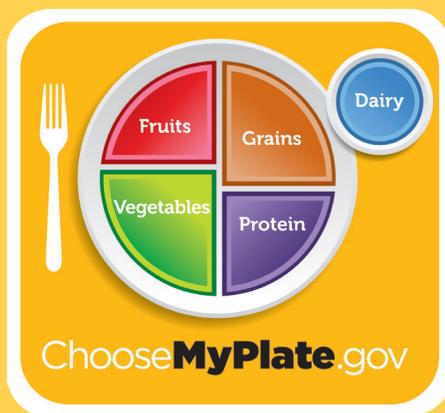
DARE to EXCEL:

Creating home environments that help kids succeed at school

Children who are well nourished on a regular basis retain information better, miss fewer days of school, perform better in school, and get along better with friends than children who are not getting the nutrition they need. Children need consistent energy levels throughout their day to stay focused. If children do not have good eating habits, they will have lowered brain function and less ability to perform schoolwork. Children who develop healthy eating habits are more likely to become adults who have healthy eating habits.

Help your child get the nutrition she needs by following MyPlate!

- Make half your plate fruits and veggies.
- Make half your plate grains and proteins — go for whole grains and lean protein.
- Switch to fat-free or low-fat (1%) milk.
- Choose low sodium soup, bread and frozen meals.
- Drink water instead of sugary drinks.
- Enjoy food, but eat less.
- Avoid oversized portions.



PROVEN PARENTING PRACTICES

Routines at home help kids learn

Learning at home helps kids learn at school

Setting limits with love helps kids learn at school

Good nutrition helps kids learn

Physical activity helps kids learn

Sleep helps kids learn

Community programs help kids learn at school



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How important is a good *B*REAKFAST?

A good breakfast is key to learning. Children who eat a healthy breakfast are more likely to:

- Meet daily nutrient requirements
- Concentrate better
- Have better problem-solving skills
- Have better hand-eye coordination
- Be more alert
- Be more creative
- Miss fewer days of school
- Be more physically active



What is a good breakfast?

Find a combination of foods from each category in the list below that fits your child's tastes.

Aim to jump start his day with complex carbohydrates, fiber, protein and a small amount of fat.

- **Whole grains.** Whole-grain rolls, bagels, hot or cold whole-grain cereals, low-fat bran muffins, crackers, or Melba toast.
- **Low-fat protein.** Peanut butter, lean meat, poultry, fish, or hard-boiled eggs.
- **Low-fat dairy.** Skim milk, low-fat yogurt, and low-fat cheeses, such as cottage and natural cheeses.
- **Fruits and vegetables.** Fresh or frozen, 100 percent juice beverages without added sugar, or fruit and vegetable smoothies.

KID-FRIENDLY FALL *R*ECIPES

APPLE and CHEESE SNACK

- 24 reduced fat crackers
- 6 sliced cheese squares, cut into quarters
- 12 thin apple slices, cut into quarters
- ground cinnamon

TOP crackers with cheese quarters and apples. SPRINKLE with cinnamon. ENJOY!

How to Encourage Your Kids to Try NEW FOODS

- Be patient. Sometimes it takes offering a new food multiple times before a child will try or like it.
- Be a positive role model. Your children watch what you eat and drink. Make healthy choices for yourself and be willing to try new foods.
- Make healthy options available. Purchase and prepare healthy foods so your kids have opportunities to make healthy choices. Let kids decide what and how much food to take from foods being served.
- Praise children for trying new foods.
- Identify times during the week when you and your children can eat meals and snacks together. Eating together is an opportunity to talk with and enjoy your child.
- Limit foods that are high in sugar, salt, and fat, but do not rule out these foods.

RESOURCES AND INFORMATION

Let's Eat for the Health of it

A booklet to help your family learn how to cut back on fats, added sugars, and salt; eat the right amount of calories; and be physically active.

www.cnpp.usda.gov/publications/myplate/dg2010brochure.pdf

Spend Smart, Eat Smart: 3 Steps to Healthy Meals

www.extension.iastate.edu/foodsavings

Iowa Food Assistance

Helps families with low incomes purchase food for good health

www.oasis.iowa.gov

EFNEP and FNP

Nutrition Education for Families with low incomes

www.extension.iastate.edu/efnep