



ENERGY

nutrition

Workbook



Acknowledgements

The ENERGY Nutrition Workbook and Videos were developed collaboratively at Children's Nebraska with the Weight & Wellness and Community Health & Advocacy Teams and with the Gretchen Swanson Center for Nutrition.

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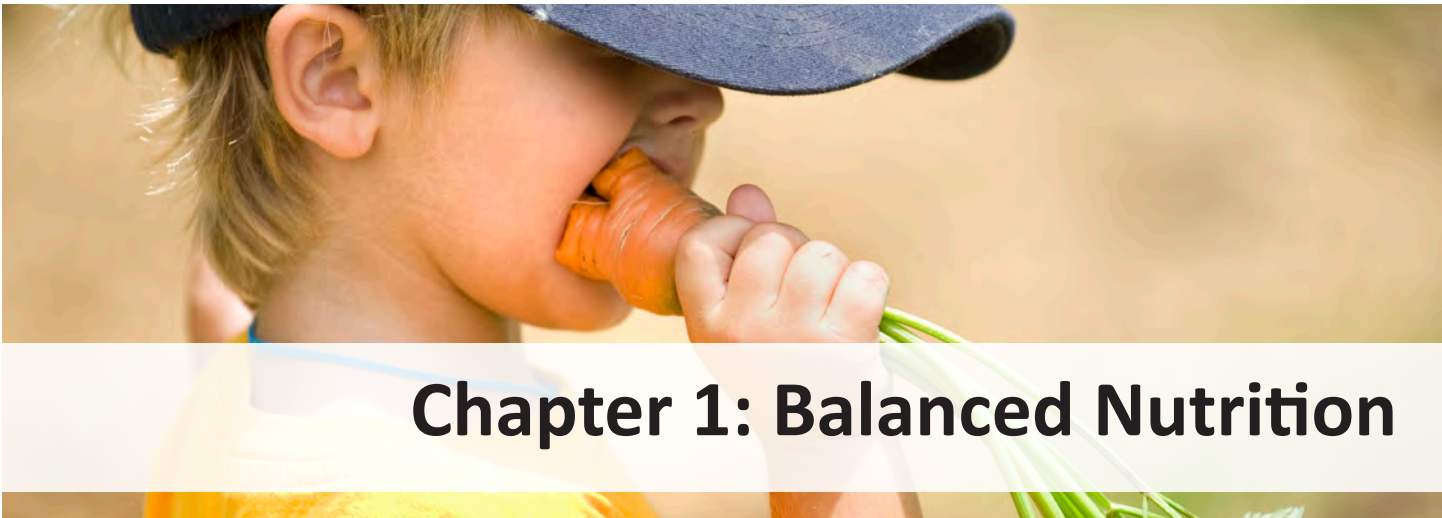
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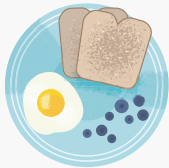




Chapter 1: Balanced Nutrition



Use MyPlate to Eat Balanced Meals!



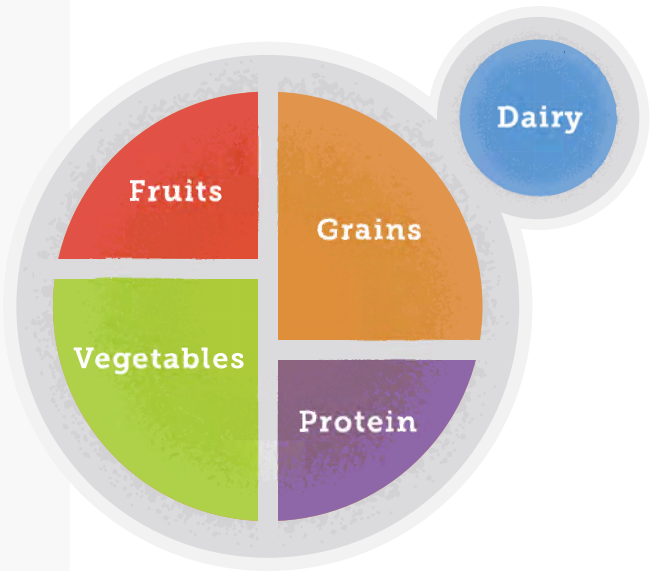
Eat the rainbow!
Try to eat a variety of colors from at least 3 food groups



Always try at least one bite!
*It can take **10-20 times** before you like a new food.*



Fill half your plate with fruits and veggies!



Family Activity! - Write 3 Dinner Ideas Using at Least 3 Food Groups

1	_____	1	_____	1	_____
2	_____	2	_____	2	_____
3	_____	3	_____	3	_____
4	_____	4	_____	4	_____
5	_____	5	_____	5	_____



Watch the Balanced Nutrition Video: https://youtu.be/RNdFhV2Pc_A





Ready, Set, Goals!

Working together as a family, and with your pediatrician or dietitian, create two goals for how you will work towards eating a more balanced diet. You can also track these goals on the Monthly Goal Tracker provided.

Goal 1

Date Set/Date Accomplished: _____/_____/_____

Goal 2

Date Set/Date Accomplished: _____/_____/_____



Extra, Extra!

For more help with creating balanced meals, check out the resources included in this chapter of the workbook.

Healthy Grocery List – Take this list to the grocery store with you to help guide you to make healthier choices.

Healthy Nutrition as a Family – Use this guide to remember how to choose healthy options from each of the food groups.

Kid-Friendly Vegetable Ideas – Try these fun ways to incorporate more vegetables into your meals and snacks.





Healthy Grocery List

Vegetables

Fresh, frozen without added fat/sauces, low sodium canned

- | | |
|--|---------------------------------------|
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Carrots |
| <input type="checkbox"/> Peas | <input type="checkbox"/> Corn |
| <input type="checkbox"/> Green beans | <input type="checkbox"/> Cauliflower |
| <input type="checkbox"/> Brussel sprouts | <input type="checkbox"/> Squash |
| <input type="checkbox"/> Spinach | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Lettuce | <input type="checkbox"/> Potatoes |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Tomatoes |
| <input type="checkbox"/> Cucumbers | <input type="checkbox"/> Bell peppers |
| <input type="checkbox"/> Asparagus | |
| <input type="checkbox"/> Celery | |



Fruit

Fresh, frozen, canned in water or 100% juice

- | | |
|-------------------------------------|---|
| <input type="checkbox"/> Apples | <input type="checkbox"/> Melons |
| <input type="checkbox"/> Bananas | <input type="checkbox"/> Mangoes |
| <input type="checkbox"/> Peaches | <input type="checkbox"/> Kiwi |
| <input type="checkbox"/> Oranges | <input type="checkbox"/> Pineapple |
| <input type="checkbox"/> Pears | <input type="checkbox"/> Unsweetened applesauce |
| <input type="checkbox"/> Grapes | <input type="checkbox"/> Clementines |
| <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Blueberries |
| <input type="checkbox"/> Apricots | <input type="checkbox"/> Raspberries |
| <input type="checkbox"/> Cherries | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Plums | |



Grains

Whole grains, multigrain, unsweetened

- ☐ Whole wheat bread
- ☐ Brown/Wild rice
- ☐ Whole wheat pasta
- ☐ Whole wheat or corn tortillas
- ☐ Quinoa
- ☐ Whole wheat English muffins/bagels
- ☐ Oats
- ☐ Whole grain crackers
- ☐ Air popped popcorn
- ☐ Unsweetened whole grain breakfast cereals



Protein

Lean, lower fat, varieties of animal and vegetable proteins

- ☐ Extra lean ground beef (93% lean)
- ☐ Chicken and turkey without skin (baked or grilled)
- ☐ Ground turkey
- ☐ 95% fat-free lunch meats or low-fat deli meats
- ☐ Tuna (canned in water)
- ☐ Fish
- ☐ Tofu
- ☐ Beans/Soybeans
- ☐ Eggs
- ☐ Hummus
- ☐ Nuts/seeds



Dairy

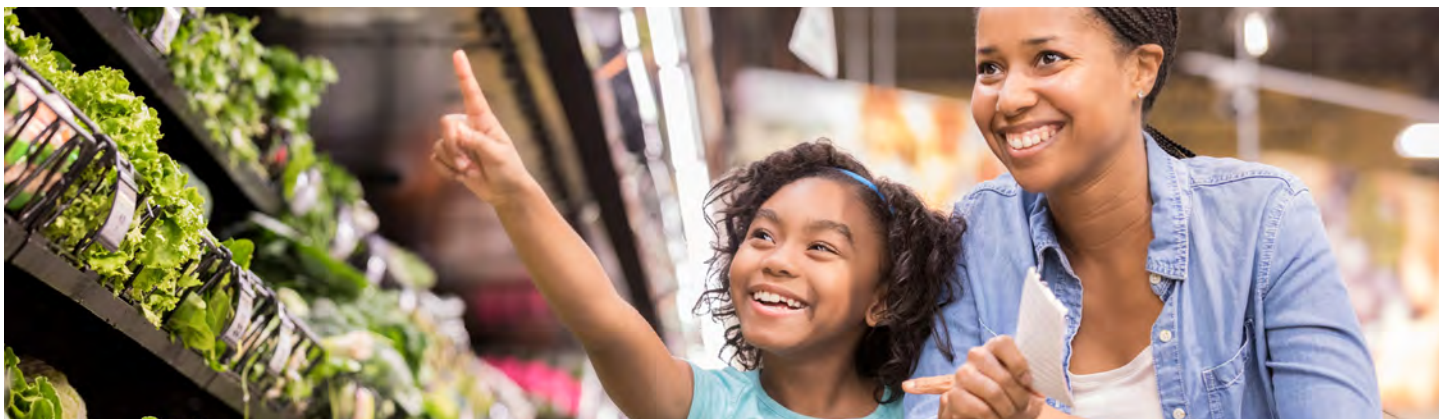
Low-fat, part skim or fat free milk, yogurt and cheeses

- ☐ Fat-free (skim) or low-fat (1%) milk
- ☐ Low-fat, part-skim, or reduced fat cottage cheese
- ☐ Low-fat or reduced fat cheeses



- ☐ Fat-free or low-fat yogurt (no sugar added)
- ☐ Fat-free or reduced fat sour cream
- ☐ Fat-free cream cheese





Healthy Grocery List, Continued

Fats/Condiments

Low fat and using small amounts

- ☐ Olive/Canola/Safflower oil
- ☐ Vinegar
- ☐ Mustard
- ☐ Salsa
- ☐ Lemon/Lime juice
- ☐ Low sodium soy sauce
- ☐ Cooking spray
- ☐ Pickles
- ☐ Low-fat mayonnaise
- ☐ Low-fat salad dressings
- ☐ Limited amounts of butter and margarine

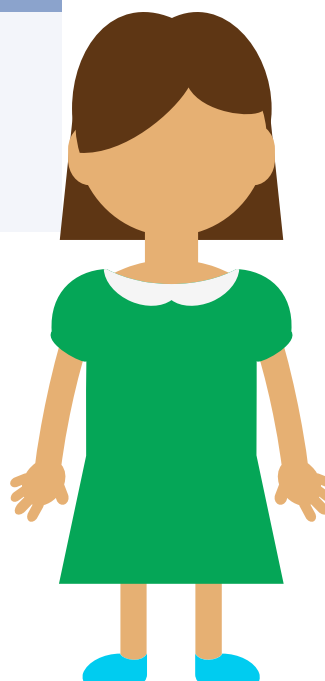
I'm going to try these new foods!:

- 1) _____
- 2) _____
- 3) _____

Beverages

Drink plenty of water and limit sugar-free and zero-calorie beverages

- ☐ Fat-free (skim) or low-fat (1%) milk
- ☐ Water
- ☐ Unsweetened iced tea
- ☐ Carbonated water
- ☐ Limited no-calorie drink mixes



Does your shopping list contain foods from multiple food groups?





A healthy meal starts with including **at least 3 different food groups**:



Vegetables



Fruits



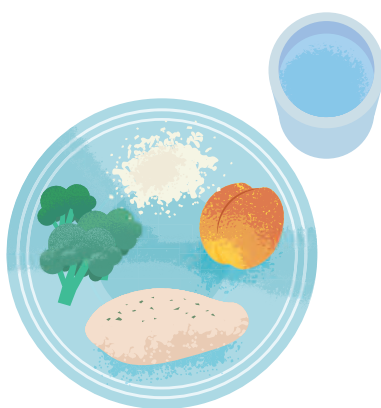
Whole grains



Lean proteins



Low-fat dairy



Make half your plate vegetables and fruits

Vegetables and fruits are full of nutrients that are important for good health. Choose a variety of colors from **red** and **orange** to **dark green** and **purple**. Fresh, frozen, and canned vegetables and fruits are all healthy choices. Buy frozen vegetables and fruits without added salt or fat. Look for canned fruits packed in “100% juice” or water. Choose canned vegetables that say “no added salt.”

Start every day the whole-grain way

Aim to make at least half your grains whole grains every day. Look for “100% whole grain” or “100% whole wheat” on the food label. Whole grains provide more fiber than refined grains to help your kids feel fuller longer so they stay alert in school. Choose whole-grain versions of cereals, breads, pancakes, brown rice, or oats.

Remember to choose lean proteins

Lean protein foods, including chicken, turkey, lean beef and pork, eggs, beans or tofu, are healthy choices for your body. Make seafood your protein choice on your plate twice a week.

Don't forget the low-fat dairy

All children and adults need dairy for the calcium, vitamin D and protein for strong teeth, bones, and muscles. Choose fat-free or low-fat (1%) milk, yogurt and cheeses, which provide the same amount of essential nutrients as whole milk, but with less fat and calories. Soy milk or lactose-free milk can be healthy options for those with lactose intolerance.





Healthy Nutrition as a Family, Continued

Avoid using extra fats

Skip the heavy gravies or sauces that add fat and calories to otherwise healthy choices. Baking, grilling, roasting or steaming instead of frying or sautéing can limit added oils and fats.

Need extra flavor?

Try options like a sprinkling of low-fat parmesan cheese, extra spices or a squeeze of lemon.



Make healthy beverage choices

Sugary beverages are high in sugar and unnecessary calories.

Limit the following to two or less servings per week:

Pop and soda	Chocolate milk
Juice	Kool Aid
Lemonade	Gatorade or Powerade
Sweet tea	Specialty coffees

Encourage plain milk or water instead!

Take your time and enjoy your food

Focus on your food, conversations, and paying attention to how your body is filling up and enjoying your food while eating. Eat slowly and savor your food. Eating too quickly can cause you to overeat. Eat only at the table and while eating limit distractions from TV, tablets and phones.



Family Engagement Conversation Topics

- Tell me something that made you laugh today.
- When were you frustrated today?
- What did you do at recess today?
- What's one thing you want to do better tomorrow?
- What was your favorite food you ate today?
- When were you happiest today?
- When were you bored today?
- Are you currently reading a good book?
- Name something you're thankful for.
- Did you try anything new today?





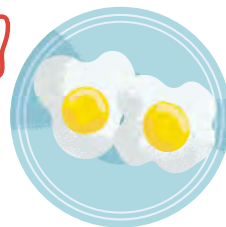
Kid-Friendly Vegetable Ideas

Make your own veggie dip:

1 (17.6 oz) container plain Greek yogurt
1 packet of dry dressing mix
Mix until well combined.
familyfreshmeals.com

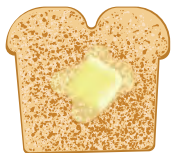
Rainbow Eggs:

Add finely chopped red and green peppers to scrambled eggs. Don't forget to add a little shredded cheese!



Quesadillas with sautéed vegetables:

First, heat a small amount of oil in a skillet on medium heat. Once oil is warm, add chopped peppers, onion, and garlic. Stir often. Cook until vegetables are tender. Transfer veggies to a bowl. Next, using the same skillet, spray with cooking spray and place tortilla in skillet. Sprinkle shredded cheese on tortilla. Next, add a layer of sautéed vegetables. Cook for 1-2 minutes, and then fold tortilla in half and cook for 1-2 more minutes, then flip to other side. Cook for 1-2 minutes or until tortilla is golden brown. Serve with salsa and Greek yogurt.



Avocado Toast:

In a bowl, combine ½ ripened avocado with salt and pepper. Mash until avocado is well combined (can leave some clumps). Spoon mixture onto a slice of whole wheat toast. Top with 2 thin slices of tomatoes.

Smoothies:

Make a fruit smoothie with frozen fruit, yogurt, and milk. Add a big handful of spinach to get some veggies in!





Kid-Friendly Vegetable Ideas, Continued

Prepare Chopped Veggies

Each Sunday, chop up a variety of vegetables that can be used throughout the week for snacks and meals. Keep in a large container in the fridge that is accessible to everyone. Eat vegetables as a snack with hummus or veggie dip.

Try roasting vegetables in the oven

Start by washing and chopping vegetables. Meanwhile, preheat the oven to 425 degrees. Mix chopped vegetables with a small amount of olive oil and lay flat on baking sheet. Sprinkle your favorite seasonings on top and bake for about 20 minutes. Flip vegetables half way through cooking. Optional: Sprinkle shredded cheese on top after baking and cook for another 2-3 minutes.



Sandwich Add On

Add a layer of hummus and cucumbers to your sandwich for a little extra flavor & crunch!



Throw them on the grill!

Some vegetables that work well on the grill are: peppers, onions, zucchini, eggplant, potatoes, & carrots. Some fruits that work well on the grill are: pineapple slices & peach halves





Chapter 2: Family Meals



Eat Meals Together!

Eating as a family can help us:



Do Better in School



Make Healthier Food Choices



Save Money



Family Activity! - List 5 examples of healthy foods from each food group to keep on hand to make meal planning easier.

1

2

3

4

5



Watch the Family Meals Video: <https://youtu.be/TKm8wHHsvvM>





Ready, Set, Goals!

Working together as a family, and with your pediatrician or dietitian, create two goals for how you will work towards eating more meals together as a family. You can also track these goals on the Monthly Goal Tracker provided.

Goal 1

Date Set/Date Accomplished: _____/_____/_____

Goal 2

Date Set/Date Accomplished: _____/_____/_____



Extra, Extra!

For more help with creating balanced meals, check out the resources included in this chapter of the workbook.

Simple Dinner Ideas – Find lots of family-friendly dinner ideas that include three food groups with whole food ingredients.



I'm going to try these healthy meals with my family!

- | | |
|----------|----------|
| 1) _____ | 2) _____ |
| 3) _____ | 4) _____ |
| 5) _____ | 6) _____ |
| 7) _____ | 8) _____ |





Simple Dinner Meals

Work to create meals that contains at least 3 food groups with whole food ingredients

Meals that can be made in 15-30 minutes or less, and use simple, whole food ingredients

Pasta

Whole wheat pasta
Ground turkey
Chopped vegetables
Marinara sauce
Top with mozzarella cheese



Stir Fry

Chicken or chopped tofu
Frozen or fresh chopped vegetables
Instant brown rice
Teriyaki sauce

Homemade Pizza

FlatOut® wrap
Pizza sauce
Shredded cheese
Chopped vegetables
Ground turkey



Tacos & Fajitas

Brown ground beef or slices of chicken breast in a skillet
Add taco seasoning
Add bell pepper & onion strips

Quesadilla

Whole wheat tortilla or FlatOut® wrap
Shredded cheese
Cooked chicken/black beans
Chopped vegetables

Chicken Salad

1/2 cup canned or roasted/rotisserie chicken
Spoonful of plain Greek yogurt or light mayo
1/4 c chopped celery
2 Tbsp shredded mozzarella cheese
Dash of salt and pepper
Whole wheat pita pocket or wheat bread or whole grain crackers
Garnish with romaine lettuce
**You can also use canned tuna, salmon, or chickpeas instead of chicken*



Eggs

Scrambled eggs
Sautéed vegetables
Shredded cheese

Burrito Bowls

Brown rice
Canned black beans
Fajita chicken & veggies
Cheese
Lettuce
Salsa/pico



Fish

Baked tilapia
Wild rice
Oven-roasted broccoli





Simple Dinner Meals, Continued

Crock-Pot Meat & Vegetables

Beef chuck roast
Peeled potatoes, carrots, and onion
Add ½ cup water to pot
Add a dash of garlic powder, basil and oregano for extra flavor
Cook on low for the day (8 hrs).

Crock-Pot Pulled Pork/Chicken

Place pork shoulder or chicken breast with seasonings in crock-pot.
Cook on low for the day (8hrs) and add BBQ Sauce when ready to serve.
Serve with a whole grain bun and vegetables.

Even in a pinch there's options for healthy dinner options that take only 5 minutes

Sandwich

Deli meat
Slice of cheese
Romaine lettuce
Mustard
Serve with apple slices



Homemade Lunchables

Whole grain crackers (Triscuits)
Slice of cheese
Ham/turkey deli meat
Serve with sliced vegetables and Greek yogurt dip OR hummus

Salad

Bagged lettuce
Vegetables (chopped ahead of time)
Rotisserie chicken
Light Italian dressing
Shredded cheese
Sunflower seeds



Stock Up Food Items

For the Freezer...

- Meat – Chicken Breast, Lean Ground Beef or Turkey, Pork Loin
- Cheese – Mozzarella & Cheddar (can buy already shredded)
- Bread – Loaf, Hamburger Buns, English Muffins, Bagels, etc.
- Whole wheat tortilla shells
- Frozen steamable (microwave) vegetables
- Frozen berries

For the Fridge...

- Eggs
- Vegetables with your favorite dip (hummus, greek yogurt, etc.)
- Fruit

For the Pantry...

- Whole grain pasta noodles
- Pasta sauce (Low fat: Marinara, Alfredo, Pesto, etc.)
- Taco & Fajita Seasonings
- Canned beans (black beans, garbanzo beans)
- Canned tuna in water
- Canned vegetables (low sodium)



One Pot Chicken, Veggie, and Pasta Dish

Ingredients:

- 1 pound boneless, skinless chicken breasts (cut into bite-sized pieces)*
- 8 ounces whole wheat penne pasta
- 3 cups chicken stock, divided
- ¾ cup Greek yogurt
- 3 cups chopped broccoli florets (one large head should yield about this amount)
- 1 (7 oz.) jar sun-dried tomatoes, drained & chopped (next to minced garlic in produce section at most stores)
- 1/3 cup grated parmesan cheese
- Salt and pepper, to taste



Directions:

1. After you have cut your chicken into bite-sized pieces, season it with salt and pepper.
2. In a large stock pot, add the chicken, 2 cups of the chicken stock, and pasta.
3. Bring to a boil and boil for 7-8 minutes, stirring frequently.
4. Add the chopped broccoli, the remaining 1 cup of stock, and the yogurt. Stir well.
5. Continue to boil, stirring frequently, for an additional 7-9 minutes, until the pasta & chicken are cooked.
6. Stir in the sun dried tomatoes and parmesan cheese. Add salt and pepper as needed.

**Make this a healthy vegetarian option by substituting 12 oz cubed tofu instead of chicken*

Soft Tacos Recipe

Ingredients:

- 1/4 cup plus 3 Tbsp fresh lime juice
- 4 garlic cloves, minced
- 1 Tbsp chopped fresh cilantro, plus additional for garnish
- 1 tsp ground cumin
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 lb boneless, skinless chicken breasts*
- 1 large mango, peeled and diced
- 1 avocado, pitted, peeled and diced
- 1 medium tomato, chopped
- 1 red onion, chopped
- 2 Tbsp chopped bell pepper, optional
- 8 (6-inch) corn tortillas, warmed
- 1/4 cup grated Cheddar cheese



Directions:

1. In a resealable plastic bag, combine 1/4 cup of the lime juice, garlic, cilantro, cumin, salt, black pepper and chicken. Marinate in refrigerator for 8 hours or overnight. If making meatless, substitute black beans and don't worry about marinating overnight.
2. In a bowl, combine the mango, avocado, tomato, onion, bell pepper (if using) and the remaining 3 tablespoons of lime juice. Toss gently to combine. Set aside.
3. Preheat grill to medium-high heat. Grill chicken until cooked through and lightly charred, about 5 to 7 minutes per side. Let chicken rest for 5 minutes and then slice into strips. Or heat beans on stovetop.
4. Arrange chicken or beans in tortillas and top with mango salsa, grated cheddar cheese and additional chopped cilantro, if desired.

**Could also substitute rotisserie chicken to decrease prep time, or make this a healthy vegetarian option by substituting 1 can of pinto or black beans (drained) instead of chicken*

Quick Stir-Fry Recipe

Ingredients:

- 1 cup reduced-sodium chicken or vegetable broth
- 1 ½ Tbsp fresh lemon juice
- 1 Tbsp soy sauce
- 1 clove garlic, minced
- 2 tsp cornstarch
- 1 Tbsp olive oil or canola oil
- 2 boneless, skinless chicken breasts (4 oz each), cut into strips*
- 1 cup broccoli florets
- ½ large red bell pepper, cut into 1-inch strips
- ½ large yellow bell pepper, cut into 1-inch strips
- 1 yellow onion, sliced
- Black pepper to taste
- 2 cups cooked brown rice



Directions:

1. In a small bowl, whisk together broth, lemon juice, soy sauce, garlic and cornstarch.
2. Heat oil in skillet over medium-high heat until hot. Add chicken strips or tofu and sauté, stirring, for 3 minutes, or until browned.
3. Add broccoli, bell peppers, and onion and sauté, stirring, for 3 to 4 minutes, or until onion is softened.
4. Stir in broth mixture and cook, stirring occasionally, for about 3 minutes, or until sauce thickens. Serve over brown rice.

**Make this a healthy vegetarian option by substituting 12 oz cubed tofu instead of chicken.*

Black Bean and Cheese Quesadilla

Ingredients:

- 1 can low sodium black beans (drained and rinsed)*
- Reduced-fat shredded cheddar cheese
- 8" whole wheat tortilla
- Cooking spray
- Salsa



Directions:

1. Heat a skillet over medium heat. Spray with cooking spray.
2. Once skillet is warm, place one whole tortilla on skillet. Sprinkle a thin layer of shredded cheese on top.
3. Next, sprinkle a layer of black beans over half of the cheese.
4. Cook for 1-2 minutes until cheese is slightly melted.
5. Flip the tortilla in half (flip the cheese side on top of the bean and cheese side). Cook until tortilla is golden brown on the bottom. Flip and cook on the other side until that side is also golden brown.
6. Cut into triangles and serve with salsa.

**Could substitute rotisserie chicken for black beans*





Chapter 3: Energy Balance and Portion Size



Be Balanced!

Make everyday a quality food day by saying yes to whole foods.

Keep your energy balance in check by:



Eating smaller portions



Choosing healthier foods



Drinking more water



Increasing your physical activity



Decreasing your screen time



Family Activity! - “Go!” Foods

Think about the foods and drinks that you and your family typically have. Below the icons, list some of your favorite “go” foods from each of these groups: grains, fruit, vegetables, protein, dairy, snacks, fats/condiments, and beverages. Next time you need an idea for a healthy meal or snack, refer back to this page!



Watch the Energy Balance & Portion Size Video: <https://youtu.be/9H5994pXRkE>





Ready, Set, Goals!

Working together as a family, and with your pediatrician or dietitian, create two goals for how you will work towards eating correct portion sizes and staying active as a family. You can also track these goals on the Monthly Goal Tracker provided.

Goal 1

Date Set/Date Accomplished: _____/_____/_____

Goal 2

Date Set/Date Accomplished: _____/_____/_____



Extra, Extra!

For more help with understanding energy balance and portion sizes, check out the resources included in this chapter of the workbook.


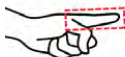






















Serving Size Charts – Use these charts to help find the right portion size of various foods.

Go, Slow, Whoa Foods – Use the stop light diet to understand “go” (eat anytime), “slow” (eat sometimes), and “whoa” (eat once in a while) foods.



Serving Size Chart for Ages 3 – 5








Use your child's hands to help choose their appropriate serving sizes of foods.

Food		Symbol	Comparison	Serving Size	Total Daily Servings
Dairy: Milk, Yogurt, Cheese					
Cheese (string cheese)			Pointer finger	1 ounces	3 – 4 servings (1 ½ – 2 cups of dairy)
Milk and yogurt			One fist	½ – ¾ cup (4 – 6 oz)	
Vegetables					
Cooked or raw vegetables			One fist	¼ – ½ cup	2 – 3 servings (1 cup of vegetables)
Salad			Two fists	1 cup	
Fruit					
Apple			One fist	½ of a medium piece fruit	2 servings (1 cup of fruit)
Fresh or canned fruit			One fist	¼ cup	
Grains: Cereal, Pasta, Rice, Bread					
Dry cereal			One fist	½ cup	2 – 4 servings (2 – 3 oz of grains)
Noodles, rice, oatmeal			One handful	⅓ cup	
Whole-wheat bread			Flat hand	½ - 1 slice	
Protein: Meat, Eggs, Nuts, Beans					
Meat			Palm	1 ounce (2 tablespoons)	2 – 3 servings (3 – 4 tablespoons of protein)
Peanut butter			Thumb	1 tablespoon	
Beans			One handful	¼ cup	



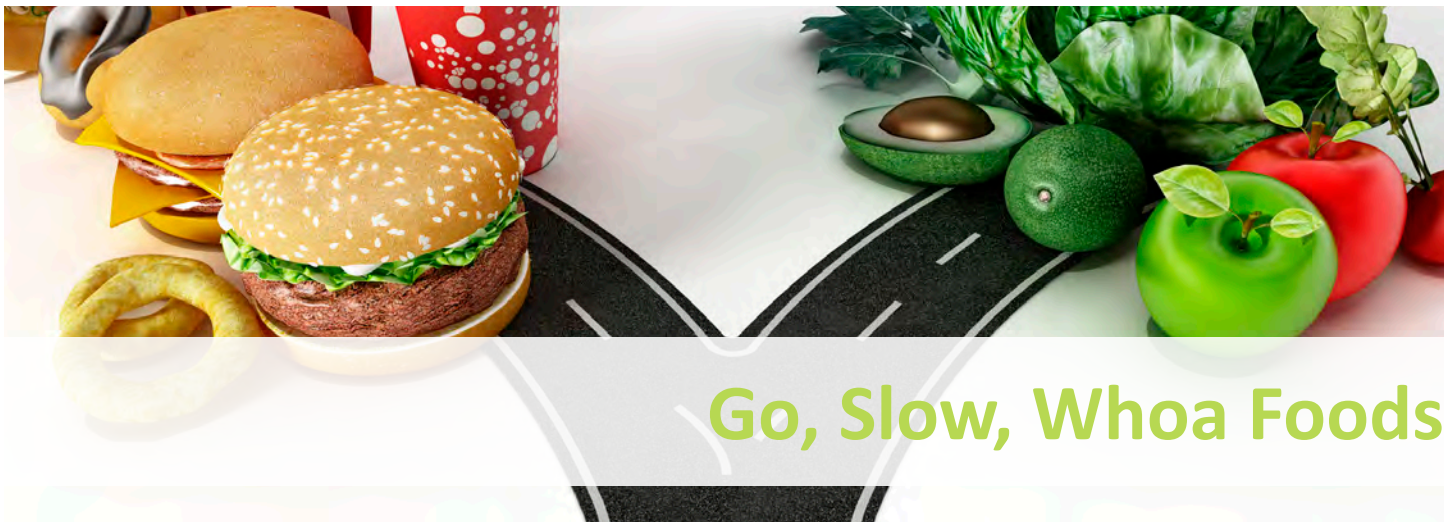
Serving Size Chart for Ages 6 and Older

Use your child's hands to help choose their appropriate serving sizes of foods.

Food		Symbol	Comparison	Serving Size
Dairy: Milk, Yogurt, Cheese				
Cheese (string cheese)			Pointer finger	1½ ounces
Milk and yogurt			One fist	1 cup
Vegetables				
Cooked or raw vegetables			One fist	1 cup
Salad			Two fists	2 cups
Fruit				
Apple			One fist	1 medium piece of fruit
Fresh or canned fruit			One fist	1 cup
Grains: Cereal, Pasta, Rice, Bread				
Dry cereal			One fist	1 cup
Noodles, rice, oatmeal			One handful	½ cup
Whole-wheat bread			Flat hand	1 slice
Protein: Meat, Eggs, Nuts, Beans				
Meat			Palm	3 ounces
Peanut butter			Thumb	1 tablespoon
Beans			One handful	½ cup

Created by: Jill Rolfson, MS, RD, LMNT





Go, Slow, Whoa Foods

GO

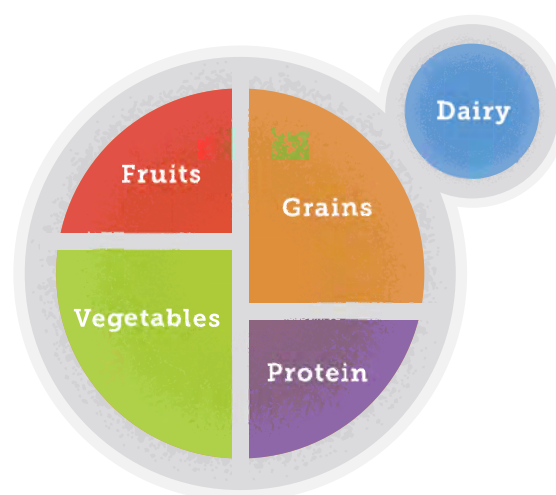
GO Foods (Anytime) are needed for a healthy diet. These foods are rich in nutrients and also tend to be lowest in fat, sugar, and calories. Try to fill your plate with these foods most often. ***Portion control is still necessary with these foods to be part of a healthy eating plan.***

SLOW

SLOW Foods (Sometimes) provide nutrients our bodies need, but are typically more processed and often contain more fat, sugar, and/or calories than GO foods. ***Try to eat more GO foods than SLOW foods. Ideally, limit to 1-2 SLOW foods/day.***

WHOA

WHOA Foods (Once In a While) have more fat, sugar, and calories than GO and SLOW foods. These foods typically aren't as rich in nutrients and should be limited to occasional treats instead of every day foods. ***Limit these foods to no more than 2-3 times per week.***



*Discuss with a Registered Dietitian the daily servings of each food group you should be eating.

Source: National Heart, Lung, and Blood Institute; National Institutes of Health; U.S. Department of Health and Human Services.

Go, Slow, Whoa Foods, Continued

Grains



Portion Size

- 1 slice bread
- ½ cup cooked cereal, rice, pasta
- 1 cup ready-to-eat cereal
- ½ English muffin
- 1 mini bagel
- Small handful of crackers (check label)
- 1 small (6") tortilla

GO

- Whole wheat bread
- Brown rice/wild rice
- Whole wheat pasta
- Whole wheat or corn tortillas
- Old fashioned oats
- Steel cut oats
- Quinoa
- Whole wheat English muffin
- Whole wheat mini bagel
- Air popped popcorn
- Whole grain crackers
(≥ 3 g fiber/serving)
- Unsweetened whole grain breakfast cereals
(≥ 3 g fiber)
(Ex: Cheerios)

SLOW

- White bread
- White rice
- White pasta
- Hard taco shell
- Instant oatmeal
- Crackers made with refined white flour
- Baked chips
- Light microwave popcorn
- Breakfast biscuits
- Cornbread
- Sweetened whole grain breakfast cereals
(≥ 3 g fiber)

WHOA

- Cookies
- Chips
- Veggie straws
- Doughnuts
- Muffins
- Macaroni and cheese
- Ramen noodles
- Frozen pizza
- Pastries
- Muffins
- Pop-Tarts®
- Breadsticks
- Biscuits
- Croissants
- Pancakes
- Waffles
- French toast
- Toaster Strudel™
- Sweetened breakfast cereals
(< 3 g fiber)
- Microwave popcorn
- Fried rice
- Boxed meals



Go, Slow, Whoa Foods, Continued

Fruit



Portion Size

- 1 medium-sized banana
- 1 small apple (size of baseball)
- 1 large orange (size of softball)
- 2 clementines (cuties)
- 1 cup applesauce
- 1 cup berries, grapes, or sliced fruits

GO

- All fresh fruit
- All frozen fruit
- All fruit canned in juice

SLOW

- 100% fruit juice
- *No more than 4-6 oz/day
- Unsweetened applesauce
- Canned fruit in light syrup
- Dried fruit
- Avocado

WHOA

- Canned fruits in syrup
- Applesauce with added sugar
- Dates
- Desserts made with fruit

Vegetables



Portion Size

- 1 cup raw or cooked vegetables
- 2 cups raw leafy greens (lettuce, spinach, kale)
- 1 cup cooked leafy greens (lettuce, spinach, kale)

GO

- All fresh, frozen, or canned vegetables without added fat and sauces, and prepared raw, steamed, or baked/grilled with very small amount of oil

SLOW

- All vegetables with added fat and sauces
- Corn
- Potatoes

WHOA

- All fried vegetables such as French fries or hashbrowns

*Discuss with a Registered Dietitian the daily servings of each food group you should be eating.



Go, Slow, Whoa Foods, Continued

Protein



Portion Size

- 1 oz cooked meat, poultry, or fish
- 1 egg
- 1 Tablespoon peanut butter
- ½ ounce of nuts (12 almonds, 24 pistachios, 7 walnut halves)
- ¼ cup cooked beans
- ¼ cup (2 oz) tofu
- 2 Tablespoons hummus

GO

- Extra lean ground beef (90-93% lean)
- Chicken and turkey without skin (baked or grilled)
- Ground turkey
- Tuna (canned in water)
- Fish and shellfish
- Eggs
- Hummus
- Nuts/seeds
- *Be mindful of portion
- Tofu
- Beans
- Soybeans (edamame)

SLOW

- Lean ground beef (80-85% lean)
- Chicken and turkey with skin (baked or grilled)
- Turkey, chicken, and ham deli meat
- Ham
- Canadian bacon
- Turkey bacon/pepperoni
- Baked beans
- Beef tenderloin
- Pork tenderloin
- Tuna or chicken salad with low-fat mayo
- Baked chicken nuggets

WHOA

- Ground beef (50-73% lean)
- Fried chicken and turkey
- Hot dogs
- Pepperoni
- Sausage
- Bacon
- Bologna
- Fried fish
- Fried chicken nuggets
- Spam
- Tuna (canned in oil)
- Tuna or chicken salad with regular mayo
- Untrimmed beef and pork



Go, Slow, Whoa Foods, Continued

Dairy



Portion Size

- 1 cup (8 oz) milk
- 1 cup (8 oz) yogurt
- 1 ½ oz cheese
- 2 slices of cheese
- 1/3 cup shredded cheese
- 1 cup cottage cheese
- 1 cup pudding made with milk
- 1 cup frozen yogurt

GO

- Fat-free or 1% milk
- Fat-free or low-fat yogurt (no sugar added)
- Fat-free or low-fat flavored Greek yogurt
- Fat-free or low-fat cheese
- Fat-free or low-fat cottage cheese

SLOW

- 2% milk
- Skim or 1% chocolate milk
- Fat-free or low-fat flavored yogurt
- Reduced-fat (2%) cheese
- Reduced-fat (2%) cottage cheese
- Low fat pudding
- Low fat frozen yogurt
- Light sour cream

WHOA

- Whole milk
- 2% or whole chocolate milk
- Ice cream
- Full fat yogurt
- Full fat cottage cheese
- Regular cheese
- American cheese
- Processed cheese spread
- Cream cheese
- Sour cream



Go, Slow, Whoa Foods, Continued

Snacks

Can be eaten between meals. In most cases, snacks should be limited to no more than two per day. Be sure to be mindful of portions of snacks.



GO

- Vegetables
- Fruit
- Low-fat string cheese
- Low-fat cottage cheese
- Low-fat Greek yogurt
- Edamame (soybeans)
- Air popped popcorn
- Nuts/seeds (limit portion)
- Hummus
- Whole grain crackers (at least 3 g fiber)
- Unsweetened whole grain cereal (at least 3 g fiber)

SLOW

- Hard-boiled egg
- Turkey/chicken deli meat
- Light microwave popcorn or popcorn cooked in small amount of vegetable oil
- Crackers made with refined white flour (Goldfish®/Cheez-It®)
- Baked chips
- Pretzels
- Low-fat flavored yogurt
- Granola bar (at least 3 g fiber)

WHOA

- Microwave popcorn
- Chips
- Tortilla chips
- Veggie straws
- Granola bar
- Go-GURT®
- Cookies
- Desserts (cake, brownie ice cream, frozen yogurt, popsicles, etc)
- Jell-O®
- Candy
- Chocolate



Go, Slow, Whoa Foods, Continued

Fats/Condiments

Should be used in moderation. It's important to watch portions of fats and also choose healthier, plant-based fats such as olive oil or canola oil over butter.



GO

- Vinegar
- Mustard
- Salsa
- Lemon juice
- Lime juice
- Soy sauce
- Cooking spray
- Pickles

SLOW

- Olive oil
- Vegetable oil
- Avocado/guacamole
- Ketchup
- BBQ sauce
- Low-fat mayonnaise
- Honey mustard
- Light salad dressing
- Light ranch dressing
- Teriyaki sauce

WHOA

- Butter
- Margarine
- Coconut & palm oils
- Sour cream
- Cream cheese
- Salad dressing
- Ranch dressing
- Mayonnaise
- Gravy
- Whipped cream
- Honey
- Jam/jelly
- Syrup



Go, Slow, Whoa Foods, Continued

Beverages

Focus on drinking plenty of water throughout the day. Sugar-free and zero-calorie beverages can be used occasionally while transitioning to drinking mostly water.



GO

- Water
- Skim or 1% milk
- Unsweet tea

SLOW

- 2% milk
- Skim or 1% chocolate milk
- 100% fruit juice
- *No more than 4-6 oz/day
- Diet soda
- Sugar free beverages

WHOA

- Whole milk
- 2% or whole chocolate milk
- Regular soda
- Fruit drinks with less than 100% juice
- Capri Sun®
- Gatorade® or Powerade®
- Lemonade
- Sweet tea
- Frappuccinos
- Slushies
- Energy drinks*
- *Should not be consumed by children or adolescents





Chapter 4: Food Labels



What's in a label?

Serving size

Calories: Aim for <200 for snacks and <500 for meals

Dietary fiber: 3g or more is great!

Sugars: Keep added sugars <24g/day

Fats: Minimize saturated fats and just say no to trans fats!

Sodium: Aim for products with <100-200 mg

The fewer the ingredients, the better!

Nutrition Facts

Servings Per Container	
Serving Size	
Calories	
	% Daily Value
Total Fat	
Saturated Fat	
Trans Fat	
Cholesterol	
Sodium	
Total Carbohydrates	
Dietary Fiber	
Total Sugars	
Added Sugars	
Protein	



Family Activity! - Examine Nutrition Labels

Look at the labels on some of the foods and beverages that you have at home in your pantry and refrigerator. Example might include a carton of milk or juice; a box of cereal, crackers, or cookies; lunchmeat; or a salad dressing or condiment. Fill in the key nutrition facts using the sample label provided above.

Grab a three packaged food items and read the labels. Are these foods and beverages healthy choices?

Name of Food/Beverage: _____

Is this food or beverage a healthy choice? _____

Why or why not? _____



Watch the Food Labels Video: <https://youtu.be/c0TVAjp13Wg>





Ready, Set, Goals!

Working together as a family, and with your pediatrician or dietitian, create two goals for how you will work towards reading food labels together as a family. You can also track these goals on the Monthly Goal Tracker provided.

Goal 1

Date Set/Date Accomplished: _____/_____/_____

Goal 2

Date Set/Date Accomplished: _____/_____/_____



Extra, Extra!

For more help with understanding food labels, check out the resource included in this chapter of the workbook.

Using the Nutrition Facts Label – Refer to this handout to learn more about the parts of a nutrition facts label, including serving size, calories, fats, sodium, fiber, and sugars.



Using the Nutrition Facts Label

Serving sizes suggested on the food label is often not the portion we eat. In this label, the serving size is 1 1/2 cups.

Servings per container show the total number of servings in the entire food container. There is often more than a single serving in one container. In this label, there are 4 servings per container.

Calories are what provide energy for our body from the foods we eat. Choose snacks with less than 200 calories and meals with less than 500 calories. In this label there are 240 calories per serving.

Fat is necessary for our body to do its jobs, but some fats are less healthy than others. Saturated fats, found in meat, nuts and dairy, can be eaten in reasonable amounts. Trans fats, found in processed foods and hydrogenated oils, should be avoided completely because they heavily contribute to the risk for heart disease. Aim to eat less than 13 grams of saturated fat and 0 grams of trans fat daily. Monounsaturated and polyunsaturated fats are more heart healthy and can be found in avocados, vegetable oils and nuts. In this label, there is 4g total fat, 1.5g saturated fat, and 0g trans fat.

Sodium is much higher in processed foods than less processed versions of those foods. Too much salt in our diet can increase our risk for cardiovascular disease and high blood pressure. Choose foods with less than 100-200 mg of sodium. This example is higher in sodium (430mg).

Nutrients or % Daily Value tell us the amount of a vitamin or mineral in one serving of the food. Vegetables, fruits, low fat dairy, lean protein, and whole grains are a good place to start choosing foods with healthy nutrients.

Fiber helps maintain intestinal health, stabilizes blood glucose levels and delays the return of hunger. Choose foods with at least 3 grams of fiber to help you feel fuller and satisfied longer. How much fiber is in this example? 7g of dietary fiber is a great choice!

Sugars can be natural or added to foods. Studies have linked added sugars to conditions that lead to cardiovascular disease, obesity, diabetes, high blood pressure and unhealthy cholesterol levels. Added sugars are not natural sugars like fructose in fresh fruits or lactose in plain dairy products. Added sugar can be found in sugar sweetened beverages, including pop, juice, sports drinks, sweetened yogurts, fruits canned in syrup, desserts and ice cream. Our goal is to eat less than 24 grams of added sugar per day. Choose foods with less than 8 grams of added sugar per serving. How much added sugar is in this example? Only 2g - that's a great choice!

Nutrition Facts

4 servings per container
Serving size 1 1/2 cup (208g)

Amount per serving
Calories 240

	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients in a food product can help you assess the nutrition quality of that food. Generally speaking, the fewer ingredients the better. Make sure the ingredients are things you recognize and can pronounce. The food ingredients are listed from most prevalent to least prevalent in the food product





Chapter 5: Sugary Beverages and Eating Out



Limit Added Sugar!

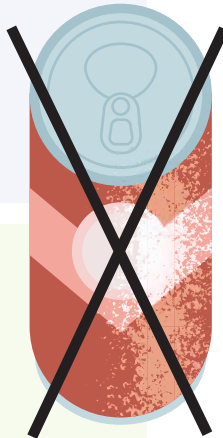
Limiting added sugar and making nutritious choices when dining out are part of maintaining a healthy lifestyle.

To avoid added sugar:

- Make water your number one beverage.
- Choose whole fruits instead of fruit juice.
- Keep soda out of the house.

To make healthier choices when dining out:

- Choose lower fat or lower calorie options.
- Share a meal with someone else.
- Ask for condiments on the side.



Family Activity! - Rethinking Menu Choices

Think about your favorite places to eat out together as a family. Look at the menus for two of those restaurants – many times you can find these online! – and identify a healthier option than what you would typically choose. Next time you visit, try the healthier option.

Restaurant

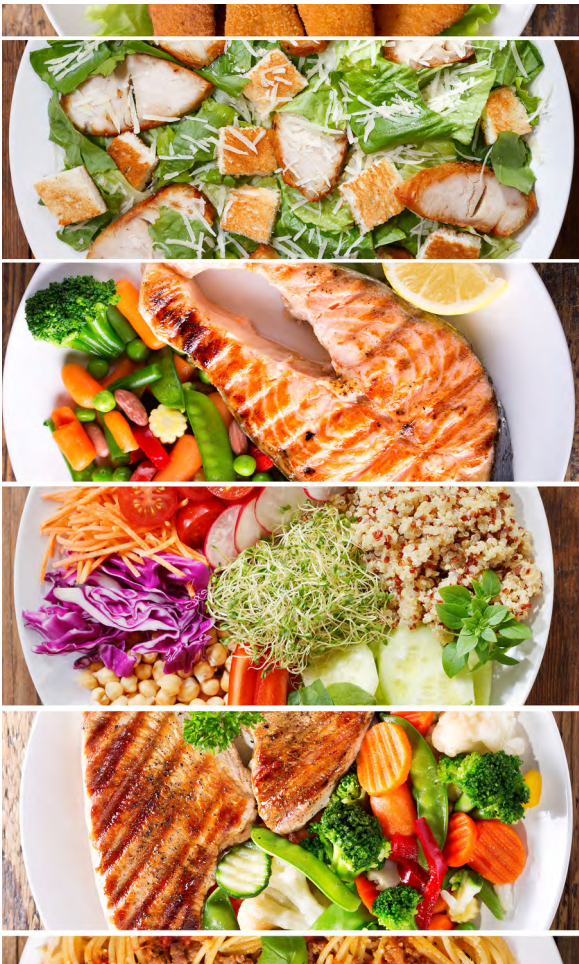
What I Usually Order

What I'll Try Next Time



Watch the Sugary Beverages Video: <https://youtu.be/17HsSUCRZ8Y>





Ready, Set, Goals!

Working together as a family, and with your pediatrician or dietitian, create two goals for how you will work towards drinking fewer sugary beverages and making smarter choices when eating away from home. You can also track these goals on the Monthly Goal Tracker provided.

Goal 1

Date Set/Date Accomplished: _____/_____

Goal 2

Date Set/Date Accomplished: _____/_____



Extra, Extra!

For more help with choosing healthy beverages, and eating healthy foods away from home, check out the resources included in this chapter of the workbook.

Making Healthier Choices When Eating Away from Home – Use this as a guide for how to make better choices when you eat out.

Sugary Beverages – Refer to this handout for drink options other than sugary beverages.





Making Healthy Choices When Eating Away from Home



Meal plan every week to limit the number of times you eat away from home.

Choose your weekly dinner.

Create a grocery list.

Prepare meals on less busy days and eat leftovers or simple meals other nights.

Chop or prepare foods on the weekends to make weekday dinners less time consuming.

Prepare grilled chicken breasts or a casserole that can be frozen in individual or family sized servings to be reheated for a quick, healthy entrée on a busy evening.



Compare the calorie contents.

Choose meals with less than 500 calories and avoid meals with greater than 750 calories.

Save calories at meals by choosing the apple slices instead of the French fries or skipping the sugary beverage and choosing plain milk or water instead.



Share or split a meal.

Encourage two children to share an adult-size meal or before starting to eat, package up half the meal to take home for the next day. You can also order a smaller portion or child-size.



Fill your plate with vegetables and fruits.

Even when we're on the go, vegetables and fruits are still the healthiest and most important part of a meal.

Side salads, steamed vegetables, baked potato or fruit cup are all great choices.

Never be afraid to ask if substitutions can be made to add a vegetable or fruit to your meal.



Choose a healthy side when eating a less healthy entrée.

If your child chooses a less healthy entrée like a cheeseburger or fried chicken nuggets, skip the fries and choose apple slices, yogurt or side salad instead.

If your child wants a side of fries, then helps them choose a healthier entrée like grilled chicken nuggets or small turkey and veggie sandwich.



Rethink your drink.

Sugary beverages, including pop, juice, sweet tea, slushies and shakes, can add 100 – 450 calories to a meal. Encourage water, plain milk or unsweet tea as beverage options.





Making Healthy Choices When Eating Away from Home, Continued



Choose grilled or steamed foods rather than fried.

Choosing grilled chicken on a salad or pasta rather than crispy fried chicken, or choosing steamed vegetables rather than fried French fries can reduce calories and improve nutrition quality of the foods you eat.



Opt for whole grain options.

Whole grains contain fiber, which can help you feel more full and satisfied.

Choose whole wheat breads or buns, whole grain pastas, brown rice or quinoa.



Request dressings or condiments be left off or put on the side.

Extra sauces can add many extra calories. Too much salad dressing can take a healthy lettuce salad and make it a less healthy option.

Limit use of any sauce to 1 tablespoon or the size of your thumb.



Plan for healthy meals before eating out.

Think about your food choices for the entire day. If you're planning a special restaurant meal for dinner, be sure to have a light breakfast and lunch.



Skip the buffet or all you can eat.

Unlimited foods often lead to overeating. If you do choose the buffet, fill up on salad or vegetables first. Use small plates and limit only two trips to the buffet line.



Pack healthy sides or snacks for longer road trips.

If you know you will be eating on the go, pack healthy finger foods containing protein and fiber to pair with a small restaurant entrée or eat a healthy snack between meals. Try packing sliced vegetables, fruit, string cheese or unsalted nuts.



Limiting Sugary Beverages and Choosing Healthier Options

Sugary beverages are high in sugar and unnecessary calories. Limit all pop, chocolate milk, juices, sports drinks, lemonade, sweet tea and specialty coffee. The average adult and child intakes over 400 calories a day from sugary beverages, which can lead to unnecessary weight gain.

Encourage water or plain milk instead. Water is essential for every system of our bodies to do the jobs it needs to do. Sugary beverages don't nourish or hydrate our body in the same way. Most children and teens should drink 6 – 8 cups of water and 2 – 3 cups of milk daily. If the child is exercising or in hot weather, more water may be needed.

Sport drinks should only be consumed if the child exercised for over 1 hour with profuse sweating. Our bodies naturally can replenish our electrolytes after normal exercise and sports activities. Encourage water and a small healthy snack after exercising instead of sports drinks.

Diet or sugar-free beverages still can create a taste preference to crave other sweet foods and beverages. Even though they may not contain "calories," research still doesn't know exactly how artificial sweeteners react in our bodies or how they affect our weight or overall health. It's recommended to limit to 3 or less diet or sugar-free beverages per week.

Make healthy beverages available in your home. Have cold water bottles available throughout your day, remember to always stock your fridge with low-fat white milk, and make a pitcher of infused water with citrus fruits as healthy, more flavorful water at mealtimes. Work as a family to make healthier beverage choices. Your goal should be to limit to 2 or less sugary beverages per week.

Rethink Your Drink!



12 oz. pop
40 grams or
10 tsp of sugar



8 oz. juice
25 grams or
6 tsp of sugar



20 oz. sports drink
35 grams or
9 tsp of sugar



8 oz. chocolate milk
23 grams or
5 ½ tsp of sugar



Chapter 6: Smarter Breakfasts and Snacks



Start Your Day the Healthy Way!



Starting our day with a healthy breakfast can help us:

- Have more energy
- Concentrate better
- Get better grades
- Maintain a healthy weight
- Have better nutrition overall

Snacks with protein and fiber can help tide us over between meals.



Family Activity! - *Build a Nutritious Breakfast*

Put together a nutritious breakfast on each of the three plates below – you can either draw the foods or write them in! Each breakfast should include both protein and fiber to help you feel fuller longer.



Watch the Smarter Breakfasts & Snacks Video <https://youtu.be/BFq4uchix5U>





Ready, Set, Goals!

Working together as a family, and with your pediatrician or dietitian, create two goals for how you will eat healthier breakfasts and snacks. You can also track these goals on the Monthly Goal Tracker provided.

Goal 1

Date Set/Date Accomplished: _____/_____/_____

Goal 2

Date Set/Date Accomplished: _____/_____/_____



Extra, Extra!

For more help with choosing healthy breakfasts and snacks, check out the resources included in this chapter of the workbook.

Healthy Breakfast Ideas – Use this handout for a list of, and recipes for, healthy breakfasts, both savory and sweet!

Healthy Snack Ideas – Check out this list for plenty of snack ideas under 100 and under 200 calories.



A healthy snack that I will try next time I am hungry in between meals is:





Healthy Breakfast Ideas

- Whole wheat toast with 1 Tbsp peanut butter + 1 tsp honey
- Light Greek yogurt + fruit + 1 Tbsp granola
- Instant oats + milled flax seed + cinnamon + brown sugar + blueberries
- KIND® Bar + glass of skim/1% milk
- Scrambled eggs + chopped veggies + ½ whole wheat English muffin
- Whole wheat toast + ¼ smashed avocado + tomato slice
- Skim/1% milk + carnation instant breakfast
- Apple OR ½ whole wheat bagel + 1 Tbsp peanut butter
- Low-fat cottage cheese + fruit
- Whole wheat English muffin (toasted) + fried egg + shredded cheese
- Banana roll up – Flat-out® wrap + peanut butter + honey + ½ banana (cut into slices)
- Fresh fruit smoothie made with ¾ cup milk, ¼ cup Greek yogurt, & ½ cup frozen berries



**When looking for breakfast cereals or granola bars, choose cereals that have at least 3 g fiber/serving and <8 g sugar/serving.
Limit cereal to ¾-1 cup; add sliced fruit and top with skim/1% milk.
Example: Kashi 7 Whole Grains Flakes®*

**When looking for bread, choose bread that has at least 3 g fiber/serving*

Raspberry Vanilla Refrigerator Oatmeal

Ingredients:

- 1/4 cup uncooked old fashioned rolled oats
- 1/3 cup skim milk
- 1/4 cup low-fat vanilla Greek yogurt
- 1-1/2 teaspoons dried chia seeds
- 1/4 teaspoon vanilla extract
- 1 tablespoon raspberry jam, preserves, or spread
- 1/4 to 1/3 cup raspberries (cut each berry in half), or enough to fill jar



Directions:

In a half pint (1 cup) jar, add oats, milk, yogurt, chia seeds, vanilla, and raspberry jam. Put lid on jar and shake until well combined. Remove lid, add raspberries and stir until mixed throughout. Return lid to jar and refrigerate overnight or as long as 2-3 days. Eat chilled.

Nutritional Info: 230 calories, 4g fat, 51g carbs, 11g protein, 8g fiber

For more overnight oat recipes check out <http://www.theyummylife.com/recipes/224>.

No Bake Energy Bites

Ingredients:

- 1 cup (dry) oats or old-fashioned oats
- 1/2 cup peanut butter
- 1/2 cup ground flax seed
- 1/2 cup chocolate chips (optional)
- 1/3 cup honey
- 1 tablespoon chia seeds (optional)
- 1 teaspoon vanilla extract



Directions:

1. Stir all ingredients together in a medium bowl until thoroughly mixed. Cover and let chill in the refrigerator for half an hour.
 2. Once chilled, roll into balls of whatever size you would like, or about 1" in diameter. Store in an airtight container and keep refrigerated for up to 1 week.
 3. Makes about 20-25 balls.
 4. Limit to 2-3 energy bites/serving. Serve with a glass of milk.
- *Can be frozen and stored in freezer for several months.

Nutrition Info (1 energy bite): 100 calories, 5.7 g fat, 11 g carbs, 2.4 g protein, 2 g fiber



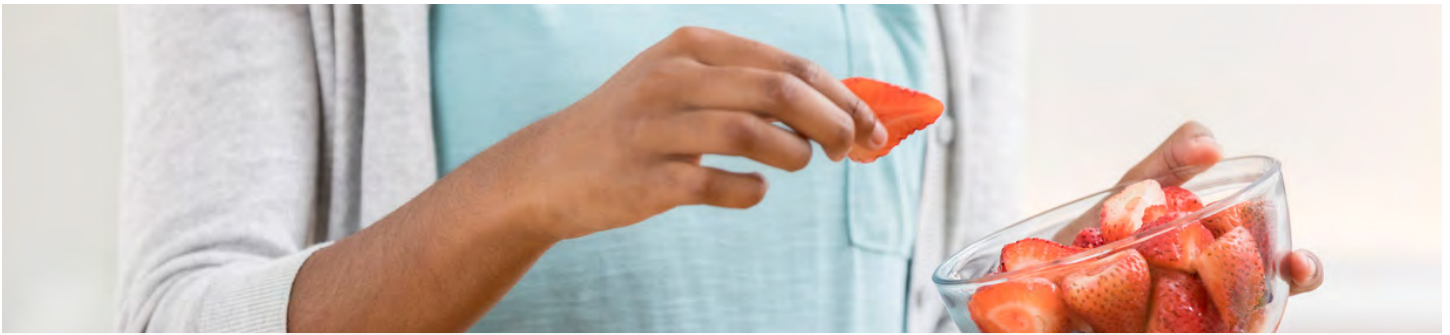
Healthy Snack Ideas

Healthy Snacks Under 100 Calories:

- 1 small apple (cut into slices; sprinkled with cinnamon)
- 1 small banana
- 1 cup strawberries
- 1 cup grapes
- Fruit cup (packed in juice)
- 1 cup vegetables + 2 Tbsp veggie dip or hummus
- String cheese
- 4 slices deli meat
- 3 cups air-popped popcorn
- ½ cup low-fat cottage cheese
- ½ cup edamame pods
- 1 hard-boiled egg
- 1 cup skim milk

Healthy Snacks Under 200 Calories:

- ½ cup light vanilla Greek yogurt with ¼ cup fruit
- ½ banana with 1 Tbsp peanut butter
- ½ English muffin with 1 Tbsp peanut butter
- 2 Tbsp almonds, cashews, or peanuts
- 1 cup celery/carrots with 1 Tbsp peanut butter
- ¼ cup trail mix
- 1 small apple + 2 Tbsp Greek yogurt fruit dip
- Fruit smoothie made with ½ cup light Greek yogurt, ½ cup skim milk, and ¼ cup frozen berries
- Ants on a log: celery topped with 1 Tbsp peanut butter and raisins/chocolate chips
- 6 whole grain crackers + string cheese
- ½ cup low-fat cottage cheese with ½ cup chopped fruit
- 4 slices deli meat + 1 string cheese
- ½ cup pretzels + 2 Tbsp hummus
- ½ apple + 1 string cheese



Chapter 7: Mindful Eating



Be Mindful. Be Aware.

- Slow down!
- Listen to your hunger and fullness cues.
- Check yourself! Ask, "Am I eating because I am hungry, or for another reason?"



"Take time to enjoy
your food every time
you eat."



Family Activity! - Avoid Mindless Eating

Sometimes we eat when we are feeling bored, stressed, or tired. Work together to come up with other activities you could do as family when you feel these things to avoid mindless eating.

When I'm feeling bored, I can:

1

2

When I'm feeling stressed, I can:

1

2

When I'm feeling tired, I can:

1

2



Watch the Mindful Eating Video: <https://youtu.be/Z9jLXKJKTu0>





Ready, Set, Goals!

Working together as a family, and with your pediatrician or dietitian, create two goals for how you will work towards eating more mindfully. You can also track these goals on the Monthly Goal Tracker provided.

Goal 1

Date Set/Date Accomplished: _____/_____/_____

Goal 2

Date Set/Date Accomplished: _____/_____/_____



Extra, Extra!

For more help with working towards mindful eating, check out the resources included in this chapter of the workbook.

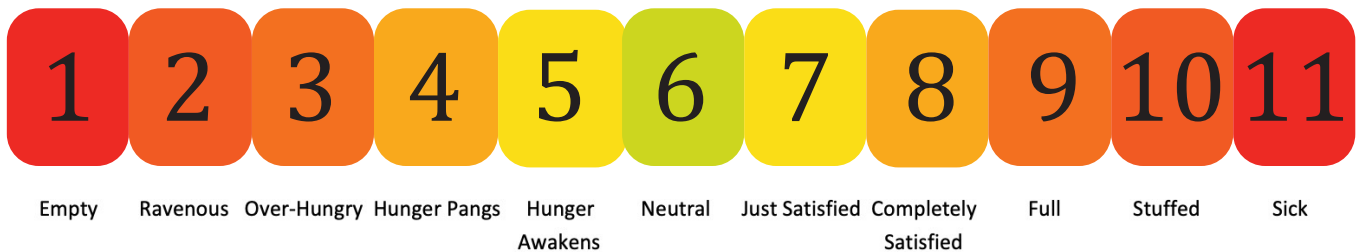
Hunger Scale – Use this scale to help identify how hungry or full you are and make healthy decisions.

Mindful Eating – Refer to this handout for tips on how to eat mindfully, rather than mindlessly.





Hunger Scale



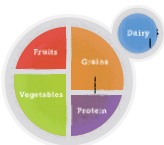
Are You Really Hungry?

Avoid eating for reasons other than hunger – identify if you are truly hungry before getting a snack.



How Hungry/Full Am I?

As you sit down to eat and throughout the meal, identify what number you're at on the hunger scale. Stop when you are at a 7.



Pay Attention to Portions

Use a small plate at meal times.



Slow Down

Work on slowing down at meal times – meals should take 20-30 minutes. Chew your food slowly and take time to notice how it tastes and feels in your mouth. Drink a glass of water with each meal.



Mindful eating is taking time to slow down and focus on the food you are eating.

It's about learning to recognize your hunger and fullness cues so that you don't eat out of boredom or reasons other than hunger.

Have you ever sat down with a large bag of snacks while watching TV then looked down and realized that you had eaten the entire bag? This is an example of mindless eating. We want to avoid mindless eating and become more aware of the foods we are eating in order to eat healthfully throughout our lives. Remember, we don't have to eat perfectly all of the time, but we want to choose foods that nourish our bodies most of the time.

Here are some tips to get you started:

Eat **ONLY** when you are sitting down, preferably at the dinner table.

Limit eating to the kitchen and dining room – avoid eating in bedroom/living room

Use all of your senses (taste, smell, site, touch) to really taste your food

Hunger Gauge



- 10 - Over full, feel sick
- 9 - Very full - bloated and uncomfortable
- 8 - Full
- 7 - Satisfied
- 6 - Comfortable
- 5 - Neither hungry or full
- 4 - Slightly hungry but manageable
- 3 - Quite hungry - rumbling tummy, low in energy
- 2 - Starving, ravenous
- 1 - Light headed, sick from hunger

Hunger Gauge

Monitor how hungry/full you are throughout the day – especially before & after meals or snacks

Learn to identify when you are eating out of hunger vs. when you are eating out of boredom, stress, or feeling tired

Think of a scale from 1-10

1 = VERY hungry/light-headed

10 = Thanksgiving full

Try to stay somewhere between 4-7

Take time to ENJOY your food!





Self-Care

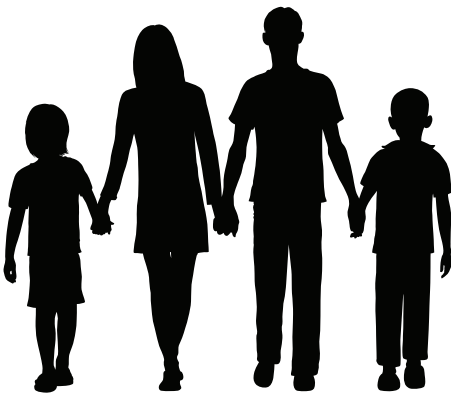
An important part of taking care of our health includes practicing consistent self-care.

Self-care can be doing things that help us to relax when we are feeling upset or stressed but can also be much more.

Self-care also includes consistently practicing kindness and acceptance towards ourselves, practicing gratitude, and also making a conscious effort to do things that we enjoy.

Examples of ways we can practice self-care include:

- Being active (go for a walk or jump on the trampoline)
- Having fun together (put a puzzle together or build a fort as a family)
- Being outside (go to the park or on a hike)
- Helping others (volunteering or just doing something kind for someone)
- See the graphic on the next page for more examples

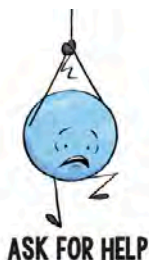


When we learn to practice self-care as part of our daily living we are developing habits that will help our mind and body work at its best!

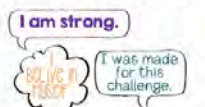
Self-Care Activity/Brainstorm

Each family member should brainstorm three ideas for self-care.

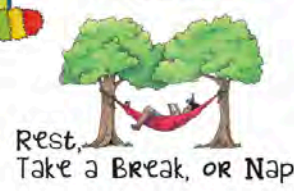
Family Member _____	1) _____	2) _____	3) _____
Family Member _____	1) _____	2) _____	3) _____
Family Member _____	1) _____	2) _____	3) _____



50 COPING SKILLS for kids



SAY Positive
Affirmations





My Monthly Goal Tracker

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Write your own goals. For help with ideas, look at the next page.

My **NUTRITION** Goals: _____

My **PHYSICAL ACTIVITY** Goals: _____

FAMILY SUPPORT Goals: _____

Incentive: _____

Track your daily progress on the calendar above using these codes:

Nutrition Goal:

Physical Activity Goal:

Family Support Goal:





Ready, Set, Goals!



Ideas for Nutrition Goal:

- Limited drinks to water or other sugar-free beverages (daily)
- Make half my plate fruits and vegetables (daily)
- 1 will limit grains to $\frac{3}{4}$ plate at dinner
- Switch to fat-free or low-fat (1 %) milk
- Choose a fruit or vegetable as a snack (daily)



Ideas for Physical Activity Goal:

- Walk ___ minutes 4 days/week
- Ride bike ___ minutes 4 days/week

Ideas for Family Support Goal:

- Parent reviewed goals calendar with child (daily)
- For a handy snack, 1 will keep cut-up fruits and vegetables like carrots, peppers, or orange slices in the refrigerator
- Teach children the difference between everyday snacks, such as fruits and veggies, and occasional snacks, such as cookies or other sweets.
- Use smaller plates to control portion sizes
- Pack healthier lunches for your children including whole grains, fruits and vegetables, and fat-free or low-fat dairy products.
- Eating all meals and snacks at the table
- Use distraction or positive activities to replace emotional eating





Goal Commitments - Rewards

Important fact: Rewarded behavior is likely to happen again!

- Parents/guardians are responsible for providing rewards or incentives (objects, events, or privileges) for when your child has met their nutrition and physical activity goals.
- Rewards or incentives should be separate from other rewards systems already in place at home such as for completing chores or homework.
- To have the most power, a reward must be something your child really wants. Spend time together to decide on a list of rewards that can be used as your child progresses.
- Food/drinks or food-oriented outings such as restaurants, picnics, or ice cream parlors should **NOT** be used as rewards or incentives.

Following are a few examples of rewards that have been used in the past:

(Discuss as a family and circle rewards you agree on, or write your own.)

Ideas for Young Children (ages 5-8)	Ideas for Middle Childhood (ages 8-12)	Ideas for Adolescents (ages 12-19)
<ul style="list-style-type: none"> • Daily stickers • Grab bag with small inexpensive items • Play date with a friend • Small toy • Spending the night with friend or relative • Staying up late • Going someplace alone with parent or guardian • Special outing (e.g. Zoo, water park, children's museum, library) • Art or craft supplies (e.g. crayons, colored chalk, markers) • Sleeping in a different place in house • Playing a board game with a family member • Going skating, swimming, bowling or playing putt-putt golf • Going to the park 	<ul style="list-style-type: none"> • Trip to the park • Planning a day of activities • Using the telephone or computer • Going to the movies with a friend • Making a craft with a family member • Sleepovers • Taking time off from chores • Sleeping in a different place in the house • Playing a board game with a family member • Going to a sporting event with a family member • Staying up late • Buying something special • Going skating, swimming, bowling or putt-putt golf • Special outing (Zoo, Water park, Children's Museum, Library) • Rent or buy a DVD • Invite a friend over to play 	<ul style="list-style-type: none"> • Buy a music CD • Rent or buy a DVD • Phone privileges • Car privileges (for those with a valid driver's license) • Taking time off from chores • Going to a concert or other special event with friends • Materials to decorate bedroom • Getting a special haircut or hairstyle • Getting a manicure or pedicure • Buy a new clothing item • Magazine subscription • Going skating, swimming, bowling or putt-putt golf • Having friends over • Getting to stay out later • Staying overnight with friends • Mall trip with friends • Download music • Special outing (Zoo, Water park, Children's Museum, Library) • Extra spending money



Great Job!

You've Completed the Workbook