

HEALTHY FOOD FOR HEALTHY ADULTS

- Eating healthy food means eating a variety of food everyday, including whole grains, fruits and vegetables, milk and other dairy products, and meat, seafood, or beans.
- Eating healthy food also means not eating large amounts of fat, sugar, and salt.
- Whole grains such as brown rice, whole wheat breads, whole wheat pasta, and cereals like oatmeal are an important source of fiber.
- It is important to eat a lot of fruits and vegetables, at least five times a day. When fresh fruits and vegetables are not available, choose frozen or canned fruits and vegetables.
- Limit the amount of fast food and processed food that you eat because these foods are very high in fat and salt.
- **Eating healthy food will help you and your family stay strong and healthy and do well at work, school, and play.**



BREAST MILK FOR HEALTHY BABIES

- Breast milk is the best food for babies.
- Feed babies only breast milk until four months of age and continue breastfeeding until your child is at least one year old.
- Introduce solid foods when your baby is between four and six months old.
- Feed each new food for several days in a row before starting another new food.
- Do not put your baby down to sleep with a bottle to avoid tooth decay.
- **Breast-fed babies have fewer medical problems than bottle-fed babies.**



HEALTHY FOOD FOR HEALTHY CHILDREN

- Children need the same healthy food as adults but in portions appropriate for their age.
- Give your children a variety of food every day, including whole grains, fruits and vegetables, milk and other dairy foods, and meat, seafood, or beans.
- Limit the amount of sugary drinks and sweets your children eat.
- Limit the amount of high fat foods, such as chips, cakes, cookies, and fried foods, that your children eat.
- Children need to drink milk for strong bones and teeth.
- **Eating healthy food helps children stay healthy and strong, do better in school, and avoid becoming overweight.**



STAY ACTIVE TO STAY HEALTHY

- Get at least 30 minutes of activity every day (1 hour for children).
- Add more activity into your life by taking the stairs, parking your car far from the store, and walking when possible.
- Walking is an easy and inexpensive way to get your daily activity.
- Plan physical activities that the whole family can enjoy such as walks, playing in the park, gardening, and dancing.
- Children should play outside when possible rather than staying inside and watching television.
- Medical doctors recommend that children younger than two years watch no television, and children older than two years watch no more than two hours a day of quality television and video games.
- Encourage physical activities indoors such as playing active games, jumping rope, or dancing.
- **Being active helps you and your family stay healthy, have more energy, feel better, and maintain a healthy weight.**



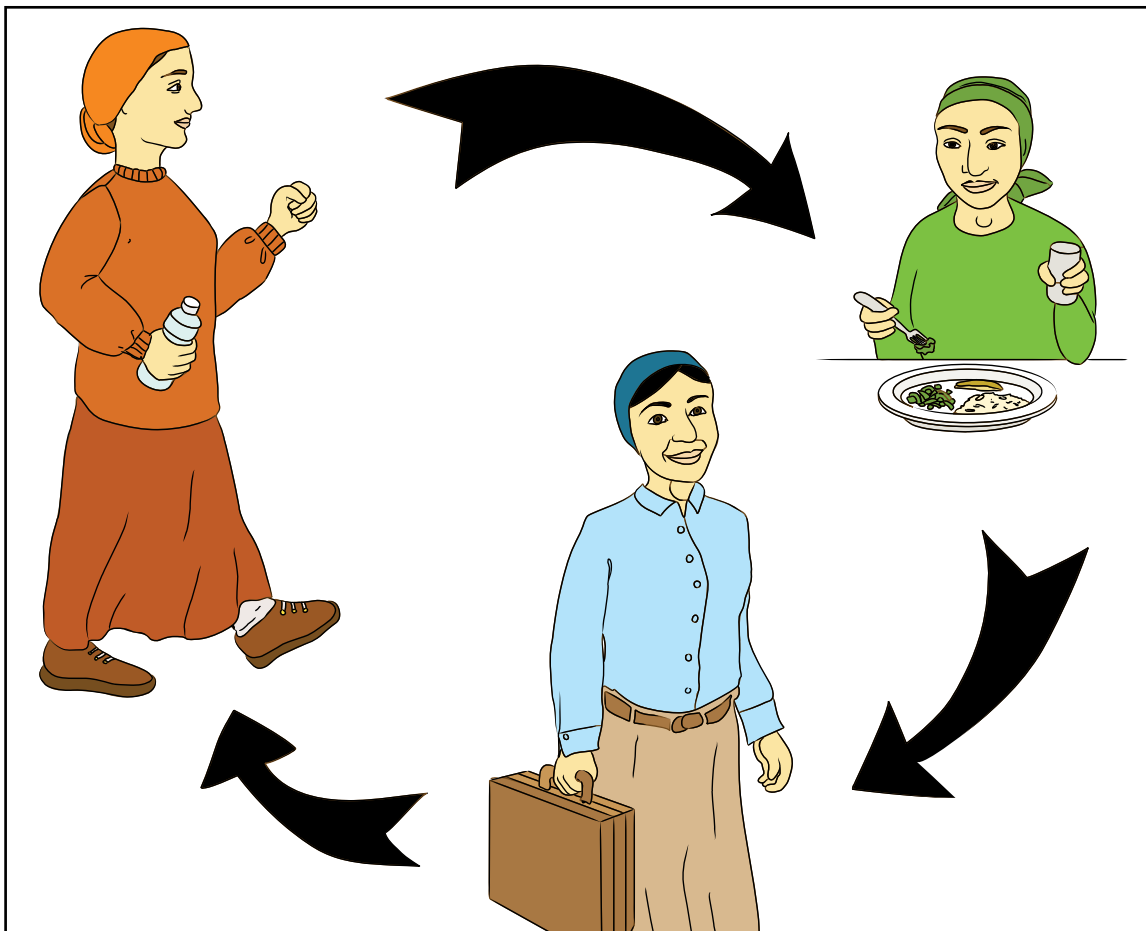
MEAL TIME IS FAMILY TIME

- Prepare healthy meals for your family and eat them together.
- Use family meal time to find out about your children's day and to share your culture and values with them.
- Do not let children watch television or play video games during meal time.
- Sharing family meals help families stay strongly bonded.
- **Children who eat with their family on a regular basis are healthier and do better in school.**
- **Children who share regular meals with their family stay more closely connected to their family.**



MAINTAIN A HEALTHY WEIGHT

- You eat too much when you eat more food than your body uses.
- When you eat too much and do not exercise enough, you gain too much body weight.
- Maintaining a healthy weight is important for you to stay healthy
- There are steps you can take to maintain your weight. They are
 - Limit foods high in fat and sugar
 - Reduce portion sizes
 - Stop eating when you are full
 - Increase activity
- **Maintaining a healthy weight reduces your risk for conditions such as:**
 - Joint problems
 - High blood pressure
 - Diabetes
 - Heart disease
 - Some cancers



GOOD HYGIENE FOR SAFE FOOD

- Always wash your hands with soap before you cook food or eat food.
- Rinse fruits and vegetables with water before eating them.
- Keep uncooked meat and seafood away from other foods.
- Store dairy products, meat, and seafood in the refrigerator.
- After preparing food, wipe the counters and cutting boards with soap and water.
- Do not leave prepared food out on the counter for longer than two hours.
- Store food leftovers in a sealed container in the refrigerator or freezer.
- **Good hygiene in food preparation helps keep your family free from sickness caused by spoiled food.**
- **Storing food the right way helps keep you and your family free from sickness caused by spoiled food.**



SMART SHOPPING

- Plan your meals and make a list before you go food shopping
- Shop after you have eaten a meal, not when you are hungry.
- Read labels and choose foods low in fat, sugar, and salt.
- Use coupons for items that you need.
- Shop for items on sale that you can use.
- Compare brands and buy the lowest cost brand to save money.
- If fresh fruits and vegetables cost too much, buy frozen or canned ones.
- Buy only the items on your list, the items necessary to prepare the meals you have planned.
- **Planning before food shopping helps you save time and money.**
- **By knowing your food store you can save money and buy healthy foods for you and your family.**



HEALTHY WEIGHT FOR MY CHILDREN

- In the United States, your child will experience change. This may include a change in diet and getting less physical activity. This change can put your child at risk for becoming overweight.
- There is no one correct weight for a child, but there is an ideal weight range. Your family doctor will help you determine a healthy weight for your child.
- Weighing too much or too little can be a problem for your child's health.
- Some of the health problems of overweight children may include:
 - Diabetes, high blood pressure
 - Difficulty sleeping
 - Depression
 - High cholesterol
 - Difficulty breathing
 - Low self-esteem
- If your child is underweight be careful not to over feed your child. It is easy for children that are underweight to become overweight. Underweight children should be monitored by a doctor.



MAINTAINING A HEALTHY WEIGHT FOR CHILDREN

REMEMBER 5-2-1-0



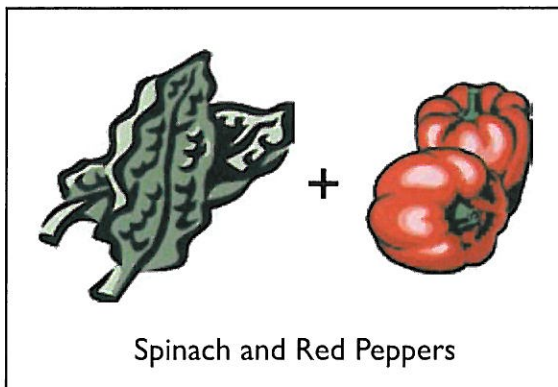
- 5** Try to feed your children 5 servings of fruits or vegetables on most days.
- 2** Limit the amount of time your children spend watching TV, playing video games and using the computer to less than 2 hours a day.
- 1** Encourage your children to get at least 1 hour of physical activity a day.
- 0** Limit the amount of high fat and sugar foods and drinks your children eat such as french fries, cookies, and soda.

Encourage your children to eat a healthy breakfast. A good meal in the morning will help your child do well in school.

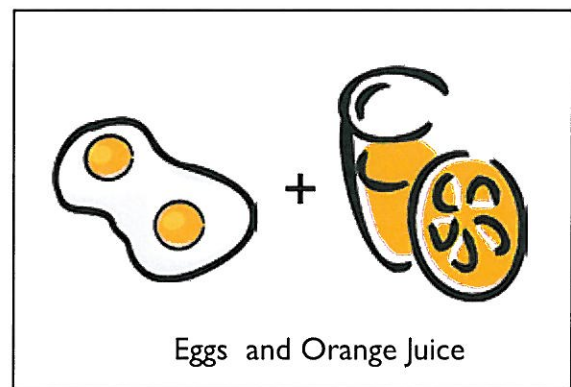
IRON

- Iron is important because it improves your blood.
- If your child does not have enough iron, it can be easier for lead to get into your child's blood. Lead is a natural substance that is sometimes in the paint and pipes of old houses. Too much lead in the blood can cause permanent damage to important organs.
- In pregnant women, low iron can increase the risk of having premature babies.
- Each day you should eat foods that are good sources of Iron. Try eating:
 - › Lean meat and chicken
 - › Green leafy vegetables, like kale or spinach
 - › Beans
 - › Fish
 - › Egg yolks (the yellow part of the egg)
- Iron is better absorbed by your body when eaten with foods that have vitamin C. Foods with vitamin C include:
 - › Oranges and orange juice
 - › Berries
 - › Red Peppers
 - › Grapefruit
 - › Tomatoes
 - › Broccoli

Try these combinations of foods with iron paired with foods with vitamin C:



or

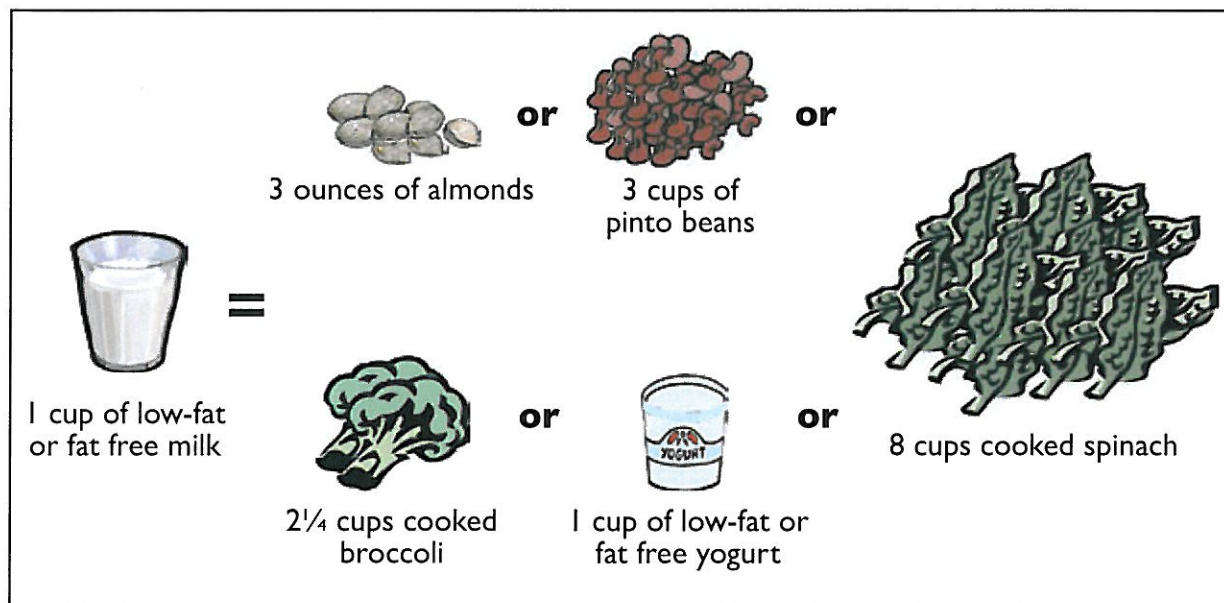


Talk to your doctor if you are concerned about iron.

CALCIUM

- Calcium is needed to keep your bones and teeth strong.
- It is very important for you and your family to eat foods that are rich in calcium every day.
- Low-fat dairy products (milk, yogurt, cheese) contain a lot of calcium. One cup of milk provides about one quarter of the calcium your body needs in a day.

If you cannot eat dairy products, you can eat:



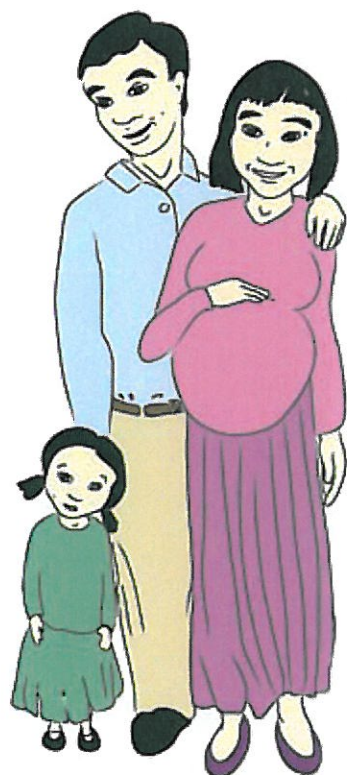
1 cup is equal to about the size of your fist

An ounce of nuts is equal to about 1 handful

- You can also eat:
 - Green leafy vegetables such as collards, kale, bok choy and turnip greens
 - Beans such as chickpeas, lentils, cowpeas, soybeans and split peas.
- As you and your children get older, you will need more calcium. Ask your doctor how much calcium is right for you.

NUTRITION FOR YOUR PREGNANCY

- **Eat a variety of healthy foods.** This will help you get all the different vitamins you and your baby need.
- **Protein is a good source of calories.** Protein provides your body with vitamins and energy that will help your baby grow. To increase the amount of protein in your body, you can eat beans, low-fat or fat free milk, eggs, lean meats, tofu and peanut butter.
- **Eat foods with iron.** Getting enough iron will decrease the risk of having a premature baby. Vegetables, such as dark leafy greens, are the best source of iron for your body during pregnancy. Eat dark green vegetables with vitamin C foods, such as oranges, for better absorption of iron.
- **Folic acid.** Getting enough folic acid before becoming pregnant and during early pregnancy will reduce the risk of certain birth defects. Foods with folic acid include dark leafy greens, like spinach and kale, orange juice and dried beans.
- **Drink plenty of water.** Water helps take all these important vitamins and minerals to your baby.
- If you are pregnant, do not eat undercooked or raw meats, chicken, seafood or eggs.
- Try to limit or avoid caffeine from coffee and tea. Caffeine can increase the risk of miscarriage.



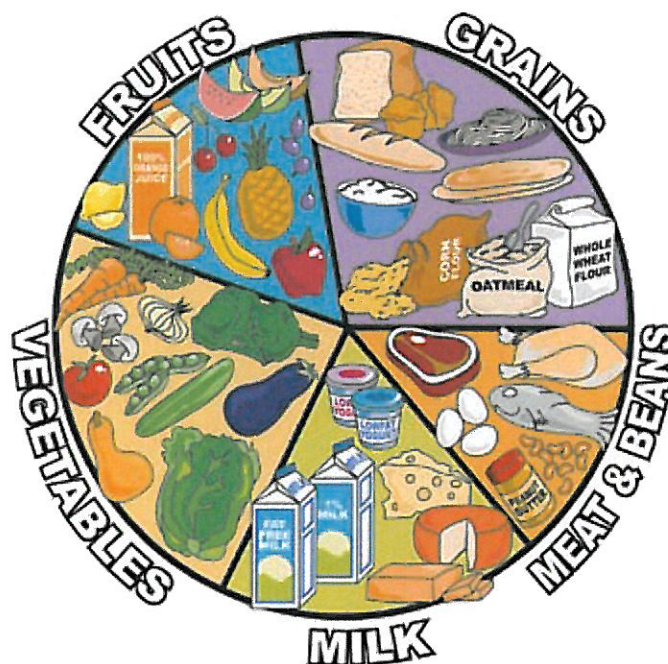
- Do not drink alcohol. Drinking alcohol can be harmful to your baby.

Seeing a doctor regularly during your pregnancy is important for you and your baby.

NUTRITION FOR YOUR CHILDREN UNDER 3 YEARS OLD

- Children have small stomachs and can only eat small amounts of food at one time. Feed your children under the age of 3 years, three meals a day with 2 to 3 small snacks in between.
- Feed your children at the same time every day. This will help set a routine and train your children to develop good eating habits.
- Give your children a variety of foods, including milk, fruits, vegetables, breads and whole grains, beans and meat.
- Introduce one new food at a time. If your child does not like the food, try it again at another time and serve it in a different form. It can take more than ten times before a small child will like a food.
- Children under the age of 3 should drink 1 ½ cups of whole milk per day.
- Cut whole fruit or vegetables into small pieces.

Each day feed your children different colors of food – red, orange/yellow, green, blue/purple, white and brown – to stay healthy.



READING NUTRITION LABELS

Nutrition labels tell you important information about your food. Reading these labels carefully will help you to make the right choices to keep you and your family healthy.

Nutrition Facts for potato chips

Serving Size: 15 chips makes one serving.

Calories: 1 serving or 15 chips gives you 150 calories. Your body needs about 2,000 calories each day.

Fats: Fat is important for your body, but too much fat can be harmful.

Unsaturated fats are better for your body than Saturated or Trans fat. Avoid eating foods with Trans fat.

Sodium: Sodium is another word for salt.

Vitamins and Minerals: These chips do not give your body very many vitamins and minerals that your body needs.

Ingredients: This is where you can find out what is in your food. Items are listed from the largest to the smallest quantity.

Nutrition Facts			
Serving Size 1oz- about 15 chips			
Servings per Container about 2.5			
Amount Per Serving		1 oz	whole bag
Calories		150	360
Calories from Fat		90	210
% Daily Value*			
Total Fat 10g, 25g		16%	38%
Saturated Fat 1g, 3g		6%	14%
Trans Fat 0g, 0g			
Polyunsaturated Fat 4.5g, 11g			
Monounsaturated Fat 4.5g, 11g			
Cholesterol 0mg, 0mg		0%	0%
Sodium 180mg, 420mg		7%	18%
Potassium 330mg, 780mg		9%	22%
Carbohydrate 15g, 36g		5%	12%
Dietary Fiber 1g, 2g		4%	9%
Sugars 0g, 0g			
Protein 2g, 5g			
Vitamin A		0%	
Vitamin C		10%	
Calcium		0%	
Iron		2%	
Vitamin E		6%	
Vitamin B6		4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			

INGREDIENTS: Potatoes, Sunflower Oil and/or Corn Oil, and Salt.

Servings per container: This bag of chips has 2 and a half servings.

% Daily Value: 1 serving or 15 chips gives you 16% of the daily suggested fat for your body to stay healthy. The whole bag of chips gives you 38% of the daily suggested fat.

GET LESS!


HELPFUL HINT!
5% is low
20% is high

GET MORE!

IMPORTANT: The amount of calories you need depends on your age, gender, body size and energy level. Ask your doctor.

HEALTHY DRINKS

- What your children drink can affect their health. Your children should have more water than any other drink during the day.
- Milk is a good source of calcium, which is needed for strong bones and teeth. Children under the age of 2 should drink whole milk. Children ages 3 and older should drink fat-free or low-fat milk.
- Drinking small amounts of 100% fruit juice helps you to get important vitamins.
- Many drinks such as soda, sports drinks and fruit drinks contain a lot of added sugar. These drinks provide calories without nutrients, which can lead to weight gain and dental problems.
- Soda contains caffeine, which can cause nervousness and restlessness in children and adults.

See how many teaspoons  of added sugar are in one cup (8 ounces) of different drinks:

**Soda**

6 teaspoons added sugar

**Milk**

0 teaspoons added sugar

**Fruit Punch**

7 teaspoons added sugar

**Water**

0 teaspoons added sugar

FAST FOOD

- **To stay healthy, eat home-cooked meals and limit the amount of fast food you and your children eat.**
- Fast foods are sold at restaurants, such as McDonalds, Burger King, Wendy's, Taco Bell and Kentucky Fried Chicken.
- Grocery stores also sell fast food at the deli sections or in readily packaged and frozen food sections.
- Fast foods have more calories and higher amounts of fat, sugar and salt that can be harmful to your health.
- Eating too much fast food can cause:
 - › Quick weight gains that are unhealthy
 - › Obesity, especially in young children
 - › High blood pressure and other risks for heart disease



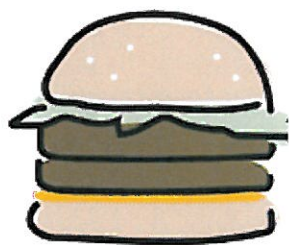
HEALTHIER FAST FOOD CHOICES

Try not to eat fast food more than once a week.

When you have to eat fast food, make these smart choices:

- Order small size portions.
- The kid's menu offers smaller portions that are better for your children.
- Order a single regular hamburger instead of a burger with two or three meat pieces.
- Choose grilled, baked and roasted options before fried and crispy foods.
- Order skinless chicken when possible.
- Order salads without dressing or with low-fat dressing.
- Eat fruit salad for dessert instead of ice cream or milkshakes.
- Drink water, fat-free or low-fat milk instead of soda.

BIG PORTION:



Double cheeseburger
740 calories
42 grams fat



Large soda
310 calories
86 grams sugar

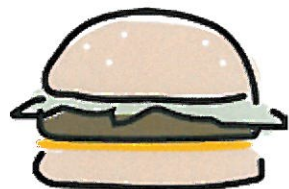


Large French fries
500 calories
25 grams fat



**High fat option
67 grams of fat**

SMALL PORTION:



Cheeseburger
300 calories
12 grams fat



Small soda
150 calories
40 grams sugar



Small French fries
30 calories
11 grams fat

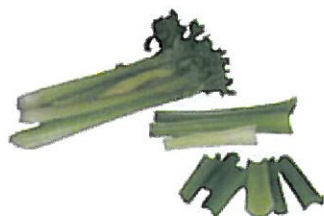


**Lower fat option
23 grams of fat**

SMART SNACKING

- Enjoy a small snack in between meals only when you are hungry.
- Set aside a healthy snack for your children to enjoy when they get home from school.
- Don't snack right before going to bed. Your food needs time to digest while you are still awake.
- Avoid snacking on chips, candy, and cookies.
- Eat low-fat, low-salt, and low-sugar snacks, such as:
 - › Carrots and other vegetables
 - › Fruits: apples, bananas, oranges, pears
 - › Low-salt crackers with cheese
 - › Nuts
 - › Low-fat yogurt (try stirring in fresh or frozen fruit)
 - › A glass of low-fat milk

Fun Snacks for Children



1) Wash and cut celery into sticks.



2) Spread peanut butter into each celery stick.



3) Top with a few raisins and enjoy!

You can also try apple slices and bananas with peanut butter.



MALNUTRITION IN CHILDREN

INFORMATION FOR PARENTS

HOW CAN MALNUTRITION HARM YOUR CHILD?

Malnutrition affects the child's body and brain development. Children who are malnourished have a hard time keeping up in school.

They are also more likely to get sick because malnutrition reduces the body's ability to fight infections.

Malnutrition occurs when the body does not get enough foods that are needed to grow and stay healthy. It happens when a person does not eat enough food or does not eat some foods that are important for health and growth. Some people may also become malnourished because they have a disease that prevents them from using the nutrients they get from food.

WHO IS AT RISK?

Children may suffer the most because they need a many different foods to grow and be healthy.

WHAT ARE THE SIGNS?

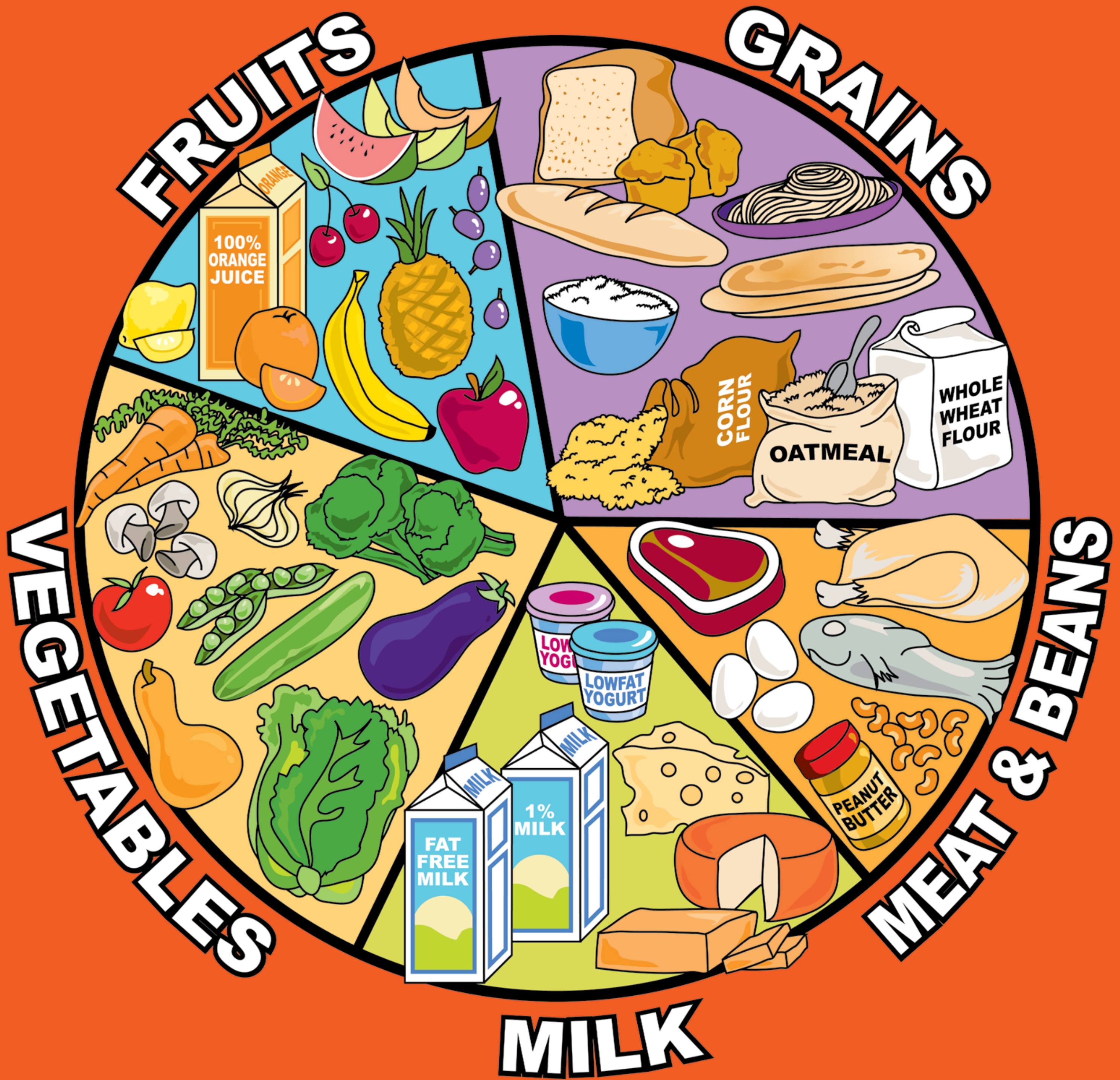
Sometimes, a child can appear normal and healthy even if they are malnourished. That is why it is important to take them for their check-up at the clinic.

In other cases the signs can include:

- Tiredness
- Trouble paying attention
- Swollen stomach
- Dry skin
- Very thin and short for their age

WHAT SHOULD YOU DO?

- If you think your child may be malnourished, go to the doctor or to the WIC clinic. They will give your child a check-up and tell you what to do to make your child strong and healthy. You should go back for more check-ups to see if the baby is getting strong and healthy.
- Give your child a variety of healthy foods everyday including grains, fruits, vegetables, milk and other dairy foods, meat, fish and beans.
- If you are breastfeeding, you should eat enough healthy foods so that your body can produce enough milk for the baby and give you enough energy and other nutrients. You should eat plenty of fruits, vegetables, whole grains, protein and foods with calcium such as milk.



EAT A BALANCED DIET



U.S. COMMITTEE FOR REFUGEES AND IMMIGRANTS