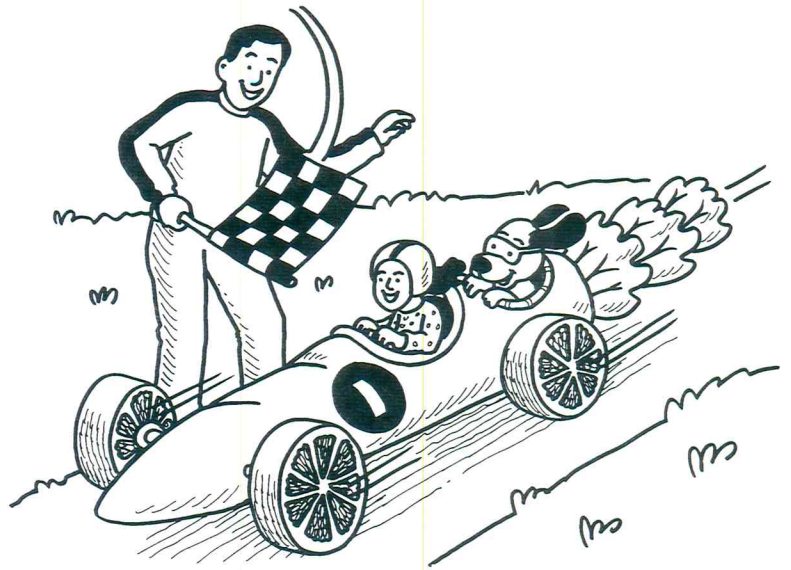


Race for Nutrition

Take steps to get your family on the path to better eating by following these tips. For each healthy habit below, a family member can move forward one space on the race track on the back. How quickly will you reach the finish line?



Powerful protein. Protein forms the building blocks of muscles and helps bodies stay strong. Children ages 4–8 need 4 oz. of protein each day, and those ages 9–13 should get 5 oz.

- Make each serving of protein a lean one. *Examples:* 1 egg, $\frac{1}{4}$ cup beans, 1 oz. chicken without skin, or 1 oz. beef that is at least 90 percent lean.
- Eat fish or seafood twice a week.

Sugar swap. On average, kids under 12 consume 49 pounds of sugar each year. Avoid regular doses of added sugar by making sweets an “every now and then” item.

- Substitute a healthier food (say, grapes) for a sweet snack like cookies or cake.
- Go the whole day without “empty calories” from candy or soda.

Grain goal. Whole-grain foods contain more nutrients because they’re made of the entire grain. Processed grains actually have much of the healthy part taken right out of them.

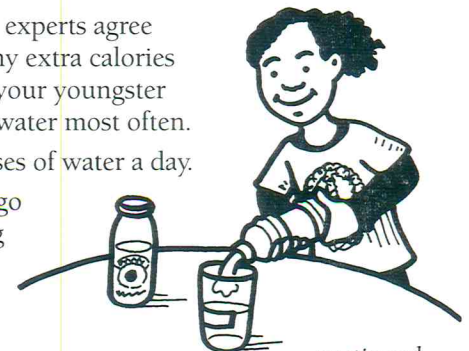
- Eat whole-grain cereal for breakfast.
- Use whole-grain rather than white bread for a sandwich.

Produce pickup. Children ages 4–8 should have $1\frac{1}{2}$ cups of vegetables and 1 to $1\frac{1}{2}$ cups of fruit each day. For ages 9–13, the recommendations are 2 cups of vegetables for girls, $2\frac{1}{2}$ cups of vegetables for boys, and $1\frac{1}{2}$ cups of fruit for both.

Bonus squares

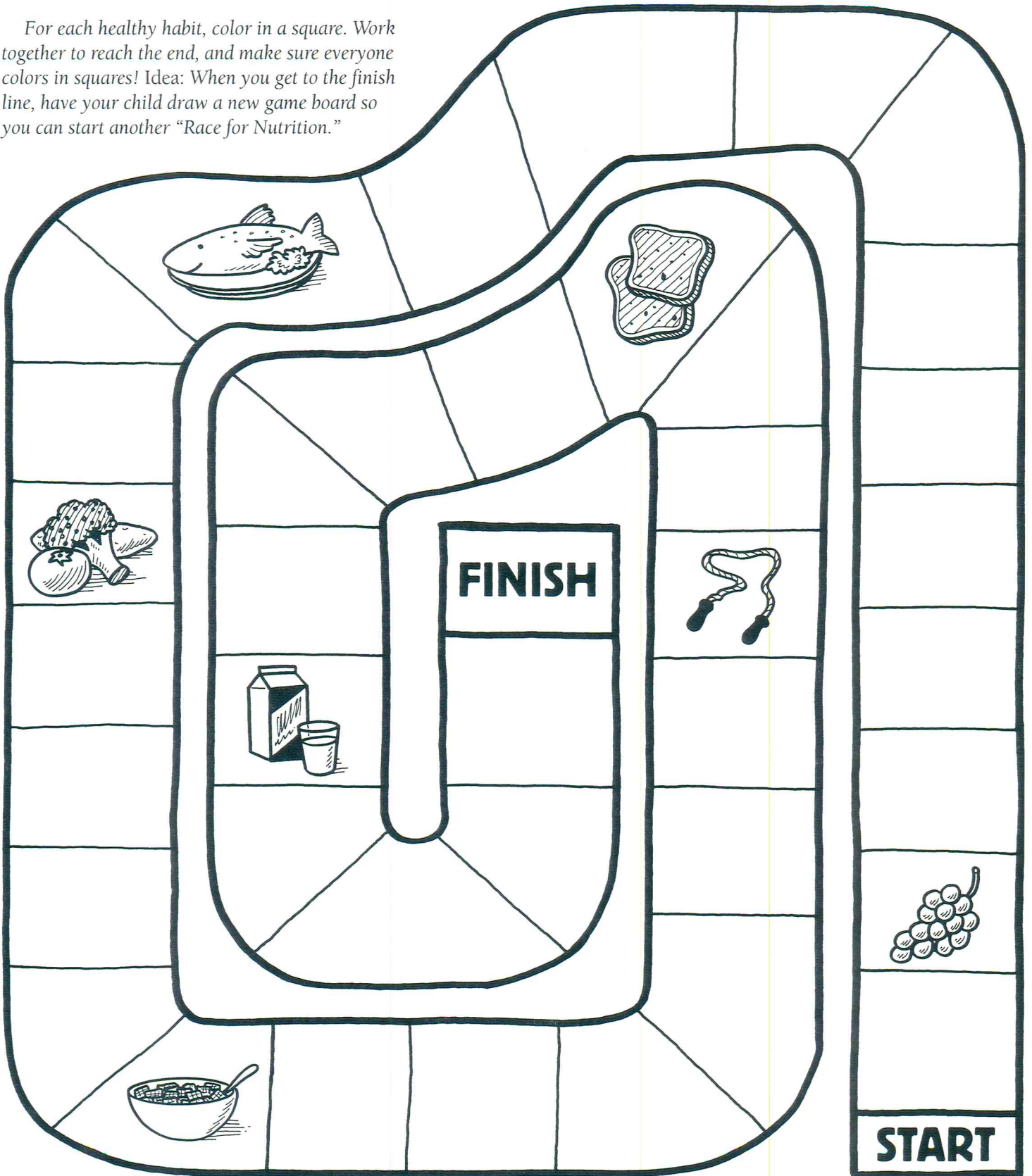
Healthy habits include more than what you eat. Advance one square on the race track for each of these practices:

- Sit down (rather than stand) while you eat.
- Turn the TV off during a snack or meal.
- Do 60 minutes of physical activity in a day.
- Make fruits and vegetables half of your plate at each meal today—and eat them!
- Have produce in at least three different colors a day (for instance, orange sweet potatoes, dark green broccoli, and red tomatoes).
- **Calcium sprint.** Kids ages 4–8 need 1,000 mg of calcium daily for strong bones and teeth. That amount increases to 1,300 for ages 9–13.
- Drink fat-free milk rather than full- or reduced-fat milk.
- Have enough calcium to add up to the recommended amount.
- **Water works.** Nutrition experts agree that children get too many extra calories from drinks. Encourage your youngster to reach for zero-calorie water most often.
- Drink at least two glasses of water a day.
- When you have juice, go 50/50: Mix half sparkling water and half juice.



continued

For each healthy habit, color in a square. Work together to reach the end, and make sure everyone colors in squares! Idea: When you get to the finish line, have your child draw a new game board so you can start another "Race for Nutrition."



Editor's Note: Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

Nutrition Nuggets™