Welcome Baby

utah county health department "creating healthy communities"

United Way of Utah County

April 2011 A Newsletter for *"Welcome Baby"* and *"Parents as Teachers"* Families

Nutrition

According to the American Academy of Pediatrics, a good guideline is that a toddler portion size should equal about a quarter of an adult portion size. If that doesn't seem like enough, remember that you can always give your toddler seconds, especially when it comes to veggies and other healthy foods.

Tips for Toddlers

- Although your child may not eat three well balanced meals each day, as long as it balances out over a one or two week period, with foods from all of the food groups, then he/she likely has a healthy diet.
- Don't rely on "fast" foods and typical toddler meals at home just to get your toddler to eat, such as hot dogs, macaroni and cheese, and chicken nuggets, etc. Serve a variety of foods, including vegetables and fruits, even if it is just a tablespoon on your child's plate that he/she doesn't touch, to get your child used to healthy foods.
- Don't be quick to give your child nutritional supplements such as Pediasure or other high-calorie snacks when he/she isn't eating well. Instead of boosting calories this often backfires and fills your child up with liquids, so that he/she will continue to not want to eat solid food. Talk to your pediatrician if you really think that your child needs a nutritional supplement.
- Most toddlers don't need to take a vitamin. Again, talk to your pediatrician if you think your child needs a vitamin.
- Don't make your child "clean his/her plate." Instead, start with appropriate serving sizes.

Examples of toddler size portions include:

- 1/4 to 1/2 slice of bread
- 1/4 cup of dry cereal
- one to two tablespoons of cooked vegetables
- 1/2 piece of fresh fruit
- 1/3 cup of yogurt
- 1/2 egg
- 1 ounce of meat

Taken in part from:

American Academy of Pediatrics Policy Statement. February 2006.*Dietary Recommendations for Children and Adolescents: A Guide for Practitioners.* PEDIATRICS Vol. 117 No. 2 Retrieved on February 18, 2011 from http://pediatrics.about.com/od/toddlers/a/0707_tdlr_diets.htm

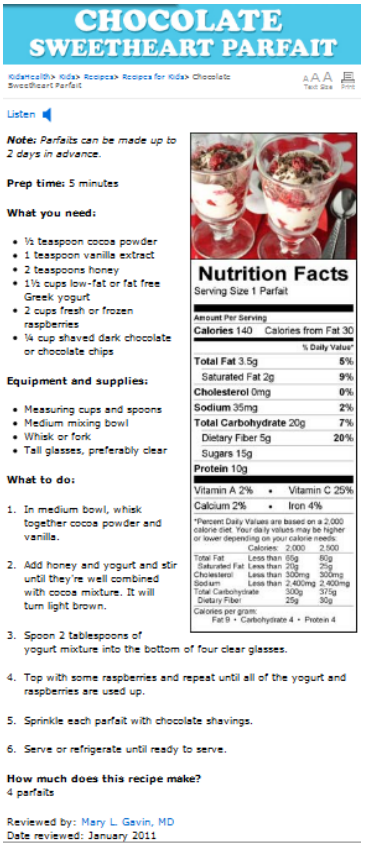
Recipes

Sometimes it may be difficult to find healthy recipes that children will actually eat. To the right is an example of a healthy, but fun recipe. Many more recipes can be found at the following link: http://kidshealth.org/kid/recipes/index.html#cat20229

This website also provides recipes that can be made with children with different medical conditions or food allergies or intolerances. It includes recipes for children who have:

- cystic fibrosis
- diabetes
- lactose intolerance
- celiac disease

Find this specific recipe at http://kidshealth.org/kid/recipes/recipes/parfaits.html#cat20229



CHOCOLATE SWEETHEART PARFAIT

Listen

Note: Parfaits can be made up to 2 days in advance.

Prep time: 5 minutes

What you need:

- ½ teaspoon cocoa powder
- 1 teaspoon vanilla extract
- 2 teaspoons honey
- 1½ cups low-fat or fat free Greek yogurt
- 2 cups fresh or frozen raspberries
- ¼ cup shaved dark chocolate or chocolate chips

Equipment and supplies:

- Measuring cups and spoons
- Medium mixing bowl
- Whisk or fork
- Tall glasses, preferably clear

What to do:

1. In medium bowl, whisk together cocoa powder and vanilla.
2. Add honey and yogurt and stir until they're well combined with cocoa mixture. It will turn light brown.
3. Spoon 2 tablespoons of yogurt mixture into the bottom of four clear glasses.
4. Top with some raspberries and repeat until all of the yogurt and raspberries are used up.
5. Sprinkle each parfait with chocolate shavings.
6. Serve or refrigerate until ready to serve.

How much does this recipe make?
4 parfaits

Reviewed by: Mary L. Gavin, MD
Date reviewed: January 2011

Nutrition Facts
Serving Size 1 Parfait

Amount Per Serving	
Calories 140	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	5%
Saturated Fat 2g	9%
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 20g	7%
Dietary Fiber 5g	20%
Sugars 15g	
Protein 10g	

Vitamin A 2% • Vitamin C 25%
Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Prep Time: 1-2 Hours
Ingredients: 1 8-oz. container of your favorite flavor of yogurt
Utensils: Small paper cups, wooden popsicle sticks (available in craft stores), plastic wrap
Directions: Pour yogurt into paper cups. Fill them almost to the top. Stretch a small piece of plastic wrap across the top of each cup. Using the popsicle stick, poke a hole in the plastic wrap. Stand the stick straight up in the center of the cup. Put the cups in the freezer until the yogurt is frozen solid.
Remove the plastic wrap, peel away the paper cup, and eat your pop!

Pizzadillas

Prep Time: 10-15 minutes
What you need:
4 whole-wheat tortillas (8 inches)
2/3 cup fresh or frozen spinach, finely chopped
2/3 cup part-skim mozzarella cheese, shredded
1 cup marinara sauce (store-bought or homemade)
Cooking spray
Equipment and supplies:
A 10- to 12-inch skillet
Thin spatula (metal preferred)

What to do:
Lay 2 tortillas on a flat surface. Divide spinach and cheese between the tortillas.
Top with remaining 2 tortillas.
Place skillet over medium heat. Lightly coat pan with cooking spray.
Gently slide 1 pizzadilla into the pan and cook until light golden brown on one side (about 1-2 minutes).
Using a thin spatula, gently flip over the pizzadilla and cook for 30-60 seconds more or until cheese is fully melted.
Remove pizzadilla and cut into triangles. Repeat with remaining pizzadilla.
Serve with marinara sauce for dipping.
You can wrap and refrigerate leftovers to take to school for lunch.

Taken in part from:

Kids Health. June 2010. *Recipes for Kids.* Retrieved on February 18, 2011 from http://kidshealth.org/kid/recipes/index.html#cat20229

Feeding Toddlers

Feeding toddlers can be challenging. They are often picky eaters, are hesitant to try new foods, and in general, don't seem to eat very much.

To begin planning your toddler's diet, begin with the idea that toddlers need a lot less to eat than you think. Children aren't growing as fast as they were during their first year of life and so have lower energy needs (the amount of calories per kg of their body weight) and smaller appetites. So if your child is active, healthy, and growing and developing normally, then he/she is likely getting plenty to eat.

It can also help to avoid common mistakes, such as:

- drinking more than 16-24 ounces of milk each day.
- drinking more than 4-6 ounces of juice each day.
- letting your child fill up on sweets and snacks.
- forcing your child to eat when he isn't hungry.
- Giving servings that are too big. The average toddler serving is going to be about 1/4 of an adult serving size.

The average toddler needs about 1300 calories each day. Bigger kids will need a little more and smaller kids a little less. A good rule of thumb is that your toddler will need about 40 calories each day for each inch of his height.

A common problem we see in kids who don't eat much, is a toddler who drinks 4 cups of milk and 3 cups of juice each day. That can add up to 1350 calories, which is probably more than he/she needs all day, so it is not surprising that this child wouldn't be hungry for other foods.

Taken in part from:

Keeping Kids Healthy. June 2008. *Feeding Your Toddler.* Retrieved on February 9, 2011 from http://keepkidshealthy.com/toddler/feeding_your_toddler.html

Websites

Family Food Shopping: Spend Less, Get More
http://www.fns.usda.gov/tn/Resources/Nibbles/family_shop.pdf

A Healthier You– My Shopping List: http://www.health.gov/dietaryguidelines/dga2005/healthieryou/html/shopping_list.html

A Healthier You-My Money Saving Tips: http://www.health.gov/dietaryguidelines/dga2005/healthieryou/html/tips_money_saving.html

Heathy Snacks for Kids: http://pediatrics.about.com/od/nutrition/a/0208_hth_snacks.htm

Healthy Snacks on the Go: http://weightloss.about.com/od/eatsmart/qt/snackonthego.htm

Picky Eaters: http://pediatrics.about.com/gi/o.htm?zi=1/XJ&zTi=1&sdn=pediatrics&cdn=health&tm=11&gps=367_375_1436_715&f=11&tt=14&bt=0&bts=0&st=15&zu=http%3A//www.keepkidshealthy.com/parenting_tips/picky_eaters.html

Homemade Baby Food Recipes:
http://homecooking.about.com/library/archive/blbabyfood.htm

CALENDAR OF EVENTS

- **Ready to Learn**—April 20th at the Utah County Health Department (UCHD), Rm. 2500 from 12-1 p.m. Receive a complimentary book.

- **Habitat for Humanity**—
  - Classes held at the Habitat for Humanity office located at 340 S. Orem Blvd, Orem, 6:30 p.m. on the last Wednesday of each month.
  - "Basic Plumbing Repairs" April 27
  - "Window and Door Insulation, Home Decorating" May 25
  - info@habitatuc.org 801.344.8527

- **Local Farmers Markets**— Provo's Farmers Market *(May-October)*, Saturdays, 9:00 a.m. until 2:00 p.m., Pioneer Park, 500 West 100 South, Provo.
  - May: Famers sell salad greens, carrots, etc., seedlings, honey, cheese, eggs, and much more!
  - June-October Main Season: varieties of fruits and vegetables; visitors are encouraged to talk to the farmers about recipes; live music, food vendors, arts and crafts

- **Provo City Library** —
  - "Monday Night Performances" in the Ballroom on the 4th Monday of each month. Various artists will perform each month and admission is FREE!
  - 550 North University Avenue Provo, UT (801) 852-6650

- **Baby Animal Birthday Party**—April 30th, 10am-4pm, at Thanksgiving Point. Admission $5. Get up close with the animals and enjoy birthday cake and fun activities.