



PARENT WORKSHOP – What’s in a Lunch?

What’s In a Lunch?

Guide to the Food Pyramid

If your child eats a variety of foods that meet the required servings from the Food Guide Pyramid, then your child will actually be eating 100% of their Recommended Daily Allowances!

How much from each food group should your child eat?

- 6 servings of grains

- 3 servings of vegetables

- 2 servings of fruits

- 2 servings of milk

- 2 servings of meat

Fats & Sweets, eat less! (Ex. Salad dressing, cream, butter, margarine, sugars, soft drinks, and candies)

2-3 yr olds need the same number of servings as a 4-6 yr old, but may need smaller portions about 2/3 of a recommended serving

However, number of servings and serving portions should stay the same for milk.

General guidelines:

- Breakfast should include 3 or more food groups

- Lunch should include 3 or more food groups

- Dinner should include 4 or more food groups

Every child should be eating 2 snacks/day

Easy ways to reduce fat: Change from whole milk to lower fat milk (1% or 2% milk) gradually by age 5. Offer lean meat or low fat luncheon meats.

Media Influences

Snacks vs. Healthy Alternatives

Cheese Curis vs. Quaker Quakes Rice Snacks

Trix Yogurt vs. Stonyfield Farm All Natural and Organic Yogurt

Fruit By The Foot vs. Stretch Island Fruit Leather

Swiss Miss Pudding vs. Jello Fat Free Pudding Snacks

Chips Ahoy Cookies vs. Honey Maid Chocolate Graham Sticks

Pretzels vs. Rold Gold Honey Wheat Braided Twists

Fruit-by-the-foot vs. 100% Fruit bars

Goldfish vs. Reduced Sodium Goldfish

Capri Sun vs. V8 Splash

How are we doing?

Sample Lunch #1: *****

Milk, noodles, pork chop, carrots & banana=

1 milk, 1 grain, 1 meat, 1 veg, 1 fruit= 5 food groups!

~Kickin' it up a notch!- wheat noodles

Sample Lunch #2: ***

Juice, noodles with alfredo, cheese stick & jello=

1 fruit (assuming it's 100% juice), 1 grain, 1 milk= 3 food groups

(alfredo and jello serve as those pesky "fats and sweets")

~Kickin it up a notch!- wheat noodles, olive oil & parmesan cheese, make jello with fruit chunks in it.

Sample Lunch #3: *****

Milk, peanut butter and jelly, wheat bread, raisins, Oreo cookies=

1 milk, 1 meat (peanut butter, although high in fat, is a good source of protein), 2 fruits (assuming the jelly is 100% preserves), 1 grain= 4 food groups (5 servings)

~Kickin it up a notch!- Mini Oreo Cookies

Sample Lunch #4: *****

Yoo-hoo, slices of salami, slices of provolone, apple slices, Quaker crispums=

2 milks, 1 meat, 1 fruit, 1 grain= 4 food groups (5 servings)

~Kickin it up a notch!- Make chocolate milk with Hershey's syrup added to 2 % milk, reduced fat salami

Sample Lunch #5: *****

Water, ham and cheese rolls, fruit snacks, handi snacks, pudding=
1 meat, 3 milks, 1 fruit (assuming 100% fruit snacks), 1 grain= 4 food
groups (6 servings)

~Kickin it up a notch!- Brownstone Baking Co Mini Bagel Crisps

Sample Lunch #6: ****

Capri Sun, ham & cheese, white bread, pretzels, fruit snacks=
1 meat, 1 milk, 1 grain, 1 fruit= 4 food groups

~Kickin it up a notch!- 100% fruit juice, wheat bread, wheat pretzels

Note:

“Young children’s appetites can vary widely from day to day, depending on how they are growing and how active they are. As long as they have plenty of energy, are healthy, are growing well, and are eating a variety of foods, they are probably getting enough of the nutrients they need from the foods they eat.” –USDA

Summary: We have a good handle on offering our children a wide variety of foods and food groups. Always keep your eyes open for ways to sneak in another food group i.e. wheat bread.

Suggested Links:

www.usda.com

<http://www.nal.usda.gov/fnic/>

<http://www.usda.gov/cnpp/KidsPyra/PyrBook.pdf>

<http://www.aap.org/default.htm>

<http://www.Cnpp.usda.gov/>