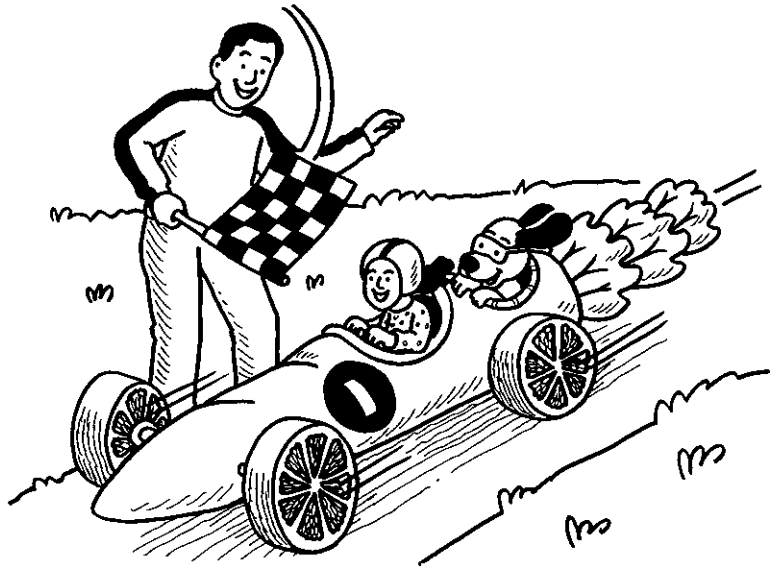


# Race for Nutrition

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.

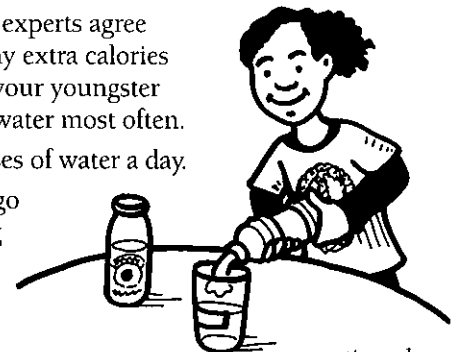
- Eat whole-grain cereal for breakfast.
- Use whole-grain rather than white bread for a sandwich.

**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

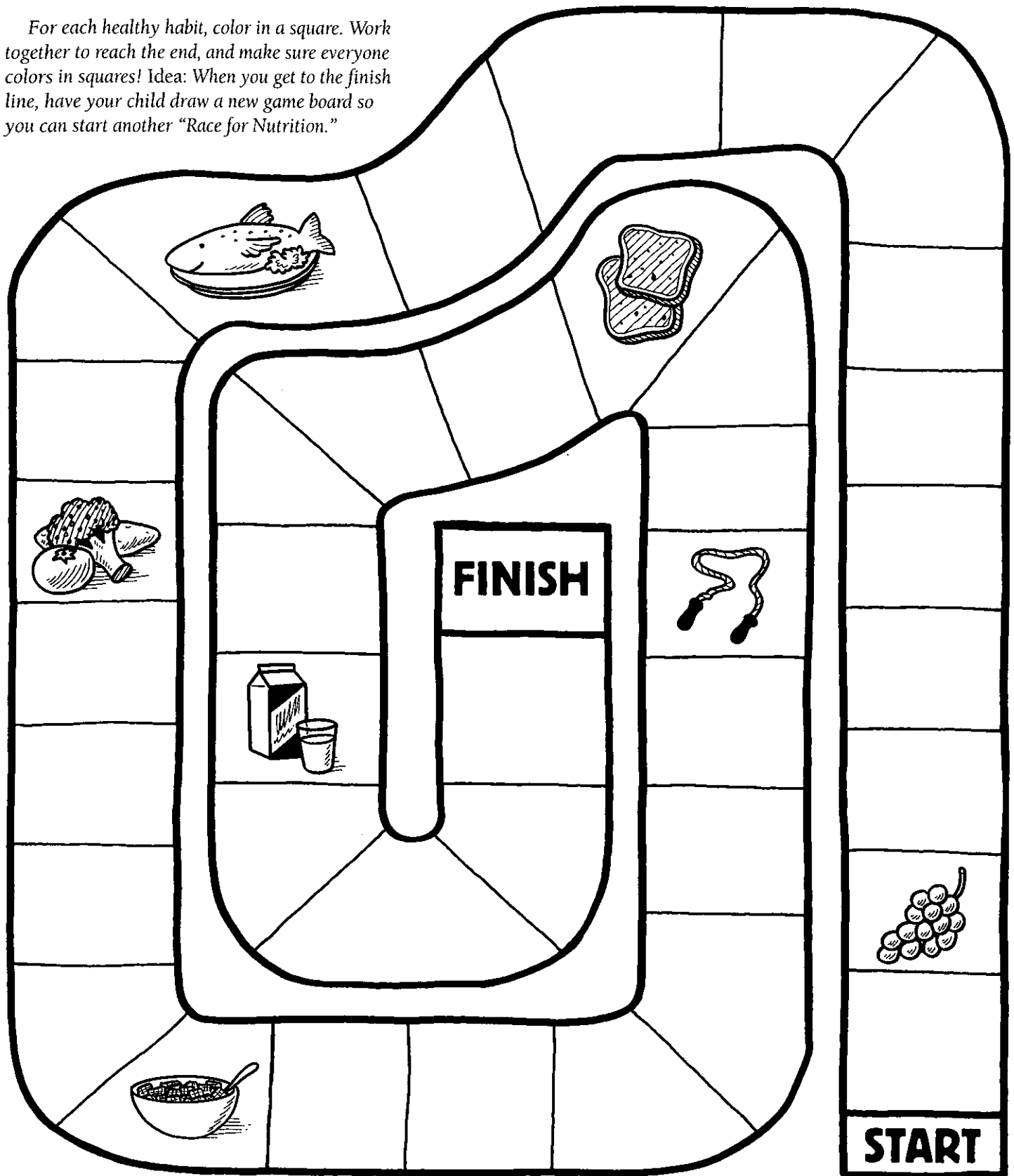
Healthy habits include more than what you eat. Advance one square on the race track for each of these practices:

- 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™

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