# NUTRITION NEWS YOU CAN USE

It's important for students, school staff, and families to be exposed to regular, consistent messages about how to choose and eat healthy foods. One of the main goals of the *Michigan Nutrition Standards* is to make "healthy" the easy choice.

The following nutrition tips and blurbs are research-based and come from reputable sources. They remind students, school staff, and families to make healthy choices. Use these tips on websites, emails to staff, school or classroom newsletters, the school menu, notices to sports teams, and more.

## 54321GO!

The goal of 54321GO! is to provide unified information and messaging to families that support the Healthy Kids, Healthy Michigan policy initiatives. 54321GO! can be used in many ways through many venues such as child care centers, schools, community groups, community gardens, health providers, health departments/centers, local planning groups and coalitions and many more! Use the 54321GO! messages anywhere you want to remind families and school staff to eat healthier. Find out more at:
http://www.healthykidshealthymich.com/54321go.html

**54321GO! IS AN EVERYDAY PLAN FOR STUDENTS TO FOLLOW TO STAY HEALTHY:**

**5** Eat more than 5 fruits and vegetables.

**4** Drink 4 glasses of water.

**3** Get 3 low fat dairy foods.

**2** Spend less than 2 hours at a T.V. or computer.

**1** Take 1 full hour to get a runnin' and a jumpin.'

## OBESITY-RELATED STATISTICS AND FACTS

- Did you know that 30% of children in Michigan are overweight or obese? (2007 National Survey of Children's Health)
- Did you know that one-quarter (25%) of Michigan high school students are obese or overweight? (2009 Youth Risk Behavior Survey—YRBS)
- Did you know that obesity in children ages 6-11 has increased more than 5 fold in the last 35 years? (NHANES)
- Type 2 diabetes, formerly known as adult onset diabetes, has become increasingly prevalent among children and adolescents as rates of overweight and obesity rise. 1 in 3 children born in the year 2000 are estimated to be diagnosed with type 2 diabetes in their lifetime. (CDC)
- Some experts warn that this is the first generation that will have a shorter life expectancy than their parents. (New England Journal of Medicine March 2005)
- In Michigan, obese adults had estimated medical costs that were $1,205 higher than a person of normal weight. (American Health Rankings, 2009)
- Obesity-associated hospital costs for children tripled from 1979 to 1999. (Wang and Dietz 2002)
- Estimated medical costs of obesity in 2008 in Michigan were $3.1 billion and will continue to rise if action is not taken. (American Health Rankings, 2009)
- Children growing up today will have more chronic diseases and premature deaths from poor eating habits and lack of physical activity than from exposure to tobacco, alcohol or drugs. (CDC)
- 70 to 80 percent of overweight children become obese adults. (New England Journal of Medicine 1997)
- Obesity is associated with physical, psychosocial, and economic consequences and can lead to: poor self esteem, depression, eating disorders, sleep apnea, asthma, exercise intolerance, gallstones, type 2 diabetes, hypertension and numerous other consequences. (New England Journal of Medicine December 2007)

## CHILDRENS' EATING HABITS

- Currently, less than 15% of children eat the recommended number of servings of fruits, and less than 20% eat the recommended servings of vegetables. (Source: http://www.pbhfoundation.org/pub_sec/sch_food/)
- Only one-fifth of Michigan high school students eat the recommended daily allowance of five servings of fruit and vegetables a day. (2009 YRBS)
- Most adolescents consume much less calcium than the recommended intake of 1,300 mg/day. (2009 YRBS)
- Only one-eighth of all Michigan high school students drink three or more glasses of milk daily. (2009 YRBS)
- Only one-third of Michigan high school students eat breakfast daily. (2009 YRBS)
- Over one-quarter of all high school students drink at least one can, bottle, or glass of soda daily. (2009 YRBS)
- 67% of U.S. youth aged 6-19 exceed dietary guidelines recommendations for fat intake and 72% exceed recommendations for saturated fat intake. www.cdc.gov/HealthyYouth/nutrition/facts.htm
- Only 39% of children ages 2-17 meet the USDA's dietary recommendation for fiber (found primarily in dried beans and peas, fruits, vegetables, and whole grains). www.cdc.gov/HealthyYouth/nutrition/facts.htm
- Eighty-five percent of adolescent females do not consume enough calcium. During the last 25 years, consumption of milk, the largest source of calcium, has decreased 36% among adolescent females. www.cdc.gov/HealthyYouth/nutrition/facts.htm
- From 1978 to 1998, average daily soft drink consumption almost doubled among adolescent females, increasing from 6 ounces to 11 ounces, and almost tripled among adolescent males, from 7 ounces to 19 ounces. www.cdc.gov/HealthyYouth/nutrition/facts.htm
- The percentage of young people who eat breakfast decreases with age; while 92% of children ages 6–11 eat breakfast, only 77% of adolescents ages 12–19 eat breakfast. www.cdc.gov/HealthyYouth/nutrition/facts.htm

## THE DIETARY GUIDELINES FOR AMERICANS 2010

The Dietary Guidelines for Americans, 2010 provides evidence-based nutrition information and advice for people age 2 and older. They serve as the basis for Federal food and nutrition education programs. Find out more at: http://www.cnpp.usda.gov/dietaryguidelines.htm

**KEY MESSAGES:**

- Eat fruit, vegetables, or unsalted nuts as snacks—they are nature's original fast foods.
- Make half your grains whole grains.
- Choose 100% whole-grain cereals, breads, crackers, rice, and pasta.
- Check the ingredients list on food packages to find whole-grain foods.
- Vary your protein choices.
- Make seafood the protein on your plate twice a week.
- Eat beans which are a natural source of fiber and protein.
- Choose foods and drinks with little or no added sugars.
- Select fruit for dessert. Eat sugary desserts less often.
- Look out for salt (sodium) in foods you buy—it all adds up.
- Compare sodium in foods like soup, bread, and frozen meals—and choose the foods with lower numbers.
- Add spices or herbs to season food without adding salt.
- Eat fewer foods that are high in solid fats.
- Make major sources of saturated fats—such as cakes, cookies, ice cream, pizza, cheese, sausages, and hot dogs—occasional choices, not everyday foods.
- Select lean cuts of meats or poultry and fat-free or low-fat milk, yogurt, and cheese.
- Switch from solid fats to oils when preparing food.
- Choose 100% fruit juice instead of fruit-flavored drinks.
- Use a smaller plate, bowl, and glass.
- Stop eating when you are satisfied, not full.
- Cook more often at home, where *you* are in control of what's in your food.

## MYPLATE

MyPlate is the new food guidance system from USDA that replaced MyPyramid. MyPlate is part of a larger communications initiative based on *2010 Dietary Guidelines for Americans* to help consumers make better food choices. MyPlate is designed to *remind* Americans to eat healthfully; it is not intended to change consumer behavior alone. MyPlate illustrates the five food groups using a familiar mealtime visual, a place setting. At the interactive MyPlate Web site you can download daily, MyPlate tips. Below are five examples of those daily tips. To download these and the other daily tips, and additional MyPlate materials go to www.myplate.gov.

**FOODS TO EAT MORE OFTEN.** Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.

**PAY ATTENTION TO CONDIMENTS**, which can be high in sodium. Choose low-sodium soy sauce and ketchup. Have a carrot or celery stick instead of olives or pickles. Use only a sprinkling of flavoring packets instead of the entire packet.

**KEEP FRUITS SAFE.** Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly to remove dirt and surface microorganisms. After rinsing, dry with a clean towel.

**MAKE A HEALTHY SANDWICH.** Choose turkey, roast beef, canned tuna or salmon, or peanut butter.

**CELEBRATE THE SEASON.** Use fresh vegetables and fruits that are in season. They are easy to get, have more flavor, and are usually less expensive. Your local farmer's market is a great source of seasonal produce.

## KID-FRIENDLY FRUIT AND VEGETABLE RECIPES FROM MYPLATE

Encourage children to eat vegetables and fruits by making it fun. Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped make them.

**SMOOTHIE CREATIONS.** Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. If you freeze the fruit first, you can even skip the ice!

**DELICIOUS DIPPERS.** Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.

**PERSONALIZED PIZZAS.** Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to warm.

**DECORATE HALF A BAKED POTATO.** Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.

**HOMEMADE TRAIL MIX.** Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals to the mix, too.

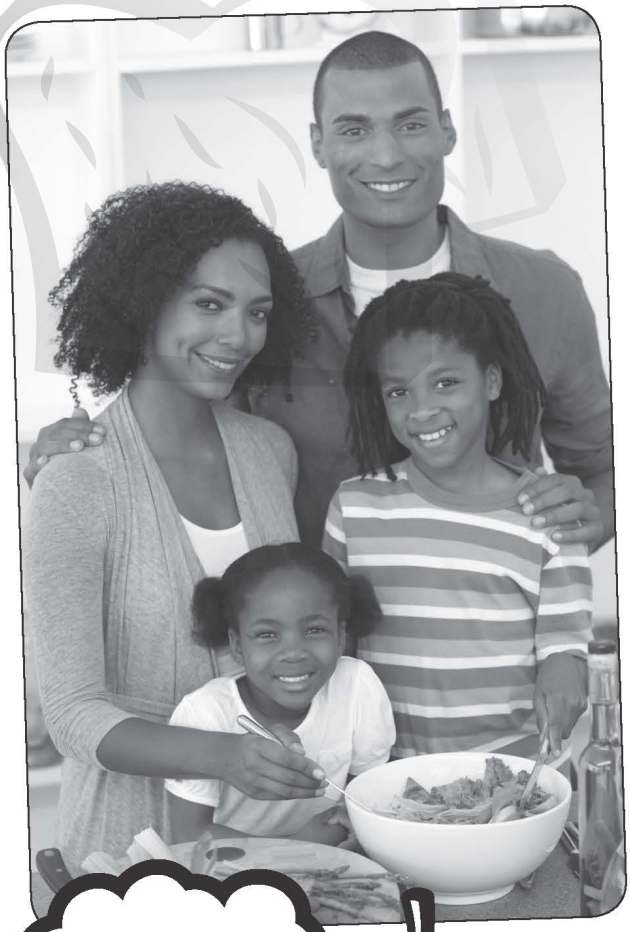
**FROSTY FRUITS.** Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make "popsicles" by inserting sticks into peeled bananas and freezing.

**CATERPILLAR KABOBS.** Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.

**FRUITY PEANUT BUTTERFLY.** Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.

## TIPS FOR HEALTHY ROLE-MODELING FROM MYPLATE

**YOU ARE THE MOST IMPORTANT INFLUENCE ON YOUR CHILD.** You can do many things to help your children develop healthy eating habits for life. Offering a variety of foods helps children get the nutrients they need from every food group. They will also be more likely to try new foods and to like more foods. When children develop a taste for many types of foods, it's easier to plan family meals. Cook together, eat together, talk together, and make mealtime a family time!



**SHOW BY EXAMPLE.** Eat vegetables, fruits, and whole grains with meals or as snacks. Let your child see that you like to munch on raw vegetables.

**GO FOOD SHOPPING TOGETHER.** Grocery shopping can teach your child about food and nutrition.

**DISCUSS WHERE VEGETABLES, FRUITS, GRAINS, DAIRY, AND PROTEIN FOODS COME FROM.** Let your children make healthy choices.

**GET CREATIVE IN THE KITCHEN.** Cut food into fun and easy shapes with cookie cutters. Name a food your child helps make. Serve "Janie's Salad" or "Jackie's Sweet Potatoes" for dinner. Encourage your child to invent new snacks. Make your own trail mixes from dry whole-grain, low-sugar cereal and dried fruit.

**REWARD WITH ATTENTION, NOT FOOD.** Show your love with hugs and kisses. Comfort with hugs and talks. Choose not to offer sweets as rewards. It lets your child think sweets or dessert foods are better than other foods. When meals are not eaten, kids do not need "extras"—such as candy or cookies—as replacement foods.

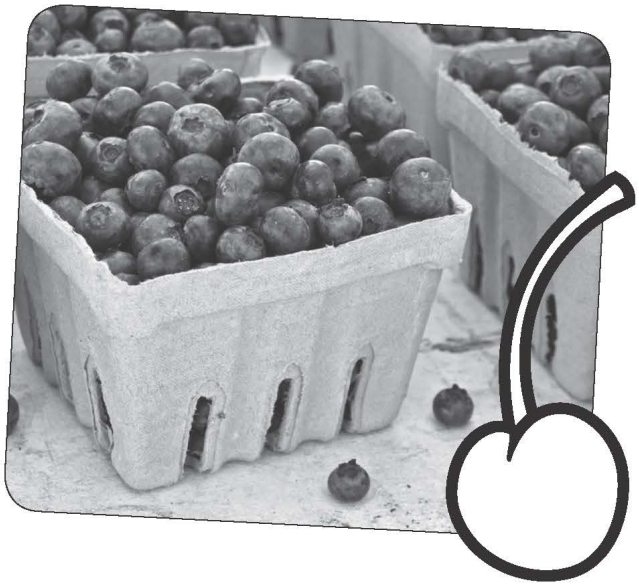
**BE A GOOD FOOD ROLE MODEL.** Try new foods yourself. Describe its taste, texture, and smell. Offer one new food at a time. Serve something your child likes along with the new food. Offer new foods at the beginning of a meal, when your child is very hungry. Avoid lecturing or forcing your child to eat.

**LISTEN TO YOUR CHILD.** If your child says he or she is hungry, offer a small, healthy snack—even if it is not a scheduled time to eat. Offer choices. Ask "Which would you like for dinner: broccoli or cauliflower?" instead of "Do you want broccoli for dinner?"

## FUN FOOD FACTS

**SOURCE:**
http://www.agday.org/education/fun_facts.php and www.dole.com/NutritionInstituteLanding/Foodfacts

- Eating about 20 tart cherries a day could reduce inflammatory pain and headache pain.
- Today, in Michigan, there are almost 4 million cherry trees which annually produce 150 to 200 pounds of tart cherries.
- Lettuce is a member of the sunflower family.
- Darker green lettuce leaves are more nutritious than lighter green leaves.
- The bright yellow/orange color of carrots and other fruits and vegetables tell you they're an excellent source of Vitamin A which is important for good eyesight, especially at night. Vitamin A helps your body fight infection, and keeps your skin and hair healthy!
- Michigan and New Jersey produce 66% of all the blueberries in the United States.
- Blueberries are a good source of Vitamin C and fiber.
- Blueberries are the second most popular berry in the United States.
- Egg yolks are one of the few foods that naturally contain Vitamin D.
- Bananas are a great source of potassium. Potassium helps build muscle power and keeps your body fluids in balance.
- There are over 500 different types of bananas. If you ate a different kind of banana every day, it would take almost a year and a half to eat every one!
- Apples are high in fiber.
- There are more than 7,000 varieties of apples grown in the world.
- Fresh apples float because 25 percent of their volume is air.
- The unique combination of large amounts of vitamins A, C and E make red bell peppers a great food for your skin and immunity.



- Pumpkins are 90% water and contain potassium and Vitamin A.
- Peaches are a good source of Vitamin C.
- The United States provides about one-fourth (25%) of the world's total supply of fresh peaches.
- Today, the average person in the United States eats four and one half pounds of broccoli a year.
- The most popular sweet pepper in the United States is the bell pepper.
- As bell peppers mature, their color changes from green to red and they become sweeter.
- Broccoli contains one of the highest amounts of calcium among vegetables.
- The exceptionally high water content (greater than 95%) of a cucumber causes the inside to measure up to 20 degrees cooler than the outside temperature.
- The average American eats about 18 pounds of onions per year.