

# Healthy Eating and Active Living

For Your 6 to 12 Year Old





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## Healthy Eating and Active Living for Your 6 to 12 Year Old



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# Creating Healthy Places and Spaces

Your child plays, eats and learns in your home, at school, in after school care and in the community. All these places and spaces are important in your child's life. They are where your child learns the habits of healthy eating and active living. They are also the places that help your child develop a positive self-image.

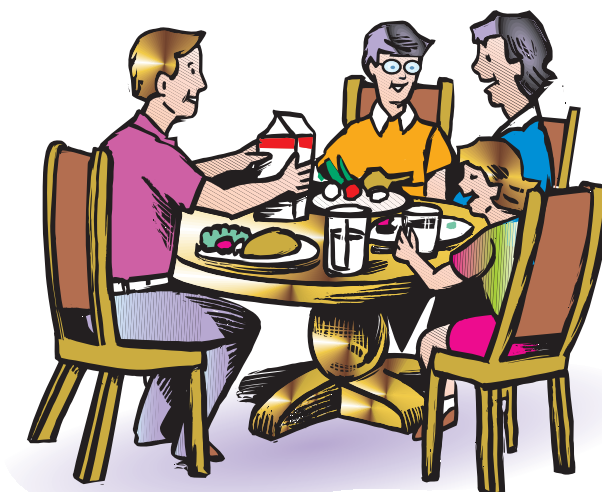
## Home places and spaces

In a busy life, it's hard to find time to make and eat healthy meals. It's also hard to find time to be physically active. Yet healthy eating and regular physical activity are important for all the family.

### What can YOU do at home?

Home is the place where your child first learns the habits of healthy eating and active living. You can help your child by making these good habits a routine for everyone. Plan your routines so that **making the healthy choice is the easy choice**. Then it becomes a natural part of everyday life.

- Make healthy foods the easiest choice by having them in the fridge and cupboards.
- Make eating breakfast together a daily routine. Breakfast gives you and your child energy for the day's work and play.
- Use time together at meals to plan activities that get the family moving.
- Encourage activities that get your child moving. They can be simple things like taking the garbage out or walking the dog.

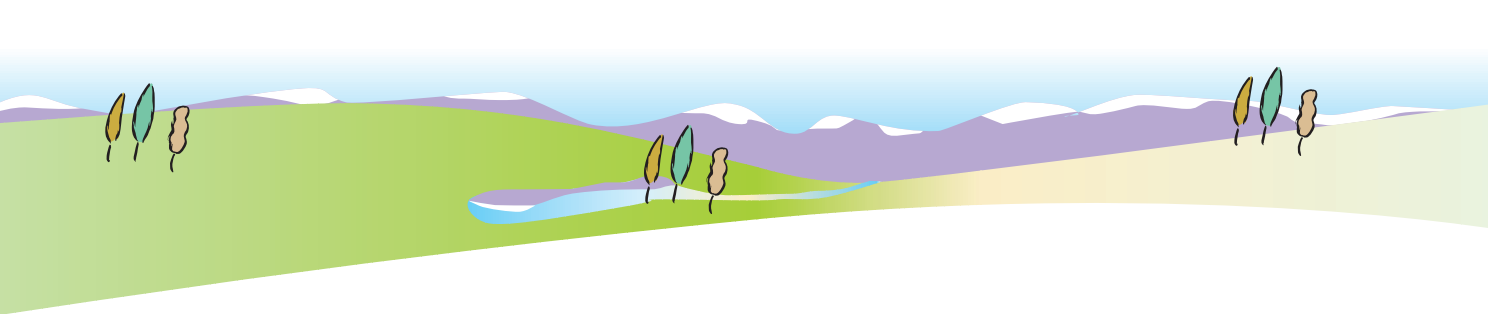


- Eat supper together. It's a great way for the family to stay connected.
- Plan sports or other family activities. Then there'll be less time for TV, computer and video games.
- Make sure your child gets enough sleep. Sleep gives energy for learning and play.

## The media and your child

Every day, your child is exposed to television, magazines, movies, billboards, advertise-ments, comics and the Internet:

- Advertising messages, which are often aimed at children, may not promote healthy eating, active living or a positive self-image. Encourage your child to think about the choices they make in this area and to discuss them with you.
- For more information visit [www.media-awareness.ca](http://www.media-awareness.ca)



## School places and spaces

A child spends a large part of their day at school. In the classroom they're taught about healthy eating and active living. Do the food and activity choices in the school match what they are learning?

- Healthy food choices should be available in all places in school. Canteens, cafeterias and vending machines should all offer healthy choices. Food in staff rooms and snack boxes should be healthy too.
- Be a role model. Provide healthy foods for classroom parties, staff meetings and fund raising events. Make snack choices healthy choices.
- A school needs to be a place where your child has opportunities to be active. Children need to have chances to move about at recess and class breaks. They need opportunities to be active before and after school. Activity becomes a habit when parents, students and staff have regular chances to get moving.
- For prizes and rewards, give non-food items like pencils or stickers or more playtime.

*Eating healthy foods and being physically active helps your child improve:*

- memory skills
- the ability to concentrate
- academic performance
- healthy habits that last a life time

### What can YOU do at school?

- Look for active ways your child can travel to and from school. Riding a bike or walking to school with you, or a group of friends, or another caregiver, might be choices.
- Become involved in your child's school.
- Support the school's efforts to teach good nutrition and active living.
- Send your child to school with nutritious lunches and snacks.



## Community places and spaces

Community places and spaces should provide safe play areas and safe transportation for children. Healthy food and drinks should be available in community places.

### What can YOU do in the community?

- Teach your child the rules of the road to keep them safe on the way to school and in places where they play. Children under nine years old need to be supervised.
  - Get active in your community by using the trails, bike paths, playgrounds, sports fields, swimming pools and indoor and outdoor skating rinks. Explore safe routes for walking and bicycling to schools.
  - Get involved. Let the elected representatives in your community know that you want your taxes spent to make your community one that promotes active living and healthy eating. For example, ask to have sidewalks on every
- street. Ask to have healthy foods, like milk instead of pop, and whole grain granola bars instead of chocolate bars, available in vending machines and canteens in your local recreation centre.
  - Talk with people in your neighbourhood about how to make your area safer for walking and biking. Visit [www.shapeab.com](http://www.shapeab.com).
  - Support local programs that make healthy foods more available.
    - Take part in or start a community garden to grow fresh vegetables and fruit.
    - Join a Good Food Box program that provides fresh vegetables and fruit at bulk cost. For information, visit [www.foodsecurityalberta.ca](http://www.foodsecurityalberta.ca).
    - Give healthy foods to your local food bank.



## Try This Quiz

### Answer “yes” or “no.”

1. Does your family eat at least one meal a day together?
2. Does your child have healthy food choices at home and at school?
3. Does your child’s school provide opportunities for at least 30 minutes of planned physical activity every day?
4. Do you have access in your community to safe walking and bike trails, a recreation centre, playgrounds and sidewalks?
5. Do you talk with your child about the media messages they are exposed to when watching TV advertising and surfing the Internet?

Think about your answers. Then decide how you and your child can set goals together to improve.

**Sample goal:** *We will eat breakfast together every Monday and Thursday.*

### Together we will:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_



# Physical Activity and Active Living

## What is a healthy active lifestyle?

Children and youth need at least 90 minutes of physical activity every day, whether they're at home, at school or at play. Teach your child the benefits of being active. Remember, when you are active, your child is more likely to be active too!

### Being physically active:

- promotes good posture and balance
- strengthens the heart
- promotes good sleep
- helps maintain flexibility
- increases energy levels



- promotes healthy weight
- improves confidence, self-esteem and concentration
- helps build stronger muscles and bones

## Active skills to build on

It's important to keep in mind your child's age and level of development, as well as their personal interests and natural capabilities.

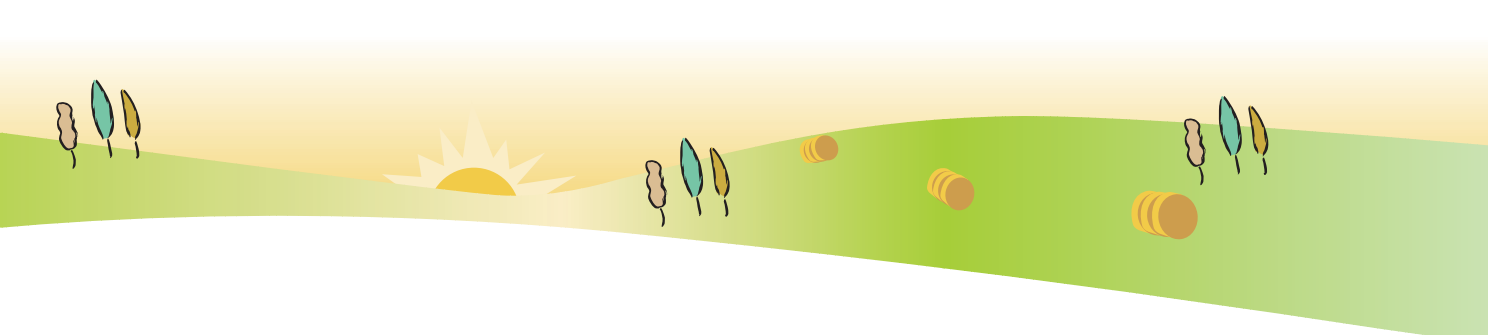
### 6-8 Year Old Kids

Younger children are sharpening basic movement skills like throwing, kicking, catching, jumping and running. Some children will enjoy team sports, but in the early years it's important to develop the fun aspect of activity first. *Non-competitive sport leagues are a good idea at this stage.*

### 9-12 Year Old Kids

Older children are refining and improving movement skills. During these years children will learn how to combine movements like running and jumping, or kicking and running. Some children may excel at their skills and take to sports, while other kids may drop out as competition heats up and level of play improves. *It's okay if your child is not interested in traditional sports, but it's important to find alternative ways to be active.*

Explore other options and encourage your child to be creative. There are plenty of fun and challenging activities that your child might like more: karate, fencing, golf, bicycling, skateboarding, kayaking, squash and tennis, to name just a few.



## Build confidence!

- Start with the activities your child enjoys most.
- Offer different things to do. Your child develops skills by trying different sports and activities. These skills give your child confidence to enjoy being active for the rest of their life.
- Help your child learn how to jump, run, hop, skip, roll, climb, kick a ball and throw.
- Focus on the social and fun aspects of team sports and less on winning.
- Your child will respond to positive support and feedback. Take photographs of your child being active. Then put the photos in places where everyone can see them.
- Encourage both girls and boys to be physically active.



## Create opportunities!

- Make sure your child has the proper equipment to be active. Provide things such as balls, skipping ropes, a bicycle, a scooter, a skateboard, in-line skates, toboggan, snowshoes and skates.
- Make sure your child wears safety gear. Safety gear includes a helmet, knee and elbow pads, wrist guards, a mouth guard and well fitting shoes. Need equipment? Call KidSport Alberta at 1-888-914-KIDS(5437).

## Reduce screen time!

- Limit the time your child sits watching television, playing video games or surfing the Internet. Set a limit of two hours or less a day.
- Help your child do creative things like draw, paint, play board games or play outside with friends.

| Activities for Growth and Development in All Areas of Fitness   |  |  |
|---|--|--|
| <b>Endurance Activities</b><br><i>strengthen heart and lungs</i> <ul style="list-style-type: none"><li>• Bike riding</li><li>• Playing tag</li><li>• Walking/running</li><li>• Skating</li><li>• Skateboarding</li><li>• Swimming</li><li>• Jump rope</li><li>• Snowshoeing</li></ul> <i>These activities raise the heart rate and keep it raised for 15 minutes or more.</i> | <b>Flexibility Activities</b><br><i>improve stretching and bending</i> <ul style="list-style-type: none"><li>• Gymnastics</li><li>• Yoga</li><li>• Martial arts</li><li>• Climbing on play structures</li><li>• Dance</li><li>• Stretching</li><li>• Downhill skiing</li><li>• Cross-country skiing</li></ul> <i>These activities lengthen the muscles to improve flexibility.</i> | <b>Strength Activities</b><br><i>build strong muscles and bones</i> <ul style="list-style-type: none"><li>• Climbing on play structures</li><li>• Building a snowman</li><li>• Raking leaves</li><li>• Rock climbing</li><li>• Hopscotch</li><li>• Hill, tree, stair climbing</li><li>• Sledding (climbing uphill)</li></ul> <i>These activities involve lifting, pushing, pulling, or climbing in ways that use strength.</i> |



## Choosing the right kinds of activities

When children reach school age, not only will you have less observable time with them, but they will also start making their own choices about how to spend their time.

In order to ensure your child will keep up their healthy activity habits, it's important for you to guide their free time and help them make smart choices. Unlike preschoolers, school-aged children will spend more time participating in planned physical activity, though it's still important to include unplanned activity time in your child's week.

### Planning physical activity

Planned physical activity includes games, sports and activities that often involve rules or guidelines. These activities teach discipline, help develop movement skills and help your child learn to work with others. *Planned activities include school gym programs, sports, exercise or movement classes, running, swimming, or dancing.* Planned activities do not have to cost money. Plan activities like hiking, walking to school, playing at the local playground, or having a game of flag football or soccer.

### Fast Fact

Looking for a copy of *Canada's Physical Activity Guide for Children and Youth*? Visit [www.phac-aspc.gc.ca/pau-uap/paguide/child\\_youth/index.html](http://www.phac-aspc.gc.ca/pau-uap/paguide/child_youth/index.html).

### Unplanned physical activity

Unplanned physical activity is time for your child to play actively alone or with other children. This is a physically active time when your child decides what to do and how to do it. *Unplanned activities include playing inside or outside, on play structures, sports and games, climbing, running and jumping.*

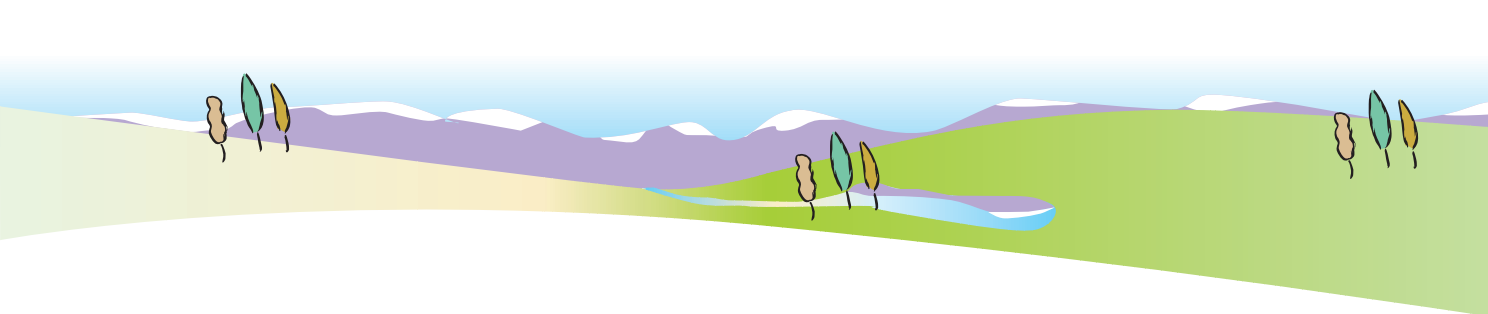
### How much daily activity is best?

90 minutes a day. *Canada's Physical Activity Guide for Children and Youth* suggests that your child's daily physical activity should include:

- *Moderate activity* such as brisk walking, skating and bike riding. Your child should be able to participate for 15 minutes or more without having a rest.
- *Vigorous activity* such as running and playing soccer. The activity intensity is higher, and rest breaks are more frequent.







# Planning active time

Children and youth benefit from some structure in their daily activities, and their success will increase with your involvement.

Activity planning will improve the outcome for your child’s health by:

- helping you make sure your child is active for 90 minutes or more every day.
- allowing more activity in your schedule.
- helping cut down on inactive time — that’s the time spent on things like television watching and computer games.

## Each day, be sure to include:

### at least one *Planned Activity*

These include sports, games and activities that involve some structure, rules or guidelines. Examples include sports lessons, after-school play programs, a planned family activity, walking, running, swimming.

### at least one *Unplanned Activity*

These activities are free time for children to play actively on their own or with other children, such as playing inside or outside on play structures, building forts, running and jumping.

**Use this chart to map out your family activity plan.** Get your child involved in the process. Post it where you can view it daily, and make regular physical activity part of your daily routine.

|        | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|--------|---------|-----------|----------|--------|----------|--------|
| WEEK 1 |        |         |           |          |        |          |        |
| WEEK 2 |        |         |           |          |        |          |        |
| WEEK 3 |        |         |           |          |        |          |        |
| WEEK 4 |        |         |           |          |        |          |        |

## Fast Facts

### Bonus activity

Why not count school gym programs as a BONUS activity for your child? Plan for an additional 60 to 90 minutes of activity each day!

### Children’s Fitness Tax Credit

The Government of Canada has a children’s fitness tax credit of up to \$500, when paid by parents, to register a child in an eligible program of physical activity. For more information please contact the Canada Revenue Agency: [www.cra-arc.gc.ca/fitness](http://www.cra-arc.gc.ca/fitness) or call 1-800-387-1193.

# Healthy Eating and Nutrition

## Use *Eating Well with Canada's Food Guide* as a starting point

Healthy foods are foods that are good sources of nutrients such as vitamins and minerals. Healthy foods have less sugar, fat and salt. Eating healthy foods promotes your child's healthy development — physical, mental, emotional and social.



### Take time to make a weekly meal plan. You and your family are worth it!

Making a weekly meal and snack plan is an important first step for healthy eating. A plan helps you organize your time. With a plan, you'll make fewer trips to the store. You'll have less need for take-out food or to eat out. Involve the whole family in planning meals and snacks. For helpful information on meal planning, visit Let's Make a Meal at [www.dietitians.ca/eatwell](http://www.dietitians.ca/eatwell).

### Healthy eating starts with what you put into your cart

Plan meals and snacks before you go shopping. Make a list of the foods you need to buy and use the list while you shop for groceries. For ideas on healthy meals and snacks, visit Healthy U at [www.healthyalberta.com](http://www.healthyalberta.com).

### Make time to eat together

Everyone is busy today, so you need to plan to make sure you have regular meal times together as often as possible. Serve foods that teach your child about healthy eating. At each meal serve a food choice from each of the four food groups from *Eating Well with Canada's Food Guide*.

Be creative! When schedules are hectic and you don't have time to eat a meal, have a healthy snack.

### Offer healthy snacks

Eating small amounts of food between meals helps keep your child energized throughout the day. Remember, it's your role to provide the food to eat and to decide when and where to eat it. It's your child's role to decide if they are going to eat, and how much.

### Fast Fact

Did you know that children who eat supper with their families three or more times per week have a decreased risk of being overweight?



# Fueling up with the best foods

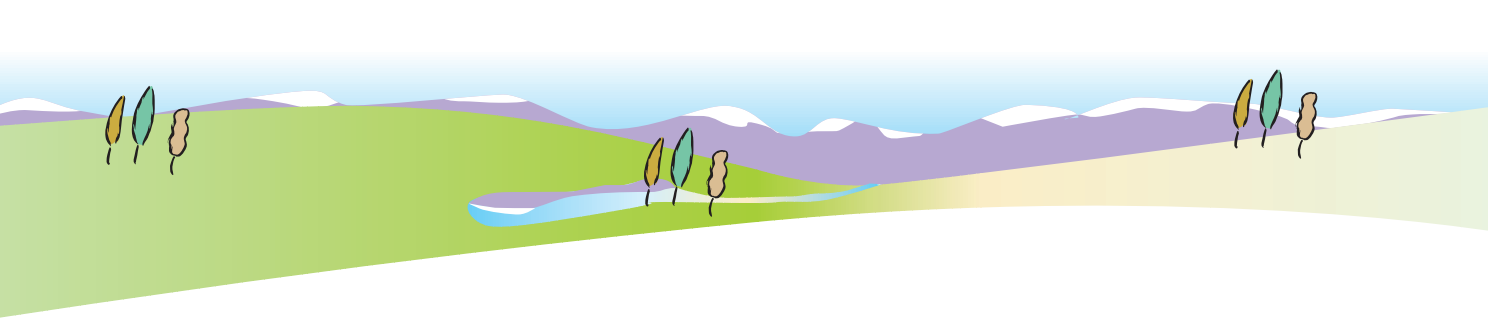
Provide your child with 3 balanced meals and 2-3 snacks every day.

| Recommended Daily Servings |                         | Food Group   | Examples of One Serving  |
|----------------------------|-------------------------|--|--|
| Girls & Boys 6-8 Years     | Girls & Boys 9-12 Years |  |  |
| 5                          | 6                       | <b>Vegetables &amp; Fruit</b> <ul style="list-style-type: none"><li>• Eat at least one dark green &amp; one orange vegetable per day.</li><li>• Choose vegetables &amp; fruit prepared with little or no added fat, sugar or salt.</li><li>• Choose vegetables &amp; fruit more often than juice (<b>maximum</b> 125 mL or ½ cup juice per day).</li></ul> | <ul style="list-style-type: none"><li>• Cooked vegetables 125 mL (½ cup)</li><li>• Fresh vegetable slices 125 mL (½ cup)</li><li>• Leafy salad vegetables 250 mL (1 cup)</li><li>• 1 medium fresh fruit</li><li>• Diced fresh, frozen or canned fruit 125 mL (½ cup)</li><li>• 100% unsweetened juice 125 mL (½ cup)</li></ul> |
| 4                          | 6                       | <b>Grain Products</b> <ul style="list-style-type: none"><li>• Choose whole grains at least half of the time.</li><li>• Choose grains that are lower in fat, sugar or salt.</li></ul>   | <ul style="list-style-type: none"><li>• Bread 1 slice (35 g)</li><li>• Rice or pasta 125 mL (½ cup)</li><li>• Bannock (2.5" X 2.5" X 2.5")</li><li>• Pita or tortilla wrap ½ small (35 g)</li><li>• Hot cereal 175 mL (¾ cup)</li><li>• Cold flaked cereal 30g 250 mL (1 cup)</li></ul>  |
| 2                          | 3-4                     | <b>Milk &amp; Alternatives</b> <ul style="list-style-type: none"><li>• Depending on age, 2 to 4 servings of milk or fortified soy beverage every day helps meet vitamin D requirements.</li><li>• Select lower-fat milk alternatives.</li></ul>  | <ul style="list-style-type: none"><li>• Milk or fortified soy beverage 250 mL (1 cup)</li><li>• Cheese 50 g (1½ oz)</li><li>• Yogurt 175 g (¾ cup)</li></ul>   |
| 1                          | 1-2                     | <b>Meat &amp; Alternatives</b> <ul style="list-style-type: none"><li>• Have meat alternatives such as beans, lentils and tofu more often.</li><li>• Eat at least 2 servings of fish per week.</li><li>• Choose lean meat and alternatives prepared with little or no added fat or salt.</li></ul>  | <ul style="list-style-type: none"><li>• Cooked fish, poultry, lean meat, wild meat 75 g (2.5 oz) or 125 mL (½ cup)</li><li>• 2 eggs</li><li>• Cooked legumes such as beans or lentils 175 mL (¾ cup)</li><li>• Tofu 175 mL (¾ cup)</li><li>• Peanut butter 30 mL (2 tbsp)</li><li>• Nuts and seeds 60 mL (¼ cup)</li></ul>     |

*This chart is a general guideline based on Eating Well with Canada’s Food Guide. Use this along with your own best judgment. How much your child eats will depend on their age, appetite and activity level. Some children have small appetites and may not eat a whole food guide serving at one meal or snack.*

## Fast Fact

- Parents/caregivers and children have different jobs when it comes to food and eating. Allowing your child to do their part will help prevent mealtime struggles.
- Your role as a parent or caregiver is to decide what, when and where to offer food.
  - Your child’s role is to decide whether or not to eat and how much to eat.



## Tips for meal and snack choices

Plan meals and snacks according to Canada's Food Guide.

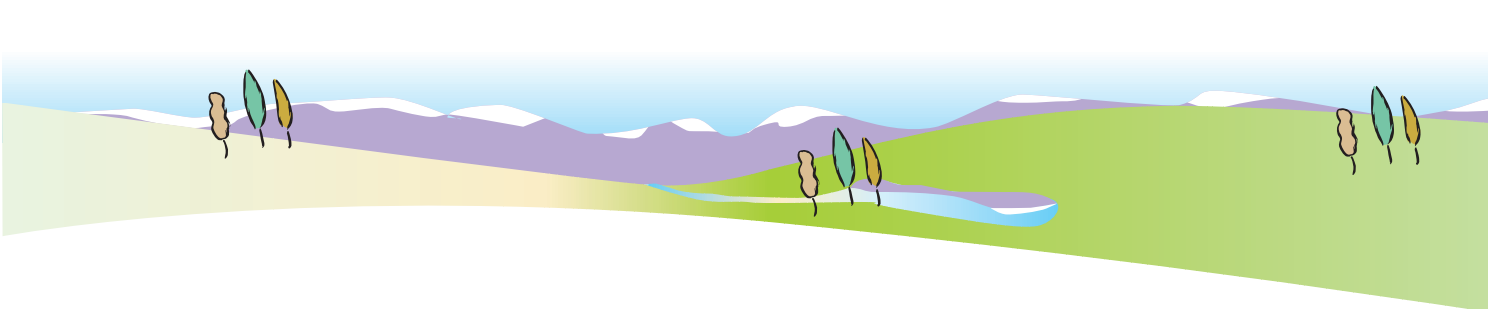
- **Choose most often** foods are healthy daily choices from the four food groups.
- **Choose sometimes** foods are also healthy choices. But they may be lower in fibre, vitamins and minerals, and higher in sugar, salt or fat.
- **Choose least often** foods contain a lot of sugar, salt, or fat and very little fibre,

vitamins or minerals. It's all right to eat these foods occasionally, but they shouldn't take the place of healthy food.

Use the following charts as general guidelines, along with your own best judgment. Read food labels to help you choose between similar types of foods. You'll find helpful information on how to read food labels on the website Healthy Eating is in Store for You at [www.healthyeatinginstore.ca](http://www.healthyeatinginstore.ca).

| Foods to choose most often – use every day   |   |  |   |
|--|---|--|---|
| Vegetables & Fruit   | Grain Products  | Milk & Alternatives  | Meats & Alternatives  |
| <ul style="list-style-type: none"> <li>• Fresh, canned or frozen vegetables and fruit – no added sugar, salt or fat</li> <li>• Vegetable soups – low-salt</li> <li>• Juice* – 100% unsweetened</li> </ul> <p>* Limit juice to 125 mL/½ cup serving a day</p> | <ul style="list-style-type: none"> <li>• Whole grain: bread/bagels/pita/buns, crackers, cookies and granola bars/English muffins, pancakes, homemade muffins, tortillas/rice cakes</li> <li>• Whole grain cereals – unsweetened</li> <li>• Whole grain noodles/pasta/rice</li> <li>• Popcorn – plain</li> </ul> | <ul style="list-style-type: none"> <li>• White milk – skim, 1% or 2%</li> <li>• Fortified soy beverage</li> <li>• Hard cheese – ≤ 20%MF</li> <li>• Yogurt or kefir</li> <li>• Cottage cheese – ≤ 2% MF</li> <li>• Milk-based soups – low-fat, low-salt</li> </ul> <p>MF = Milk Fat<br/>≤ = less than or equal to</p> | <ul style="list-style-type: none"> <li>• Chicken/turkey</li> <li>• Fish/seafood</li> <li>• Beef/pork</li> <li>• Tofu</li> <li>• Eggs</li> <li>• Beans/peas/lentils</li> <li>• Canned fish – in water</li> <li>• Peanut butter/nuts</li> </ul> |

| Foods to choose sometimes   |   |   |   |
|---|---|---|---|
| Vegetables & Fruit  | Grain Products  | Milk & Alternatives   | Meats & Alternatives  |
| <ul style="list-style-type: none"> <li>• Fruit in syrup</li> <li>• Fruit leather* – 100% fruit</li> <li>• Juice – 50% juice</li> <li>• Dried fruit*</li> </ul> <p>* Brush teeth after eating to reduce the risk of dental cavities.</p> | <ul style="list-style-type: none"> <li>• Granola bars, refined grains</li> <li>• Pretzels</li> <li>• Fruit crisps/cobblers</li> <li>• Cookies (peanut butter, dried fruit made with refined grains)</li> <li>• Biscuits</li> <li>• Cereals – low in sugar ≤ 10 g/serving, unless they have dried fruit</li> <li>• Lean wieners/sausages</li> </ul> <p>≤ = less than or equal to</p> | <ul style="list-style-type: none"> <li>• Flavoured milks</li> <li>• Hard cheese – ≥ 20% MF</li> <li>• Yogurt tubes and drinks</li> <li>• Homemade puddings</li> </ul> <p>≥ = greater than or equal to</p> | <ul style="list-style-type: none"> <li>• Canned luncheon meats</li> <li>• Pepperoni sticks</li> <li>• Cold cuts</li> <li>• Canned fish – in oil</li> <li>• Jerky</li> </ul> |



### Foods to choose least often – *do not use these foods every day*

- |                        |                                       |                                  |                         |
|------------------------|---------------------------------------|----------------------------------|-------------------------|
| • Pastry/danishes      | • Sports drinks                       | • Flavoured popcorn              | • Cream cheese          |
| • Cakes                | • Syrup                               | • Potato chips/<br>nacho chips   | • Cheese spreads        |
| • Presweetened cereals | • Chocolate/candy                     | • French fries, deep fried       | • Sour cream            |
| • Sticky buns/donuts   | • Candy bar-flavoured<br>milks        | • Ready-to-serve<br>pudding cups | • Bacon                 |
| • Cookies with icing   | • Milkshakes                          | • Cheese puffs                   | • Gravy                 |
| • Instant noodle soups | • Frozen ice treats<br>(popsicles)    | • Cheezies                       | • Whipped cream/topping |
| • Pie                  | • Sherbet                             |                                  |                         |
| • Soft drinks/pop      | • Ice cream                           |                                  |                         |
| • Fruit drinks (punch) | • Marshmallows                        |                                  |                         |
|                        | • Flavoured jelly powder<br>(Jell-O™) |                                  |                         |



## Breakfast time

Breakfast gives your child energy and nutrients to get a healthy start to the day.

Encourage your child to eat breakfast every day to boost their energy and fuel their brains. Lead by example! You need to eat breakfast every day to set a good example for your child.

Breakfast should include choices from **at least three of the four food groups**.

### Suggestions to Start the Day:

#### WARM

- Oatmeal with cooked diced apple and raisins. Serve with milk.
- Microwaved egg on a whole wheat English muffin. Serve with unsweetened apple juice.
- Toasted whole wheat bagel with cheese. Top with tomato slices.
- Whole wheat waffle with peanut butter and sliced banana.
- Homemade oatmeal/oatbran muffin with a wedge of cheese and unsweetened orange juice.
- Grilled ham and cheese sandwich with sliced cantaloupe/honeydew melon.
- Scrambled eggs, whole grain toast and an orange cut up.

#### COOL

- High fibre, lower sugar cereal with milk and banana.
- "Smoothie" with yogurt, milk, and frozen berries. Serve with a bran muffin.
- Yogurt parfait with yogurt, fresh/frozen berries, granola.
- Peanut butter and blueberry sandwich. Serve with milk.
- Cottage cheese and canned pineapple. Serve with whole grain toast.
- Spread a whole wheat wrap/pita with peanut butter and roll around a banana.

#### UNIQUE

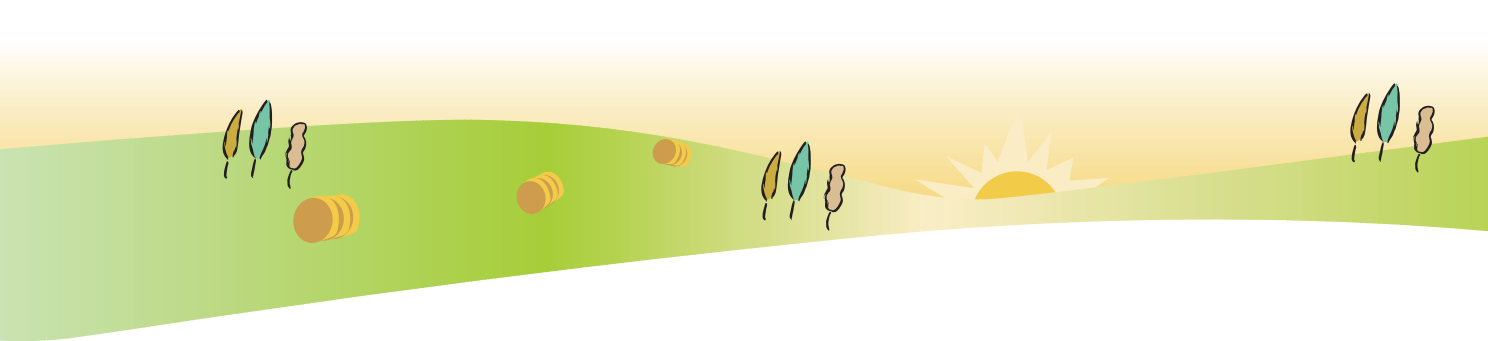
- Leftover pizza with an apple. Serve with milk.
- Bowl of vegetable soup with crackers and cheese.
- Leftover chili on rice. Serve with a sliced cucumbers.
- Leftover baked potato with grated cheddar cheese. Serve with unsweetened pineapple juice.

## Fast Fact

### Breakfast rules!

Research shows children who eat breakfast before starting school have a general increase in test scores, increased attention, reduced nurse visits, and improved behaviours.





# Lunch ideas

Lunch is important to refuel your child’s energy and brainpower for the rest of the afternoon at school.

Let your child help make lunches. Teach them why it is important to make healthy choices. Chances are children will be more excited about opening their lunch bag at school if they know what’s in it. Save time by packing lunch the night before.

Use a cold pack, an insulated lunch bag and a Thermos® to keep food safe. Provide your child with a refillable water bottle to keep them hydrated.

Lunches should include choices from all four food groups. A container of milk or fortified soy beverage goes great with lunch.

## 20 Lunch ideas for school

| Vegetables & Fruit  | Grain Products                    | Milk & Alternatives                    | Meats & Alternatives                | Something Else           |
|---|-----------------------------------|--|-------------------------------------|--------------------------|
| lettuce and cucumber kiwi   | whole wheat pita                  | mozzarella cheese                      | turkey slices                       |                          |
| Romaine lettuce salad sliced fruit  | whole wheat bun                   | yogurt                                 | grilled chicken                     | salad dressing           |
| red pepper slices apple sauce cup   | whole grain bread                 | cheddar cheese                         | roast beef slices                   |                          |
| carrot sticks canned peach slices   | mini whole wheat bagel            | cottage cheese                         | peanut butter                       |                          |
| cucumber slices grapes  | whole wheat crackers              | cheddar cheese slices                  | meat slices                         |                          |
| broccoli pieces orange slices   | (whole wheat noodles)             | (cheese in lasagna)                    | lasagna slice meat/vegetarian       | dip for broccoli         |
| vegetables (in soup) banana   | whole wheat toast rounds          | yogurt                                 | minestrone soup (legumes/beans)     |                          |
| (tomato sauce) snow/snap peas, carrots pineapple chunks                         | mini whole wheat bagel            | mozzarella cheese on bagel yogurt tube | cold pizza bagel (meat)             | dip for veggies          |
| mini tomatoes apple   | whole wheat wrap                  | (cheddar cheese)                       | quesadilla - cold (diced chicken)   | small container of salsa |
| chopped veggies (cucumbers, red/green peppers, sliced tomatoes) dried fruit bar | pasta salad (whole wheat noodles) | Swiss cheese cubes                     | ham, diced                          | salad dressing           |
| canned pear slices  | roti/naan                         | cheese stick                           | dahl                                |                          |
| apricots  | tortilla or crackers              | yogurt                                 | tuna (mini can, flavoured)          |                          |
| mixed greens salad orange slices  | whole wheat bun                   | cheddar cheese, shredded               | chef’s salad (egg slices/ham cubes) | salad dressing           |
| tomato slices apple   | sub/hot dog bun                   | cheese, sliced yogurt                  | submarine (meat of choice)          | salad dressing           |
| lettuce, tomato and cucumber slices 100% unsweetened juice                      | whole wheat bread                 | cottage cheese                         | veggie sandwich (tofu strips)       | sandwich spread          |
| mixed raw veggies cut up fruit  | pita bread                        | yogurt                                 | hummus                              | dip for veggies          |
| celery sticks canned pineapple  | whole wheat bun                   | cheddar cheese, shredded               | baked beans                         |                          |
| vegetable soup*   | biscuit                           | yogurt tube                            | peanut butter                       |                          |
| vegetable sticks watermelon slices  | French toast strips, cold         | cheese stick                           | (egg in French toast)               | dip for veggies          |
| vegetables (stir fry) mango slices  | rice                              | yogurt                                 | stir fry (leftover)                 |                          |

## A good lunch is not expensive

Some people think eating healthy always costs more. The two lunches compared show healthy eating can cost less and be more nutritious. Prices are January 2008, Edmonton, Alberta.

| Lunch #1                                     |               | Lunch #2   |                                   |
|--|---------------|--|-----------------------------------|
| Homemade lunch of meat and cheese            | \$1.56        | Small pre-packaged lunch meat and cheese (Lunchables®) | \$2.99                            |
| – 6 whole grain crackers                     | \$0.42        |  |                                   |
| – 38 g of sliced low-fat deli turkey         | \$0.89        |  |                                   |
| – 25 g of sliced reduced-fat cheese          | \$0.25        |  |                                   |
| Water, 1 refillable bottle                   | \$0.00        | 1 can pop (8 oz/237 mL)                                | \$0.50                            |
| 113 g ½ cup unsweetened applesauce           | \$0.40        | 1 Fruit Roll-Up®                                       | \$0.62                            |
| 125 g ½ cup small container of yogurt        | \$0.40        | Potato chips, 28 g to 30 g                             | \$0.36                            |
| <b>Total (no GST)</b>                        | <b>\$2.36</b> | <b>Total</b>   | <b>\$4.47 + 0.22 GST = \$4.78</b> |
| Savings per meal                             | \$2.33        |  |                                   |
| Savings per school year<br>(200 school days) | \$466.00      |  |                                   |

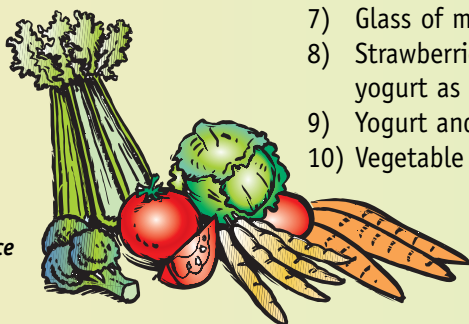
| Nutrients  |                               |
|--|-------------------------------|
| Lunch #1   | Lunch #2                      |
| Higher in vitamin C, protein, calcium, vitamin A and vitamin D | Higher in fat, sugar and salt |

## Snack ideas

### 10 snack ideas for school

- 1) Fresh fruit
- 2) Chewy snack mix: dried apricots\*/raisins\* with nuts/seeds (if school permits)
- 3) Yogurt tube or container of yogurt
- 4) Canned fruit cup
- 5) Crunchy snack mix: dried cereal, popcorn, crackers, pretzels\*
- 6) Whole wheat crackers and cheese
- 7) Raw veggies and dip
- 8) Applesauce cup
- 9) Dried fruit bar\*
- 10) Homemade muffin

\* Brush teeth after eating to reduce the risk of dental cavities



### 10 snack ideas for home

- 1) "Smoothie" made with milk, yogurt and frozen berries
- 2) Bowl of high fibre, low-sugar cereal and milk
- 3) "Smoothie" made with chocolate milk, ice and banana
- 4) Raw veggies and dip/hummus
- 5) Celery with peanut butter or almond butter topped with raisins
- 6) Frozen grapes with yogurt
- 7) Glass of milk and oatmeal cookies
- 8) Strawberries, apple slices or banana chunks with yogurt as dip
- 9) Yogurt and granola
- 10) Vegetable soup



## Tips for eating out the healthy way

- Look for eating places that offer vegetables, fruit and milk as part of the child's meal.
- Limit pop and high-sugar drinks. Offer milk and water instead.
- Choose foods cooked by healthy methods such as baking, roasting and steaming instead of deep-fried or pan-fried.
- Be aware of the size of servings.

### Thirsty?

The best thirst quencher is water and it's usually free.



## Tips for avoiding food struggles

- Allow your child to have at least 20 to 30 minutes to eat a meal. If they are distracted or tired, they may slow down.
- Avoid using food as a reward or as a punishment. An example would be bribing your child with dessert.
- Give your child a choice between two healthy food options such as serving both a cooked and raw vegetable at meals.
- Encourage your child to try new foods. A child may need to taste a new food 10 to 15 separate times before accepting it. Be patient.

## Be sensible about supplements

Vitamin and mineral supplements and other food supplements are generally not needed if your child eats a variety of foods from each food group from *Eating Well with Canada's Food Guide*. Supplements don't take the place of food and healthy eating.

There are situations where a child may need a supplement. For example, if a child:

- Hardly ever eats foods containing iron and develops an iron deficiency.
- Follows a strict vegetarian diet or rarely eats meat or milk products.

- Usually drinks less than 500 ml (2 cups) of milk each day. Milk provides calcium and vitamin D.
- Consistently refuses to eat any item from an entire food group.

Your family doctor or a registered nutritionist or dietitian can help you decide if your child needs a supplement. Like any other pill, supplements can be dangerous if too much is taken. Be sure to keep them out of reach of children.

## What about fat?

- *Eating Well with Canada's Food Guide* suggests including 30-45 ml (2-3 tbsp) unsaturated fat each day including oil used for cooking, salad dressings, non-hydrogenated margarine and mayonnaise.
- The healthiest fats to offer your child are unsaturated fats found in fish, avocados, nuts/seeds, peanut butter/other nut butters and vegetable oils.
- Processed trans fat is unhealthy for our heart. Trans fat is found in packaged foods, deep fried foods, baked items and restaurant foods which use hydrogenated vegetable oils and vegetable oil shortenings. Look on the Nutrition Facts labels and choose foods with zero grams of trans fat. Look on ingredient labels and choose foods that contain no hydrogenated vegetable oil or vegetable oil shortening.
- Another fat to eat less of is saturated fat. Saturated fat is found in foods such as the white fat in meat, poultry skin, cream, and packaged foods with palm/coconut oils and cocoa butter. Look on food labels and choose foods low in saturated fats.



## Food safety

### Food Handling

Teach your child about the importance of cleaning, preparing, storing and cooking food properly:

- Wash hands with warm soapy water for at least 20 seconds before eating and handling food, after using the bathroom or touching animals. Teach them a song such as "Twinkle, Twinkle, Little Star" which is just about the right length of time for cleaning hands.
- Refrigerate foods that should be kept cold as soon as meals are over.
- Wash kitchen and table surfaces every day.
- Keep counters clean. Remind your child that backpacks, pets and sporting goods don't belong on the counter.
- Use cold packs for lunchboxes and insulated lunch bags.
- Use a Thermos® to keep foods hot.
- Wash fruits and vegetables with water before eating.
- Cook foods to proper temperatures.

## Fish safety

Fish is an excellent source of protein and healthy fats. *Eating Well with Canada's Food Guide* recommends choosing at least two Food Guide Servings of fish per week.

- Health Canada provides advice for limiting exposure to mercury from certain types of fish. Refer to [www.healthcanada.gc.ca](http://www.healthcanada.gc.ca) for the latest information.

### Fast Fact

For more information about food safety visit:  
[www.canfightbac.org](http://www.canfightbac.org) or [www.foodsafetyline.org](http://www.foodsafetyline.org)



# Growth and Healthy Body Image

## Normal growth patterns

Growth is the most important measure of your child's health and nutritional status. This is because issues in your child's health or nutrition almost always affect growth.

Children grow and mature at different rates. Children grow faster in infancy and teenage years. They grow more slowly in preschool and early school years.

As children grow and develop, height can get ahead of weight or vice versa. Some children store extra weight before a growth spurt. This normal process helps support their rapid growth.

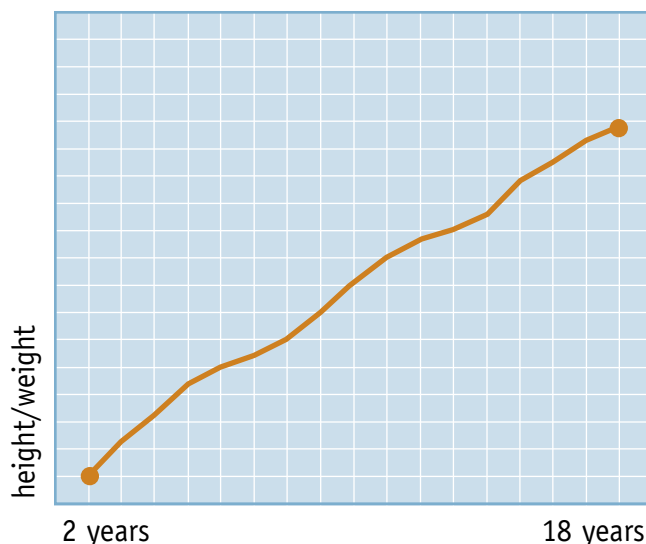
Puberty can be an emotional time for both boys and girls. Help your child by discussing body changes at puberty.

- In girls, puberty begins between 8 and 14 years and is usually complete in 3 years. Girls gain fat tissue in breasts, thighs and hips.
- For boys, puberty begins 1.5-2 years later than girls and takes twice as long to complete. Boys gain muscle, bones and some fat as they grow and mature.

If you have concerns about your child's growth, talk to your doctor. Ask them to look at your child's growth records and take new measurements.

## Fast Fact

The *pattern* of growth is more important than a *single measurement*. If there is a change in the pattern, it's important to find out why. Then you can get the proper help to prevent health problems now and in the future.





## Building a positive body image

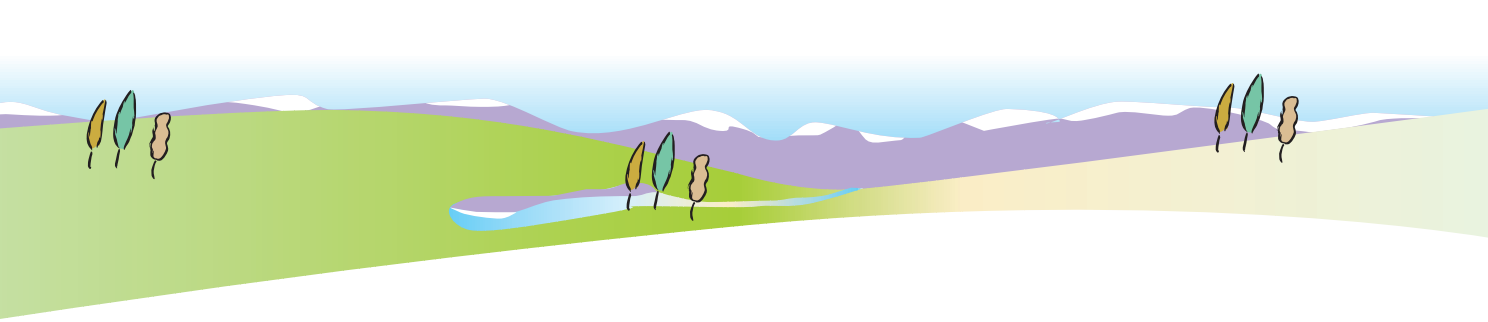
You can help your child have a positive body image to feel good about who they are and how they look:

- Teach your child that healthy bodies come in a variety of shapes and sizes. Your child's body size depends on their genetics and on how they take care of themselves. Healthy eating, regular physical activity and managing stress are key.
- Point out ways advertisers sell products and shape the way we think. Talk about unrealistic messages and images in the media. In television, movies and magazines, your child sees idealistic images for all women and men that are not realistic. Women are shown to be thin and beautiful, while men are shown to be muscular and lean.
- Discourage teasing and put-downs. Let your child know that making comments about people's weight, shape, size or skin tone is not acceptable.
- Help your child develop skills to deal with teasing and bullying. Explain that teasing about appearance is not okay. For more information visit [www.bullyfreealberta.ca](http://www.bullyfreealberta.ca).
- Teach your child to focus on their abilities, rather than how they look. For example, praise them for being kind to people and for saying please and thank you.
- Be aware of the messages you send. Pay attention to comments you make about your own appearance and the appearance of others. Focus on the positive.
- Be active! Being physically active is one of the best ways of developing a positive body image.
- Your child has many qualities and abilities that go beyond what they look like. Help your child identify all their great qualities and abilities.

### Looking for a fun activity to help remind your child that being unique is a good thing?

Have your child cut out pictures of their ideal body shape and body parts such as legs, eyes, nose and hair. Paste them all together to see how strange this looks. Remind your child that if we all were the same, the world would be a boring place to live.





## What about weight?

Worldwide, obesity has become one of the most common public health concerns for children and teens. In Canada, obesity among Canadian children and youth is increasing. Approximately one quarter of Canadian children and youth are either overweight or obese.

Overweight kids have a higher risk of heart disease, high blood pressure, high cholesterol levels and diabetes. Carrying extra weight when you are a kid also increases the likelihood that you will be an obese adult. Overweight kids also suffer more social and emotional difficulties.

### How to Help Your Child:

- If you have concerns about your child's growth, talk to your doctor.
- Weight loss diets are not for children and can be harmful. They can lead to problems with healthy growth and issues with a child's intellectual, mental, emotional and social development.
- If your child is overweight, it is important not to single them out. No one person in the home should be stopped from eating certain foods while others are allowed them. Encourage healthy eating and active living for everyone.

- Follow the healthy eating guides in this booklet. Encourage healthy eating habits by offering healthy choices. Be a role model by eating healthily yourself.
- Encourage your child to be active by following the advice in this booklet. Participate in activity with your child for fun, not for weight management.

### How to Express Concern:

Remember, the words you use can give your child unintended, negative messages about their body. These tips may help you have a positive talk.

- Use "I" statements like, "I am concerned about your health." Avoid using "you" statements like "You have to..."
- Focus your talk on the need for a healthy lifestyle. Don't dwell on eating, weight or appearance. Don't use numbers or words that refer to size or shape.
- Ask how your child feels about what you are saying. Be supportive.
- Ask your child what they would like to do. Avoid giving simple solutions.



## Resources for More Information

### Local Contacts

For information and resources about health, active living or nutrition, contact these Alberta resources:

- **Active Edmonton** [www.activeedmonton.ca](http://www.activeedmonton.ca)
- **Alberta Centre for Active Living**  
[www.centre4activeliving.ca](http://www.centre4activeliving.ca)
- **Alberta Health and Wellness**  
[www.health.gov.ab.ca](http://www.health.gov.ab.ca)
- **Alberta Sport, Recreation, Parks and Wildlife Foundation**  
[www.cd.gov.ab.ca/asrpfw](http://www.cd.gov.ab.ca/asrpfw)
- **Be Fit for Life Network** [www.befitforlife.ca](http://www.befitforlife.ca)
- **Body Image Works** [www.bodyimageworks.com](http://www.bodyimageworks.com)
- **Boys and Girls Clubs of Alberta**  
[www.bgcalberta.com/](http://www.bgcalberta.com/)
- **Bully Free Alberta** [www.bullyfreealberta.ca](http://www.bullyfreealberta.ca)
- **Ever Active Schools** [www.everactive.org](http://www.everactive.org)
- **Girls @ Play** [www.caaws.ca/girlsatplay](http://www.caaws.ca/girlsatplay)
- **Growing Food Security in Alberta**  
[www.foodsecurityalberta.ca](http://www.foodsecurityalberta.ca)
- **Healthy U** [www.healthyalberta.com](http://www.healthyalberta.com)
- **Health Link Alberta** [www.healthlinkalberta.ca](http://www.healthlinkalberta.ca)  
Edmonton, call 408-LINK (5465)  
Calgary, call 943-LINK (5465)  
Outside Edmonton and Calgary, call toll-free 1-866-408-LINK (5465)
- **Go 2 Calgary** [www.go2calgary.com](http://www.go2calgary.com)
- **Inform Alberta** [www.informalberta.ca](http://www.informalberta.ca)
- **Kids Help Phone:** 1-802-668-6868  
[www.kidshelpphone.ca](http://www.kidshelpphone.ca); Parents Help Line:  
1-888-603-9100
- **Kidsport Alberta** [www.kidsport.ab.ca](http://www.kidsport.ab.ca)
- **Regional Health Authority Offices**  
[www.health.alberta.ca](http://www.health.alberta.ca)  
Specific phone numbers are listed in phone books
- **SHAPE Safe Healthy Active People Everywhere** [www.shapeab.com](http://www.shapeab.com)
- **Sport Alberta** [www.sportalberta.ca/links.htm](http://www.sportalberta.ca/links.htm)

### Books

- ***Child of Mine: Feeding with Love and Good Sense***, Ellyn Satter, 2000.
- ***Deceptively Delicious: Simple Secrets to Get Your Kids Eating Good Food***, Jessica Seinfeld, 2007.
- ***How to Teach Nutrition to Kids***, Connie Liakos Evers, 2003.
- ***Quick Meals for Healthy Kids and Busy Parents: Wholesome Family Recipes in 30 Minutes or Less From Three Leading Child Nutrition Experts***, Sandra K. Nissenberg, Margaret L. Bogle, Audrey C. Wright, 1995.
- ***Raising Happy, Healthy Weight-wise Kids***, Judy Toews and Nicole Parton, 2001.
- ***Real Kids Come in All Sizes: Ten Essential Lessons to Build Your Child's Body Esteem***, Kathy Kater, 2004.
- ***Secrets of Feeding a Healthy Family***, Ellyn Satter, 1999.
- ***The American Dietetic Association Guide to Healthy Eating for Kids: How Your Children Can Eat Smart from Five to Twelve***, American Dietetic Association, Jodie Shield, Mary Catherine Mullen, 2002.
- ***Your Child's Weight...Helping Without Harming***, Ellyn Satter, 2005



## Websites

- **Active Healthy Kids Canada** [www.activehealthykids.ca](http://www.activehealthykids.ca)
- **Anaphylaxis Canada** [www.anaphylaxis.ca](http://www.anaphylaxis.ca)
- **Eating Well with Canada's Food Guide** [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)
- **Canadian Paediatric Society** [www.cps.ca](http://www.cps.ca)
- **Canadian Parks and Recreation Association** [www.cpra.ca](http://www.cpra.ca)
- **Canadian Partnership for Consumer Food Safety Education** [www.canfightbac.org](http://www.canfightbac.org)
- **Canadian Tire "Jumpstart" Program** [www.canadiantire.ca/jumpstart/](http://www.canadiantire.ca/jumpstart/)
- **Child and Family Canada** [www.cfc-efc.ca](http://www.cfc-efc.ca)
- **Dietitians of Canada** [www.dietitians.ca](http://www.dietitians.ca)
- **Eating + Activity Tracker** [www.eatracker.ca](http://www.eatracker.ca)
- **Food Allergy Network** [www.foodallergy.org](http://www.foodallergy.org)
- **Food Safety Information Line** [www.foodsafetyline.org](http://www.foodsafetyline.org)
- **Go for Green** [www.goforgreen.ca](http://www.goforgreen.ca)
- **Health Canada** [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)
- **Healthy Eating is in Store for You** [www.healthyeatingisinstore.ca](http://www.healthyeatingisinstore.ca)
- **Physical Activity Guides for Children and Youth** [www.phac-aspc.gc.ca/pau-uap/paguide/child\\_youth/index.html](http://www.phac-aspc.gc.ca/pau-uap/paguide/child_youth/index.html)
- **Public Health Agency of Canada** [www.phac-aspc.gc.ca](http://www.phac-aspc.gc.ca)
- **Vegetarian Resource Group** [www.vrg.org](http://www.vrg.org)





## Acknowledgements

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