

Texas Agricultural Extension Service

People Helping People

HASSLE-FREE IDEAS FOR GOOD NUTRITION

Parents' Guide to Responsible After-School Self Care for Children

Despite a real interest in food, many children and parents lack good nutritional habits. Some reasons include:

- Failure to select nutritious food
- Conflicting claims about food
- Food costs
- Differing schedules of family members
- Individual food preferences
- Time constraints on planning, selection and preparation

Parents can help children develop sound nutritional habits and become responsible in their food choices. In addition, parents can involve them in food planning, selection and preparation according to their maturity and ability.

The Five Food Groups

All the foods we eat come from five food groups. These groups, working together, make a complete diet. The first four supply the vitamins, minerals and protein, the nutrients the body needs, as well as calories (energy). The fifth group provides mainly calories, but little in the way of nutrients.

Group	Recommended servings per day
Fruits and Vegetables	4
Breads and Cereals	4
Milk and Cheese	
Under 9 years	2-3
9-12 years	3
Teens	4
Adults	2
Meat, Poultry, Fish and Beans (Also eggs, seeds and nuts)	2
Fats and Sweets	*

* Dependent upon calorie need and personal preference — this group supplies mainly calories.

A good way to help family members recognize what goes into their diet is by food intake recall. Have your child list his or her food intake by day for 1 week. (Indicate also the number of servings.) Evaluate together to see if the food groups were included along with the number of servings needed per day.

Youngsters and Snacks

Snacks are a part of the American way of life —especially for youth. Do not fight it! Instead, encourage your child to eat snacks that can supplement regular meals as an important source of nutrients as well as calories.

Snacks that are high in nutrients but low in cost are the best values. Good snack foods include:

Fruits and Vegetables (packed with fiber and vitamins A and C)

- apples
- pears
- grapes
- oranges
- tangerines
- apricots
- bananas
- melons
- carrots
- celery
- raisins
- vegetable juices
- tomatoes
- green peppers
- cauliflower
- dried fruit
- canned fruit
- dehydrated juices

Breads and Cereals (Eat whole-grain or enriched for B-vitamins, iron and some protein.)

- nutricookies
- oatmeal
- cereal snack mix*
- crackers
- popcorn
- granola

* Combine favorite cereals, pretzels and nuts; season and toast in oven.

Focus on Food Eaten				
Day	Breakfast	Dinner	Supper	Snacks
<u>Monday</u>				
<u>Tuesday</u>				
<u>Wednesday</u>				
<u>Thursday</u>				
<u>Friday</u>				
<u>Saturday</u>				
<u>Sunday</u>				

Remember:

Breakfast + Dinner + Supper Should = A Nutritionally Balanced Diet!

Milk and Cheese (full of calcium, protein and riboflavin)

- yogurt (plain and fruit)
- milk (whole or skim)
- nonfat dry milk (use as a base for blended fruit drinks)
- cheddar cheese
- pasteurized cheese spreads
- cottage cheese (with fruit or seasoned for a dip)

Meat and Other Protein Foods (for body building and repair)

- peanut butter
- nuts
- sunflower seeds
- canned fish and meats
- pizza
- hard-cooked eggs
- jerkey
- weiners

Guidelines for Helping Youngsters Become Nutritionally Selective Snackers

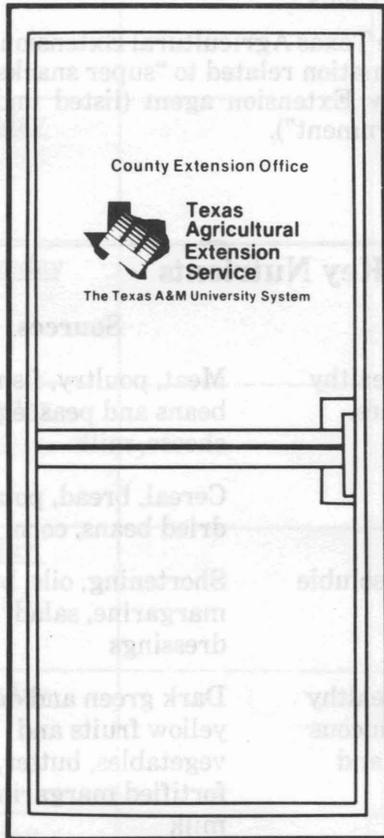
- Have snacks on hand that are from the first four food groups.
- To avoid spoiling mealtime appetites encourage youngsters not to snack an hour or less before mealtime.

- Set an example with your own eating habits
- Keep nutritious snacks handy and in easy view and reach of family members.
- Use snacks as a mini-meal if schedules are tight or if the youngster is a fussy eater.
- Involve youngsters in shopping and preparing low-calorie, appetizing snacks.
- Satisfy cravings for sweet food by keeping fresh fruits on hand.
- Buy a few commercial cookies, chips and other snack foods once in a while to prevent youngsters from feeling they can not have them.
- Include snacks in daily meal plan.
- Avoid foods that have many calories and few nutrients.

The Texas Agricultural Extension Service has information related to "super snacks." Call your county Extension agent (listed under "County Government").

Youngsters Need Certain Key Nutrients

Nutrient	Needed for...	Sources
Protein	Building new tissue, maintaining healthy body cells, part of enzymes, hormones, hemoglobin, antibodies	Meat, poultry, fish, dried beans and peas, eggs, cheese, milk
Carbohydrate	Energy and fiber	Cereal, bread, potatoes, dried beans, corn, sugar
Fat	Energy, cell structure, to carry fat-soluble vitamins, for essential fatty acids	Shortening, oils, butter, margarine, salad dressings
Vitamin A	Building body cells, bone growth, healthy teeth, vision in dim light, healthy mucous membranes in digestive tract, nose and mouth	Dark green and deep yellow fruits and vegetables, butter, fortified margarine, milk
Vitamin C	Healing wounds, bone repair, growth of body cells, healthy gums and blood vessels, protection against infection	Citrus fruits, green leafy vegetables, broccoli, cantaloupe, strawberries, cabbage
Thiamin	Releasing energy from carbohydrates, promotion of good digestion and appetite, growth, muscle tone, healthy nerves	Bread and cereal products, meats
Riboflavin	Releasing energy from food, healthy skin, tongue, mouth and lips, good vision	Milk, meats, green leafy vegetables, bread and cereal products
Niacin	Releasing energy from carbohydrates, healthy digestive system, skin, mouth and tongue, healthy nervous system	Meat, fish, poultry, eggs, bread and cereal products
Calcium	Bone and teeth formation, blood clotting, regular heartbeat	Milk, cheese, dark green leafy vegetables
Iron	Hemoglobin which carries oxygen from the lungs to the body cells, prevention of anemia	Meats, liver, dry beans, oatmeal, enriched bread and cereal products



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. . . about agriculture, home economics, 4-H and youth or community development. Drop by or call your county Extension office. You'll find friendly, well-trained agents ready to serve you with up-to-date information, advice and publications. **Your county Extension office . . . the place to go when you need to know!**



**Texas
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