

Family Nutrition Handbook

Telegraph Hill
Neighborhood Center



TELEGRAPH HILL
NEIGHBORHOOD CENTER

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We create and strengthen community bonds, provide health and wellness programs, and broaden educational and cultural experiences for more than 600 people each day, giving them the tools they need to thrive.



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Child Nutrition is Our Business



At Tel-Hi, we take child nutrition and health very seriously. All children meals are freshly made in house daily and have been reviewed by a Registered Dietitian for quality assurance. We believe a healthy environment is key for a child's success.



Frequently Asked Nutrition Questions from Parents

How can I get my child to eat more vegetables / fruits?

It takes time, creativity, and patience to make it happen. Try recipes that combine both vegetables / fruits to your child's favorite food. i.e. if s/he loves spaghetti and meatballs, try to add small amount of onion or minced celery to meatballs or the sauce. If there's no 'rejection', then gradually increase the vegetables/fruits amount.

How often and how much to feed?

This varies from child's age , height, and weight. But you can start teaching your child to exercise 'portion control' by following the plate method (See Page 23) . People found they are less likely to be overweight if they follow this method.

Are there any “must haves” my child needs daily?

Oh YES! All food groups you find on the food pyramid (www.mypyramid.gov) are essential to children everyday. Skipping any of the food group might suppress their immune system and/or affect their growth.



Fresh Frozen or Canned vegetables and fruit?

Always choose FRESH! A lot of vitamins and minerals, especially vit C, iron, are so easy to be lost if they have been processed. Also, manufacturers tend to add salt, sugar, and other artificial flavors, which may increase blood pressure and promote obesity.

What should I do if I know my child has food allergy (soy or nuts or wheat)?

If your family doctor has confirmed that your child is allergic to certain ingredient i.e. nut, you should immediately contact your childcare provider and to have all staff be aware of the situation. Staff should also communicate and educate all members about keeping the facility to be a safe place (i.e. do not bring outside foods).

Check out: <http://www.kidswithfoodallergies.org> for details of the most common food allergies among children.

How do I know if my child is lactose intolerant?

Symptoms i.e. diarrhea, upset stomach might show after consuming cow milk or dairy product. Once your family doctor has confirmed that your child is lactose intolerant, be sure to supply plenty of calcium rich foods / beverages from non dairy products i.e. calcium fortified orange juice, rice/soy milk, bean to meet his/her daily needs (it is recommended to serve at least 3 servings per day). There are a lot of non dairy products that are calcium fortified. Be sure to ask your local stores for listing.

Something about salt – How much salt is safe to add to children’s meals?

Processed foods/beverages usually consists high level of salt, which might raise blood pressure and to promote dehydration. Additional salt should be avoided to add to cooked meals. During food preparation, try to cut down the amount of salt by using herbs and/or Mrs.Dash for flavoring. Salt is considered a condiment but not an essential nutrient to add in addition to the regular meals.

Can I give juice with every meal?

Fresh fruit has more nutritional benefits than plain fruit juice. The sugar content in fruit juice is so high that it might add additional calories and might interfere the child’s appetite to the regular meals. It’s ok to give 100% fruit juice occasionally when fresh fruit is not available.

Why does my child love to eat <xyz> food one day and then dislikes that very same <xyz> food the next day?

This is part of their growing phase as they are (psychologically and physically) exploring new texture and new taste. Their frequent changes of food preference do make cooking uneasy. However, try to involve them in the menu making, grocery shopping and cooking process as much as possible. Give them opportunities and allow them to build relationship with the foods they make.

Nutrition 101 for Parents

What is BMI?

Body Mass Index (BMI) is a number calculated from a child's weight and height. BMI is a reliable indicator of body fatness for most children and teens. BMI does not measure body fat directly, but research has shown that BMI correlates to direct measures of body fat, such as underwater weighing and dual energy x-ray absorptiometry (DXA).¹ BMI can be considered an alternative for direct measures of body fat. Additionally, BMI is an inexpensive and easy-to-perform method of screening for weight categories that may lead to health problems.

For children and teens, BMI is age- and sex-specific and is often referred to as BMI-for-age.

What is a BMI percentile?

After BMI is calculated for children and teens, the BMI number is plotted on the CDC BMI-for-age growth charts (for either girls or boys) to obtain a percentile ranking. Percentiles are the most commonly used indicator to assess the size and growth patterns of individual children in the United States. The percentile indicates the relative position of the child's BMI number among children of the same sex and age. The growth charts show the weight status categories used with children and teens (underweight, healthy weight, overweight, and obese).

BMI-for-age weight status categories and the corresponding percentiles are shown in the following table.

Weight Status Category	Percentile Range
Underweight	Less than the 5th percentile
Healthy weight	5th percentile to less than the 85th percentile
Overweight	85th to less than the 95th percentile
Obese	Equal to or greater than the 95th percentile

How is BMI used with children and teens?

BMI is used as a screening tool to identify possible weight problems for children. CDC and the American Academy of Pediatrics (AAP) recommend the use of BMI to screen for overweight and obesity in children beginning at 2 years old. For children, BMI is used to screen for obesity, overweight, healthy weight, or underweight. However, BMI is not a diagnostic tool. For example, a child may have a high BMI for age and sex, but to determine if excess fat is a problem, a health care provider would need to perform further assessments. These assessments might include skinfold thickness measurements, evaluations of diet, physical activity, family history, and other appropriate health screenings.

How is BMI calculated and interpreted for children and teens?

Calculating and interpreting BMI using the BMI Percentile Calculator involves the following steps:

1. Before calculating BMI, obtain accurate height and weight measurements.
2. Calculate the BMI and percentile using the [Child and Teen BMI Calculator](#). The BMI number is calculated using [standard formulas](#).

3. Review the calculated BMI-for-age percentile and results. The BMI-for-age percentile is used to interpret the BMI number because BMI is both age-and sex-specific for children and teens. These criteria are different from those used to interpret BMI for adults — which do not take into account age or sex. Age and sex are considered for children and teens for two reasons:

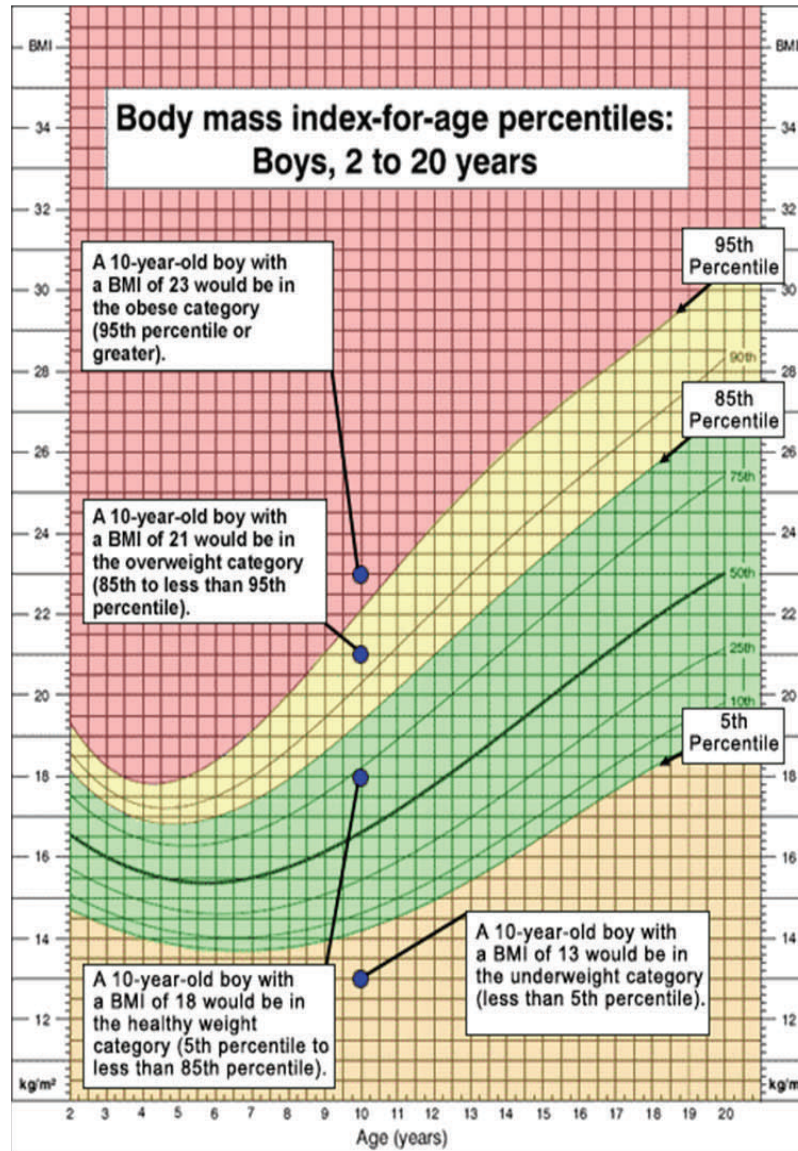
- The amount of body fat changes with age. (BMI for children and teens is often referred to as *BMI-for-age*.)
- The amount of body fat differs between girls and boys.

The [CDC BMI-for-age growth charts for girls and boys](#) take into account these differences and allow translation of a BMI number into a percentile for a child's or teen's sex and age.

4. Find the weight status category for the calculated BMI-for-age percentile as shown in the following table. These categories are based on expert committee recommendations.

Weight Status Category	Percentile Range
Underweight	Less than the 5th percentile
Healthy weight	5th percentile to less than the 85th percentile
Overweight	85th to less than the 95th percentile
Obese	Equal to or greater than the 95th percentile

See the following example of how some sample BMI numbers would be interpreted for a 10-year-old boy



The CDC BMI-for-age growth charts are available at: [CDC Growth Charts: United States](https://www.cdc.gov/growthcharts/)

Is BMI interpreted the same way for children and teens as it is for adults?

Although the BMI number is calculated the same way for children and adults, the criteria used to interpret the meaning of the BMI number for children and teens are different from those used for adults. For children and teens, BMI age- and sex-specific percentiles are used for two reasons:

- The amount of body fat changes with age.
- The amount of body fat differs between girls and boys.

The CDC BMI-for-age growth charts take into account these differences and allow translation of a BMI number into a percentile for a child's sex and age.

For adults, on the other hand, BMI is interpreted through categories that do not take into account sex or age.

Why can't healthy weight ranges be provided for children and teens?

Healthy weight ranges cannot be provided for children and teens for the following reasons:

- Healthy weight ranges change with each month of age for each sex.



How can I tell if my child is overweight or obese?

CDC and the American Academy of Pediatrics (AAP) recommend the use of Body Mass Index (BMI) to screen for overweight and obesity in children and teens aged 2 through 19 years. Although BMI is used to screen for overweight and obesity in children and teens, BMI is not a diagnostic tool. For example, a child who is relatively heavy may have a high BMI for his or her age. To determine whether the child has excess fat, further assessment would be needed. Further assessment might include skinfold thickness measurements. To determine a counseling strategy, assessments of diet, health, and physical activity are needed.

Can I determine if my child or teen is obese by using an adult BMI calculator?

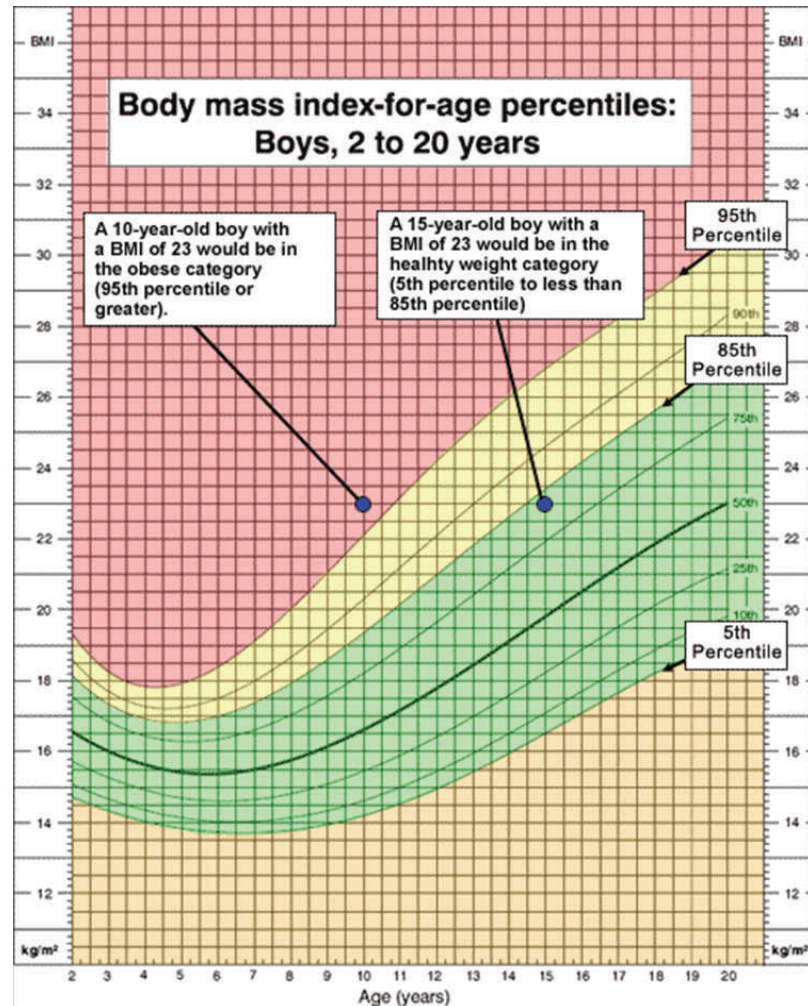
No. The adult calculator provides only the BMI number and not the BMI age- and sex-specific percentile that is used to interpret BMI and determine the weight category for children and teens. It is not appropriate to use the BMI categories for adults to interpret BMI numbers for children and teens.

My two children have the same BMI values, but one is considered obese and the other is not. Why is that?

The interpretation of BMI-for-age varies by age and sex so if the children are not exactly the same age and of the same sex, the BMI numbers have different meanings. Calculating BMI-for-age for children of different ages and sexes may yield the same numeric result, but that number will fall at a different percentile for each child for one or both of the following reasons:

- The normal BMI-related changes that take place as children age and as growth occurs.
- The normal BMI-related differences between sexes.

See the following graphic for an example for a 10-year-old boy and a 15-year-old boy who both have a BMI-for-age of 23. (Note that two children of different ages are plotted on



the same growth chart to illustrate a point. Normally the measurement for only one child is plotted on a growth chart.)
Reference: Center of Disease Control (2011)

Fun Things to Do with Your Child for Healthy Grown

Kitchen Activity

Preschoolers are typically picky eaters, and bringing them into the kitchen to cook can help get them to open up to new tastes.

A few tasks in the kitchen can be well-suited to kids ages 3 to 5. The key is to give them "jobs" that meet their skills level and are something they enjoy. So if your child loves to pound, bring out the bread dough and let your preschooler pound away.

Here are some other ways kids can help:

- stirring pancake batter
- tearing lettuce for salad
- adding ingredients
- assembling a pizza
- helping you "read" a cookbook by turning the pages

Don't plan an elaborate project — 5 to 10 minutes might be all your child wants to spend on an activity. Start small and keep it fun. Spending time in the kitchen with your kids can foster an interest in food and cooking that will last for life!



Going to Farmer's Market/Grocery Shopping

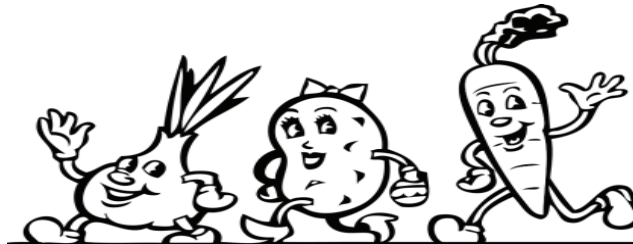
Most kids will enjoy deciding what to make for dinner. Talk to them about making choices and planning a balanced meal.

Shopping for food can be a learning experience for your child. Talk about different foods you see and encourage your child to pick out a new fruit or vegetable to try. Teach kids to check out food labels to begin understanding what to look for.



Coloring

Children learn most effectively when they are doing things that they enjoy. Coloring gives children a way to express their own creativity and to allow them to identify different structure, shape, and colors of fruits and vegetables. Parents can also introduce the health benefits of eating variety of fruits and vegetables as they talk about colors from different food groups. For more ideas, please visit: www.harvestofthemonth.com .



Gardening

Gardening with children is always a rewarding experience. It could be an ongoing project that helps family bonding as well. Children are often excited to eat foods that they help grow. It also help 'open their mind' for fruits and vegetables that they are less interested or rarely explored.



Going to Berry Picking

Children love to pick berries or other seasonal fruits. Go berry picking in the summer and find ways to incorporate your efforts into meals and snacks. Serve fresh berries for breakfast, make strawberry shortcake, strawberry smoothies and strawberry-rhubarb pie. Continue the theme throughout the summer and fall by visiting local produce farms as crops ripen.

Singing or Making Poem

Playing or singing songs that are about fruits and vegetables are fun! Preschoolers will learn about food and nutrition when they write / sing the lyrics. If you own or play a musical instrument, or know someone who plays, let make a band! Writing a poem with your child about fruits and vegetables can also be an all time fun activity, too! It could be easily done on your way home or during a long road trip.



Recipes from Our Tel-Hi Kitchen

Turkey, corn, and cheese tortilla

Ingredients:

1 1/2 lb. ground turkey
1/4 c. vegetable oil
1/2 c. yellow corn
1/4 tsp. salt & pepper
4 oz. cheddar cheese,
grated
flour tortillas

Direction:

Heat oil in skillet. Add ground turkey and sauté until meat loses pink color. Add yellow corn and seasonings. Blend and simmer for 10 minutes or more to allow flavors to blend. Wrap in flour tortillas, sprinkle cheese over and warm in the oven or about 5 to 10 minutes.

Nutrition Facts

Serving Size 1 plate (130g)

Calories 330

% Daily Value

Total Fat 12g 18%

Cholesterol 35mg 12%

Sodium 520mg 22%

Total Carbohydrate 40g 13%

Dietary Fiber 3g 10%

Protein 16g

Vitamin A 2% Vitamin C 0%

Calcium 15% Iron 15%



**Chicken and
asparagus with
brown rice**

Ingredients:

6oz of chicken breast
4-5 asparagus stems
(chopped)
1/2-2/3 cup of brown
rice

Directions:

Heat oil in a frying
pan. Add asparagus
and sauté for a minute
or 2. Add sliced chicken breast and seasoning.
Cook until finished.

Nutrition Facts

Serving Size 1 bowl (368g)

Calories 360

	% Daily value
Total Fat 4.5g	7%
Cholesterol 60mg	20%
Sodium 70mg	3%
Total Carbohydrate 50g	17%
Dietary Fiber 6g	24%
Protein 29g	
Vitamin A 20%	Vitamin C 10%
Calcium 4%	Iron 15%



Meatloaf with broccoli

Ingredients:

1/2 pound ground
turkey
1 egg
1/8 cup chopped red
bell pepper
1/8 cup chopped yel-
low bell pepper
1/4 cup chopped onion
1/4 cup dry bread
crumbs

Nutrition Facts

Serving Size 1 plate (481g)

Calories 530

		% Daily Value
Total Fat	15g	22%
Cholesterol	85mg	29%
Sodium	160mg	7%
Total Carbohydrate	70g	23%
Dietary Fiber	11g	44%
Protein	34g	
Vitamin A	50%	Vitamin C 170%
Calcium	10%	Iron 25%

Directions:

Preheat oven to 350 degrees F (175 degrees C).
In a large bowl combine the turkey, egg, red bell
pepper, onion, bread crumbs and seasonings. Mix
well until blended. Press mixture into a loaf pan.
Bake in the preheated oven for 25 minutes.



Healthy Alternatives for Celebration

Healthy Kids Learn Better: Research clearly demonstrates that good nutrition is linked to better behavior and academic performance. To provide the best possible learning environment for children, school must also provide an environment that supports healthy behaviors.



HOW-TO'S for Happy Healthy Parties

- Variety is the “spice of life” and the “life of the party”. Plan several contrasting activities—active and quiet, indoor and outdoor, individual and group.
- Try something new. Children like adventure. In addition to familiar games and foods, offer something different.
- Plan creative experiences such as art, music and cooking.
- Involve children in planning and preparing the party. Let them make decorations and favors.
- Put food in its proper place. Refreshments should complement the fun, not become the “main event”.

-
- Be sure that each child receives a prize or favor, if such awards are given.
 - Do not use food as rewards or prizes.
 - Choose foods for fun, good taste and health. Parties that feature healthful foods provide opportunities for children to practice making wise food choices.

Healthy Foods:

- Frozen bananas
- Fruit and nut baskets
- Fruit and yogurt parfaits
- Fruit smoothies
- Lunch box auctions
- Trail mix

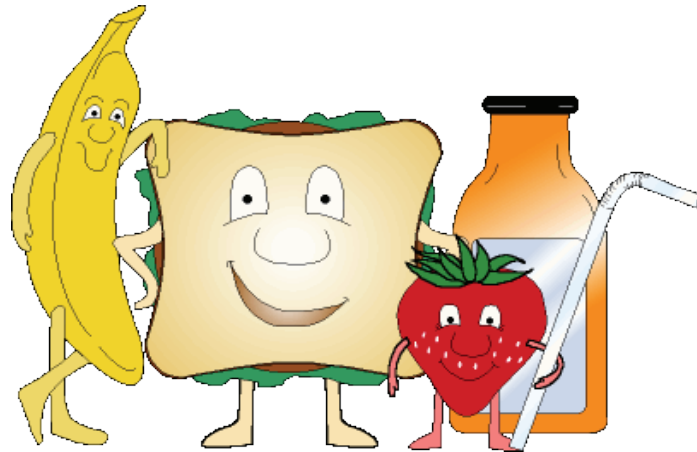



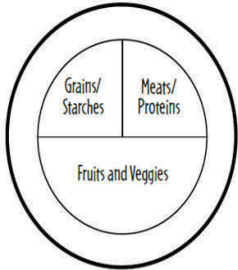
Plate Method—The Way to Control Portion Size


This is called the “Plate Method”. It is an easy way to make sure you are eating the right amount of food. You can share this with your family and help your family serve their plates of food. Put the ‘Plate Method’ on your fridge as a reminder.

Every day it is important to choose and eat foods from all the food groups. Let’s name the 5 food groups – Meat/Beans/Protein, Dairy/Milk, Fruits, Vegetables, Grains/Pasta/Bread/Rice.

Follow the instruction below to ensure all food groups and portion are met at each meal.

Fill $\frac{1}{2}$ of your plate with Fruits and Vegetables - (Name foods in this group)
Fill $\frac{1}{4}$ of your plate with Grains and Starches - (Name foods in this group)
Fill $\frac{1}{4}$ of your plate with Meat/Protein - (Name foods in this group)



 <http://pbskids.org/lunchlab>

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