The Growing Trend of Childhood Obesity

Diversifying food selection to promote healthy food preferences

Tag Words: Childhood Obesity; Health; Child Nutrition; Parent-child interactions; Healthy Food Variety; Empty Calories

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Summary

Obesity has been defined as a characteristic disease whereby a person contains a high amount of body fat and is beyond the point of being overweight. Children, existing with long-term states of obesity and overweight conditions, reveal a higher incidence in nutritionally related diseases (i.e. CVD, TIDM, TIIDM, etc) and mortality rates. Diseases, previously limited to adults, are now becoming more prevalent in individuals at earlier ages, further suggesting that obesity continues to be a growing issue in the United States. Increasing the exposure of nutritionally related concepts to the public (children and their parents, guardians, or caretakers) can help reduce the numbers of obese persons in society. An interactive program with younger children has been designed to encourage parent-child interactions, supporting the preparation of foods with family members. The project is also intended to expose children to healthier food options by expanding their knowledge about the different types of food present in each food group of the MyPlate visual concept. (SP)

Video Link:
http://www.youtube.com/watch?v=r-ZeLCd4w7M

Childhood Obesity & the Expansion of Healthy Food Choices to Minimize Unhealthy Foods in the Diet

Introduction

(SP) In recent years, Americans have experienced a variety of changes that have altered their lifestyles. Serious concerns revolve around the evolution of technology which has led to greater demands for fast-paced lives. For this reason, people are reportedly showing less concern for the quality of the food they eat, opting for convenience and/or calorie-dense foods instead. Ready-to-eat foods, for example, may be highly processed and unhealthy compared to foods that are nutritiously recommended; however, such foods appeal to individuals in a fast growing environment because they are quick and accessible. Unfortunately, the health status of the country has reflected a number of issues arising from poor eating habits, one of which is a disease that appears in most members suffering from nutritionally-related health problems: obesity.
Obesity has been defined as a characteristic disease whereby a person contains a high amount of body fat and is beyond the point of being overweight (weighing abnormally higher than the recommended standards). Developing research studies reveal an alarming increase in the rate of overweight and obese adults and children. Even more disturbing, the risks associated with long-term disease states of obesity, especially in young children, strongly correlate with an increase in mortality rates and the development of potentially fatal diseases. Childhood obesity, in particular, is of serious concern primarily due to findings claiming that children are beginning to develop diseases that were once limited to adults. Moreover, early conditions of obesity will lead to greater problems for the individual later in life.

Prior to reports describing an increase in obesity in children, the nation showed more concern for the prevalence of overweight children. In 1980, adolescents were three times less overweight than they are today. Younger children, on the other hand, have more than doubled in overweight states since that same year. According to the CDC’s Behavioral Risk Factor Surveillance System (BRFSS), maps created to illustrate the increasing trends in obesity revealed that only a few states in 1985 had low percentages of obesity, while the rest reportedly had no incidences of high body fat. The National Health and Nutrition Examination Survey (NHANES) reveals that health statistics of children show evidence that the heaviest children who were recently surveyed were much heavier than the heaviest children who were surveyed in the past. As a result, studies show that problems of overweight conditions in children are being succeeded by problems of obesity in children. Many assume that high fat and high body weights will continue to be an issue for the United States, with reports estimated to grow in the future.

The Centers for Disease Control (CDC) has also collected statistical data delivering proof of increased rates in obesity. CDC has claimed that obesity has tripled since the past 30 years. Obesity in younger children between the ages 6 – 11 and 12 – 19 (adolescents) have had a 13% increase in obesity between the years 1980 and 2008 (in both groups individually).

The growth in childhood obesity can also potentially result in an increase in the nation’s cost for healthcare which will formidably contribute to economic problems for society as a whole. During the year 2000, approximately $117 billion dollars were spent on obesity with at least $61 billion dollars spent on medical bills. Additionally, international studies reveal that costs associated with obesity account for almost 2% - 7% of the nation’s total healthcare cost.

Ultimately, this has contributed to the nation’s interest in developing nutrition policies and intervention programs, potentially reducing the incidence of obesity so that the country and people could benefit from the outcome.

As one of the major contributing factors of childhood obesity, parental influence on child nutrition can be addressed to reduce the incidence of the disease. Ensuring that a child is provided with nutritious opportunities, related to trying new foods, optimizes their health by increasing their exposure to better options. An interactive program has been developed to increase nutritional awareness for children of younger ages. The basic food groups presented by the MyPlate and MyPyramid visual concept of nutrition is emphasized in the program to provide additional education on reasons why a balanced diet is important for proper growth and development. Newsletters, targeted to parents, guardians, and caretakers, have also been
Factors Contributing to Childhood Obesity & Unhealthy Outcomes

Unhealthy, Unbalanced Diets

(NL) One very important aspect of childhood obesity that can’t be overlooked is the diets of the children. In order to better prevent obesity and to help those who are already obese it must be better understood how specific dieting patterns correlate to the prevalence of obesity. Normally diets are balanced in a way to provide the body with enough energy for its daily needs. This energy, measured in calories, is taken from a number of different food groups each of which are supposed to make up a specific percentage of your diet. This percentage was once split into number of serving sizes in the “food pyramid”, but now this ratio is given by the United States Department of Agriculture in the form of a plate, apply named MyPlate. This system supports the idea that nearly half of your diet should consist of fruits and vegetables, with the rest consisting of grains and proteins, with grains being slightly greater than protein. While there is also a portion of the diet dedicated to dairy products, this new system, unlike the “food pyramid”, does not support having fatty non-nutritious foods in a healthy diet. MyPlate is a system that is meant to help children get into a healthy dieting pattern.

Unfortunately many children exhibit patterns of unhealthy dieting that have been shown to strongly correlate with obesity or increased weight gain. One study showed that a diet that this energy dense (being high calorie, low nutrition, “empty calories”), low in fiber, and high in fats has been strongly associated with increased fat formation, and therefore weight gain, in children. While this may seem to not be true for all children, this study proves that there is a direct link between an unhealthy diet and direct fat formation, the defining factor of obesity. A number of specific patterns observed in the diets of children have been also directly linked with obesity. These patterns are the intake of “empty calories” (especially through the consumption of high-sugar drinks), the major lack of nutritious fruits and vegetables, and the limited consumption of whole grain products. The prevalence of the fast food industry and the media influence on children’s diets through advertising also play significant roles in dieting patterns children choose.

Empty Calories

The term “empty calories” refers to foods that contain a normal amount of calories but have minimal nutritional value behind those calories; nutritional value in this sense meaning the
vitamins, minerals, and essential fatty-acids associated with normal calorie consumption. Foods that fall into this category tend to lose most of their nutritional value due to being highly processed. Some examples of these foods are soda (and other high-sugar drinks), all types of refined grains (white bread, white rice, etc.), and various forms of saturated fats. Of all the sources of empty calories in today’s society the consumption of high sugar drinks is specifically a growing problem that has direct correlations with childhood obesity.

The increased consumption of high sugar, low nutrient drinks has been shown in a number of studies to be directly and strongly correlated with the growing obesity epidemic. One study specifically states that consumption of high-sugar drinks is positively correlated with an increase in body mass index (BMI). This more or less means that drinking these high-sugar drinks will more than likely cause weight gain which will then cause an increase in BMI. Targeting of these “empty calorie” drinks is extremely important because a decrease in their consumption could have the opposite effect therefore reducing BMIs and causing the prevalence of childhood obesity to decrease.

The problem with high-sugar drinks does not stop with their direct correlation to weight gain. Unfortunately these drinks are being consumed with the thought that if people eat less, they can then drink more. The study that shows the connection between these drinks and increases in BMI also stated that a number of there test children said that at meal times they will compensate for drinking soda or other high sugar drinks by eating less food. This is a very unhealthy dieting practice. Essentially these kids are replacing nutrient rich foods that have vitamins, minerals and other nutrients (as well as calories) with a substance that still provides the same amount calories but no nutritional value. This habit of drinking “empty calorie” drinks is now affecting children in two specific and very negative ways: the consumption of high-sugar drinks in itself, and now the replacement of nutritious foods with empty calories.

High-sugar drinks have not only been found to be replacing actual meals in children’s diets, but also their rampant consumption has taken attention away from the more nutritionally beneficial foods and drinks. It has been shown that children who tend to have high consumption of high-sugar fruit flavored drinks tend to have a correlated decreased in their consumption of actual fruits and vegetables. This is yet another example of children replacing healthy parts of their diets with a substance void of nutrition. Fruits are an essential part of any diet and unfortunately to children it seems that having the taste of fruit makes them less inclined to go out and eat actual fruit.

Fruits are not the only thing being neglected due to high-sugar drink consumption. A drink that has been shown to have beneficial health effects, milk, is being replaced as well. While it is understandable that milk does not go along with each and every meal, its nutritional benefits should not be overlooked. In particular the lack of consumption of milk in childhood has been directly linked with weight gain later in life. While the direct causes of this correlation is unknown, one could hypothesize that drinking milk can increase bone formation and therefore increasing height and reducing BMIs; or that drinking milk instead of soda and other high-sugar drinks creates positive eating habits that remain in the individual through-out their life. Whatever the causes of this and other correlations, one thing remains painfully clear: high-sugar drinks are
a major contributing factor to the growing childhood obesity epidemic and should prove to be a useful target for intervention.

**Reduced Consumption of Fruits & Vegetables**

Anyone you ask will tell you that eating fruits and vegetables are an essential part of any diet. They provide your body with a number of nutrients that cannot be adequately obtained otherwise. Not only can removing fruits and vegetables from a diet have a number of negative side effects to a person’s health, but including them in a diet can have a number of beneficial and preventative effects that positively effect health. Most children today are not eating the amount of fruits and vegetables they should be, further fueling the growth of childhood obesity.

As previous stated there is an alarming trend in children in which they replace fruits with fruit-flavored drinks. This trend, along with other factors, has caused a significant decrease in fruits and vegetables in the average diets of children. One statistic shows that only one out of five children (~20%) get the recommended daily value of fruits and vegetables; an even more shocking statistic is that out of all the vegetables that children are eating fried potatoes makes up approximately half of that consumption.11 Needless to say this diet pattern is not at all where it should. While the reduced consumption of fruits and vegetables can lead to various health problems, it has yet to be directly correlated with childhood obesity.

Although the decrease in fruits and vegetables hasn’t shown to be correlated with the growing rate of obesity, an increase in consumption has been shown to not only decrease rates of obesity but also to have health boosting effects that fight against the negative health problems that tend to be comorbid with childhood obesity. One study performed by the USDA showed that an increase in fruits in a diet is directly link with a child’s BMI; showing that an increase in daily fruit consumption is linked to a decreased BMI.12 This study further proves the common sense thinking that fruit and vegetables are good for you, and in particular growing children need there fruits and veggies.

The positive effects of fruits and vegetables not only keep the body health, but can also help prevent and fight against various illnesses and afflictions that are associated with childhood obesity; one of the leading problems children with obesity face being the high risk of cardiovascular problems. Higher daily intake values of fruits and vegetables have been associated with an increasingly decreasing risk of developing cardiovascular problems; also in a longitudinal study, a diet rich in fruit, vegetables, and low-fat dairy products has been shown to reduce blood pressure levels (hypertension being a leading cause of deteriorating cardiovascular health).13

The significance of fruits and vegetables in a child’s diet is not something that has ever been questioned, and now more than ever growing evidence continues to supports their importance with relation to childhood obesity. Missing fruits and vegetables in a diet is a sure way to cause unhealthy side effects; while making sure that more than enough are consumed is a good preventative measure that children can only benefit from.

Insufficient Consumption of Grains

(SP) As an important component to a well-balanced diet, grains represent slightly more than a quarter of the MyPlate visual concept. All grains will initially start out as a whole grain kernel, composed of three parts: germ, endosperm, and bran. Nutrients from grains are primarily received from the bran and germ which supply the body with complex B vitamins, fiber, healthy fats, antioxidants, little protein, and minerals. Whole grains are also been linked to a decreased risk for cardiovascular disease, cancer, diabetes, and other health related problems.

Unfortunately, studies have reported that people generally have a stronger preference for refined grains, rather than whole grains. Refined grains are processed in milling operations, whereby the germ and bran are stripped from the grain particle to result in a finer texture that sustains a longer shelf life. The removal of the germ and brain results in approximately 25% decrease in the proteins found in grains, as well as the loss of seventeen important nutrients. Even though efforts have been made to replace these losses via enrichment, the loss of fiber is not compensated. Researchers have also suggested links between refined grains with an increased risk for Type II Diabetes Mellitus and obesity, on account of the high glycemic index of refined grains.

Although recommendations for daily consumption of whole grains have been established, the United States Department of Agriculture (USDA) reports that many individuals in the United States still prefer the taste and texture of refined grains. Adults, in particular, have failed to meet the daily recommended value of grain consumption (3 ounces of whole grains per day). In 1994 – 1996, as well as 1998, previous research has reported that at least 77% of the country’s residents were consuming more than the recommended amount of refined grains.

Children also have a higher preference for refined grains. Unfortunately, most of these refined grains are used in highly processed foods or calorically dense foods that are cost effective. It’s important for adults to consider their child’s needs and to ensure that most of the grains consumed are whole grains, containing all the essential nutrients that contribute to a healthy growing child. Ways to replace refined grains with whole grains involves the use and
consumption of whole grain sources, such as brown rice, wild rice, whole grain flour, whole grain oatmeal, buckwheat, sorghum, and more.  


Parental Influence in Child Nutrition  

One of the primary responsibilities of a parent is to ensure that the nutritional growth and development of their child takes place. However, common misconceptions often arise when specific issues, pertaining to how a child should be nutritionally nurtured, are addressed. Oftentimes, parents are found to be more concerned with making sure their child eats, as opposed to presenting them with nutritionally-sound food options. The consumption of sweetened beverages, high in empty calories, is another issue prevalent in many families across the country, holding a lot of criticism. Most individuals, including parents and/or guardians, are also known to ignore recommended portion sizes, and even allow the frequent consumption of snacks, rather than meals, by their children. 

Nutritional exposure to children of younger ages is significantly important in that it shapes the food preferences of the child. Previous research has suggested that to target issues related to poor health in children, including obesity, parent knowledge regarding nutrition should be improved. Parents will often underestimate the strong influence they have over their child’s health from the time they are an infant, to their status as an adult. In other words, adult influence on a child’s feeding practices is endured throughout the child’s life. Studies have shown that children are more likely to consume foods that are consumed by their parents. Furthermore, their interest in trying new foods expands when the adults surrounding them are also open to new experiences with regards to food. Children are more curious and receptive to their parents, guardians, and caretakers; therefore, the importance of adults recognizing themselves as nutritional role models is highly significant in the development of a growing child. In essence, broadening a child’s knowledge on the vast amounts of food leads to a higher chance they will enjoy a healthy food item. 

Food socialization is another element of parental influence in child nutrition. Adults control how food is prepared and provided to the children, whether the meal is consumed at the dinner table among other family members, individually, or in the presence of a television set. In many reports, parents who permit television viewing by their children have a positive correlation with parents whose children consumed a lot of non-nutritious foods. These studies have been linked to parenting beliefs, parenting control, and physical activity in children.
Parents who were viewed as too controlling or too lenient/indifferent towards their child’s nutritional health were more likely to see unhealthy outcomes in their children, along with increased television viewing, and decreased exercise. Distractions of television viewing cause children to have less of an interest in spending time to engage in physical activity. Furthermore, mothers who allow their children to watch television are administering control over the situation by knowing exactly where their child is located. This type of parental control is not possible when a child goes off to play outdoors. Over-controlling the nutritional health of a child will also disable the child’s ability to self-regulate their food intake. Children should be allowed to determine when their appetites have been satisfied by themselves. Adults who feel their children have not consumed enough food are promoting unhealthy outcomes in their children’s diets.

Control is also established by the parents in terms of the foods that enter the household. Children will reportedly consume large amounts of high fat, high sugar, and high salt content foods, when made readily available at home. Continually exposing a child to foods that are unhealthy but desired can have negative effects on food preferences of children as they grow older. Most likely, they will have a higher affinity to such foods when they are adults.

Overall, the responsibility of the parent lies with their power to present their children with different options of healthy foods to choose from. Limiting television view and the consumption of calorically dense foods are other ways to reduce unhealthy eating habits, along with presenting the food to children in a manner that encourages good eating behaviors (such as family dinner at the kitchen table).

Unfortunately, childhood obesity will continue to grow if certain aspects of feeding practices are not addressed. Parental involvement in establishing good eating behaviors for the child is only one factor that contributes to the obesity epidemic in the United States. However, reversing these issues is possible. Success has been rather limited when treating overweight or obese adults, yet there is more success when treating younger children with the same conditions. Adult obesity, in this sense, can be countered by addressing obesity and eating behaviors in children. Therefore, it is important to consider that parents, caretakers, and guardians can make a difference to help shape their children’s diets so that healthier outcomes in the future can take place.


The Benefits of Expanding Healthy Food Choices for Children

As a part of their healthy nutrition program, the USDA advocates trying new foods. They stand by the fact that different types of food benefit the body in different types of ways. The
goal, especially with the new My Food Plate, is a well balanced meal. In order to get a balanced meal it is important to incorporate different types of food so you have a variety and do not get bored of eating the same thing over and over again. The USDA gives four tips in order to aid parents in feeding their children new foods. This list was for parents of middle school children. The first is to try giving new foods over and over again. Research states that it can take at least 8-10 times for a child to eat and enjoy a new food that is provided. This can be very difficult for parents as well as expensive. The next tip they provide is to allow the child to choose the new food that they would like to try. Whenever a child is allowed to make decisions in regards to food the more likely they are to enjoy it or at least try it. Parents, family members and peers are such an important part of food life for a child which is why the USDA wanted to incorporate it on the third tip. It states how if someone else in a child’s life is seen trying new foods; the more likely that child is to try that food as well. The final recommendation that is given is to prepare foods in a variety of ways. Every person enjoys their food prepared in different ways. Some people enjoy vegetables cooked while others enjoy them raw. It is important to take into account personal preferences when preparing foods and to not only cook things the way a parent enjoys them but in a variety of ways.


SP The USDA puts out newsletters, called Nibbles for Health, for parents who are having difficulty with their children’s eating habits. This target audience is for parents of young children. Besides the four tips as mentioned earlier it has an additional four tips that can make a difference in trying new foods. One tip states the importance of presenting a new food item at the beginning of the meal as opposed to later in the meal when the child is full. A child is much more likely to eat something new while hungry as opposed to when they have already eaten foods they are used to. The USDA’s newsletter discusses how parents should be involved in the process of eating new foods by discussing with their child why or why not they like or dislike the food they are trying. This can also be applied to foods they like. When parents discuss textures, flavors or tastes, they come to realize why their child likes certain foods and get a better understanding of how to prepare other foods to resemble foods they like. When trying to get a child to eat a new food it can be difficult for a parent not to force a child to eat something. The USDA states that it is important to not force a child to eat anything but a parent should at least try to get the child to eat at least one bite before saying no. It is very important to make food trying a positive experience for both the child and parent. The final suggestion the newsletter gives is to make sure both parties are relaxed. As a parent it can be very frustrating to prepare something and a child to not try it or like it. It is important for a parent to not take it personally and realize that every person has different taste preferences. However, in a calm environment a child is more likely to try and enjoy a meal, even with a new item.


The Importance of Making Nutritional Health Changes Based on the Health Consequences of Childhood Obesity
In childhood, there can be many harmful effects of obesity. These effects are not only traumatic physically but also psychologically. These consequences can last into adulthood and can create even greater health risks. These effects include asthma, diabetes, sleep apnea, cardiovascular risks, and psychological issues. Asthma has greater occurrences in children who are overweight. The effects of asthma in overweight children include increased wheezing, greater use of medicine, as well as more trips to the emergency room. Diabetes has detrimental effects on children. It can cause blindness, heart disease, kidney disease and loss of limbs. In order to combat Diabetes a person must make a lifestyle change. If children are diagnosed with Type 2 Diabetes in childhood, if serious lifestyle changes occur, such as healthy eating and loss of weight, there can be a chance of elimination of this disease. Sleep apnea can be a very scary disease. At night while a person is sleeping they stop breathing for a period of time. This can cause failure to thrive, bedwetting, ADD, many behavioral problems, cardiopulmonary disease and academic failures. This can be found in 17% of obese children and adolescents. Heart health is an important aspect in everyone’s life. It is vastly important to delay to start of cardiovascular problems. Risk factors include high cholesterol, high triglycerides, high blood pressure, high insulin levels as well as others. It has been found that 60% of obese children have at least one cardiovascular factor and 25% had more than one. These, without proper treatment, can escalate and produce serious medical issues. The final important health aspect of childhood obesity is psychological consequences. This can be just as damaging as a physical health problem. As a child the social stigma that is associated with childhood obesity can be very severe. Some children may not be able to handle the ridicule. This can seriously hurt a child’s self-esteem which in turn can be very detrimental. Children who are overweight have increased odds of being lonely, sad, and nervous, abuse alcohol, and smoke. These psychological effects can also last a lifetime. Health issues can continue into adulthood for all of these problems. Obesity in adults has many of the same problems as those in childhood. These can include coronary heart disease, Type 2 diabetes, cancers (specifically endometrial, breast, and colon), hypertension, dyslipidemia, stroke, liver and gallbladder disease, sleep apnea and respiratory problems, osteoarthritis and gynecological problems. These health problems are very severe but there is hope, early prevention and lifestyle changes can dramatically change the course of these diseases.

Early Prevention against Unhealthy Outcomes

As with many things, early prevention is the key to achieving the easiest road possible. It is so important that the prevention of obesity starts with children, why wait until some of the effects are not easily reversible. If a child is obese their chances of being obese as an adult is high and their obesity would be classified as more severe. The effects of obesity should be diminished by the time a person reaches adulthood. The health implications of obesity seem insurmountable but there is hope. Research has shown that losing weight can lessen or eliminate some health concerns.

In order to have a nutritional impact on children, it is vital that you present them healthier options in a fun environment and an entertaining way. It became evident that sending kids home with a message saying eat better was not going to have any impact and would in reality be a waste of paper. It was then decided to target an organized club and incorporate our service learning project into their goals. The Girl Scouts of America is an organization that’s goals are to give girls the opportunities to achieve their potential in life. Our group is trying to increase health and therefore potential for all. We found after discussing with the Girl Scout leaders that our goals were aligned and we found our target group. Through our research on childhood obesity we found two very important points that we wanted to discuss in our project. One is the importance of trying new foods to invoke a change in eating habits. The other is how important the child-parent interaction is when it comes to food selection. We believed that by targeting these two areas we could be able to invoke healthier eating behaviors. Through this research we formulated our project. Our project consists of many different activities that a Girl Scout leader can pick and choose to do with her troop. The biggest and hardest part of the project includes the cooking component. We have compiled a list of recipes that have a healthy component that many girls may have not tried before. The hope is that the girls will take the recipes home and the day before their healthy eating troop meeting will prepare the snacks with their parents. This will be important because if the child is preparing the food the greater chances they are going to try the snack, like the snack and tell their friends to eat the snack. Preparing foods also is a key component of developing a positive outlook of food. This small task can enable many people to try something new, not just the one girl. The hope is that each girl will come back with a recipe to the next troop meeting and all the girls will be able to try out what their friends have made. The girls would then go around and sample some of the snacks and learn what is in each one of them and determine what they like and dislike from each recipe. After eating, the girls will come together and discuss what they have just eaten and hopefully they will go home and tell their parents about all the things they just tried and those things will show up on their table at home. This concludes the first part of the project, we recognize that everyone has a busy schedule and may not be able to devote enormous amounts of time cooking with their children. It is not expected that every girl will come back with a product the goal is that some do and enough will so that the girls get a well-rounded tasting experience and there will be enough for all the girls to at least try something. The next smaller component is the interactive games. We have found various games that have been done by other organizations and compiled some that seemed appropriate for the girls and that align with our goals. The first game is called the Colorful Fruits and Veggies Game. In this game, the girls break into groups and discover that fruits and vegetables come in all different colors. Another game is for the group as a whole, to figure out where certain foods fall in regards to the five food groups. These games conclude our structured part of the meeting, the meeting depending on the time and the group leader can either conclude with this or continue discussing other things. Group Leaders can then discuss topics that they are interested in or what the girls are interested in knowing. This can include anything such as what their favorite foods are, how many times a week the girls eat fast food, family meal times, and the food pyramid/food plate, etc. At the end of the meeting, the parents of the girl scouts will be given a newsletter explaining what was taught as well as a recipe guide in case they would like to create the other recipes at home.

References
   <http://www.eufic.org/article/en/expid/review-obesity-overweight/>
An increase in the consumption of unhealthy foods has contributed to the disturbing rise of childhood obesity. Fast food has progressively become a popular staple food in the United States, on account of the accessibility of food related to low cost and convenience. Families have been seen opting for meals prepared by companies and industries marketing larger portions of food and calorie-dense foods that are heavily treated with pesticides, hormones, etc. As the “Fast Food Nation”, the United States continually mass produces large quantities of foods that are subject to the treatment of various chemicals. Regrettably, obesity and overweight conditions remain a serious issue, commonly linked to numerous long term disease states (Diabetes, Cardiovascular disease, etc) in children, up until adulthood. Many families experiencing the rush of a fast-paced lifestyle regretfully underestimate the tradition of family style meals prepared with healthier ingredients and served in a manner that encourages appropriate eating habits and/or behaviors. Avoiding fast food and integrating social interaction between the parent and child, to stimulate healthier lifestyles, is very important in the prevention of obesity. Preferences for certain foods and the development of eating patterns are established early in life. Parents can fight against the obesity epidemic by setting good examples for the children in introducing healthy foods to condition food preferences and eating as a family to encourage better eating behaviors. For this reason, the interaction between parents and children is reportedly significant for the overall health of a growing child. Ways to prevent overweight conditions and obesity in children include (and are not limited to) making food preparation fun with the help of the child. Parents who encourage children to participate in food making processes may be able to expose their child to topics of nutrition, while strengthening social bonds and developing habits to cook foods rather than purchasing ones that are commercially processed. Furthermore, introducing a variety of foods (such as fresh fruits and vegetables) to younger generations, expands healthy food preferences, while incorporating different sources of nutrition (vitamins, minerals), into the diet. In essence, parents can help stifle the rise in childhood obesity by recognizing the importance of taking the time to aid in the development of their child’s nutritional growth and eating habits. By understanding the importance of consuming healthy foods over unhealthy foods, parents can truly make a difference.

Sara Pfeifer
Presented to the Health Director of Family Circle Magazine (11.13.11)

Obesity is becoming one of the most alarming issues our generation has to overcome. As a nutrition student at Rutgers University, I am wholeheartedly fighting towards slowing and hopefully reversing the effects this epidemic is having on the world. However, I think that the steps have to be small in order for people to embrace it. The Let’s Move Campaign associated with First Lady, Michelle Obama in its Take Action component advocates the importance of small simple changes. This campaign advocates steps for specific types of people. This is a great idea so each person has a specific role but there should be more on a personal level. I believe the first step for an individual is to make a simple change; exchanging unhealthy products with a healthier alternative. There is no way anyone including myself could ever give up eating sweets. To ask that of others when I personally can’t would be unfair but to ask people to rethink what sweet they are eating is possible. I could easily exchange a chocolate chip cookie for an oatmeal chip cookie or an apple spice cookie. Exchanging whole wheat flour instead of all purpose flour will still present yummy food while adding an important part of your diet, whole grains. This
small change as well as countless others could be the start of the climb back and start fighting the
fight against obesity. It is important to start now and your readers can be the first wave of those
ready to defeat the most important epidemic of our time.

Nico Loggia
Submitted to Men’s Health Magazine (11.14.11)

Dear Editor of Men’s Health Magazine,

Over this past semester I have been taking a college course in which our main goal is to
target a specific issue and eventually make that issue more known to the public or to do
something to try to change the problem. For my groups project our issue is childhood obesity.
While many people know about this issue, not many know what the best ways are to
protect their children from developing obesity. While doing research online and reading
published articles I have found some very simple and quick solutions that can further help
children stay healthy.

First and foremost a number of studies suggest that dieting for children, or let alone any
kind of behavioral modification, are more likely to hold and be effective if both the child and
parent are actively involving themselves together. So if a father wants to help his child by
creating a diet plan for them, it is best for that father to also to participate to show the child that
they are not alone and also this leads to very limited room for the child to stray from their diet.

A diet in this sense doesn’t even have to mean a strict calorie counting approach. There
are a few easy choices that when changed can significantly reduce chances to develop obesity.
The number one things being the consumption of high sugar drink; the two main culprits being
soda and fruit juices (with insignificant % real juice). By simply changing these drink choices
into healthier options such as water, 100% fruit or vegetable juices, or even low fat milk major
steps can be made to fight childhood obesity.

This very simple approach to such a serious problem is not the end solution
unfortunately. In order for children to maintain positive health they must also maintain good
levels of activity. So the next time you see your son or daughter sitting on the couch drinking
soda, try to get them to go outside and play with their dad instead. Not only will they enjoy the
fond memories but their health will appreciate it as well.

Sincerely,
Nico Loggia
Appendix Includes

- Program Description
- Recipes with taste of context and nice歌舞
- Score Sheet
- Parent Newsletter
- Roadmap model breakdown
- Table Page
- Photo...

Program Events

This program consists of many different activities that will be part of the program. Each week, there will be a new activity that will be focused on a different aspect of cooking. The girls will be divided into groups and each group will be assigned a different activity to focus on. The activities will be designed to be fun and engaging, and will include hands-on experiences with different types of ingredients and cooking techniques.

The group leader will be responsible for overseeing the activities and ensuring that each group is on track. They will also be responsible for providing feedback and guidance to the girls, helping them to develop new skills and strategies. The group leader will also be responsible for preparing and serving the food that will be served during the activities.

The activities will be designed to be interactive, with opportunities for the girls to ask questions and participate in discussions. The group leader will be available to answer questions and provide guidance, and will work with the girls to help them develop the skills they need to succeed.

The program will be held on Wednesdays from 2-4pm at the local community center. The cost of the program is $20 per girl, with scholarships available for those who need them. The program will be open to all girls in the community, and will be run by a team of experienced chefs and educators.

At the end of the program, the girls will be given a certificate of participation, and there will be a special event to celebrate their accomplishments. The event will be held on the final day of the program, and will include a special guest speaker who will share their own experiences and insights with the girls.

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No Bake Cookies

Ingredients:
- 2 whole wheat pancakes squares, finely ground
- 1/4 cup honey
- 1/2 cup natural peanut butter
- 1/3 cup unsweetened chocolate chips
- 4 tablespoons unsweetened cocoa

Preparation:
1. Crush ground pancakes, 1 tablespoon honey, peanut butter and cocoa in a small bowl. Pour into a 9x13 pan and press tightly to even out.

Nutrition Facts:
Per serving: 450 calories, 50g fat (16g sat), 40g carbohydrate, 7g protein, 1g fiber, 5g sugars, 45g sodium, 25g total sugars, 5g dietary fiber, 20g net carbohydrates, 282 mg

Note: For best results, refrigerate overnight.
Mini Greek Pizza Muffins

Ingredients:
- 1 cup pepperoni (optional)
- 1/2 cup sliced olives
- 1/4 cup grated parmesan cheese
- 1/4 cup mozzarella cheese
- 1/4 cup pepperoni
- 1/4 cup sliced olives
- 1/4 cup grated parmesan cheese
- 1/4 cup mozzarella cheese

Preparation:
1. Preheat oven to 350°F.
2. Place 1/2 cup of pepperoni, olives, and cheese in a muffin pan.
3. Bake for 15 minutes.

Nutritional Facts:
- Calories: 150
- Total Fat: 7g
- Saturated Fat: 4g
- Cholesterol: 30mg
- Sodium: 230mg
- Total Carbohydrates: 7g
- Dietary Fiber: 1g
- Sugar: 0g
- Protein: 6g

Challenges: Storage
- Refrigerate, 1 day

Peanut Energy Bars

Ingredients:
- 1 cup peanut butter
- 1 cup brown sugar
- 1 cup quick oats
- 1/2 cup chunky peanut butter
- 1/2 cup honey
- 1/2 cup chocolate chips
- 1/2 cup flax seeds
- 1 tsp vanilla extract
- 1/2 tsp salt

Preparation:
1. Preheat oven to 350°F. Grease a 9x13 inch pan.
2. In a large bowl, mix together peanut butter, brown sugar, oats, and peanut butter.
3. Press mixture into the pan.
4. Bake for 20 minutes.

Nutritional Facts:
- Calories: 200
- Total Fat: 9g
- Saturated Fat: 2g
- Cholesterol: 5mg
- Sodium: 70mg
- Total Carbohydrates: 28g
- Dietary Fiber: 3g
- Sugar: 12g
- Protein: 4g

Chocolate Banana Grahams

Ingredients:
- 1 cup all-purpose flour
- 1/2 cup brown sugar
- 1/2 cup unsweetened cocoa powder
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/2 tsp vanilla extract
- 1/2 cup unsweetened applesauce
- 1/2 cup milk
- 1/2 cup banana chunks
- 1/4 cup butter, softened
- 1/4 cup sugar
- 1/4 cup honey
- 1/4 cup flax seeds
- 1 tsp vanilla extract
- 1/2 tsp salt

Preparation:
1. Preheat oven to 350°F. Grease a 9x13 inch pan.
2. In a large bowl, mix together flour, brown sugar, cocoa powder, baking powder, baking soda, and salt.
3. In a separate bowl, beat together eggs, milk, and vanilla extract.
4. Add dry ingredients to wet ingredients and mix until well combined.
5. Stir in banana chunks and flax seeds.
6. Press mixture into the pan.
7. Bake for 20 minutes.

Nutritional Facts:
- Calories: 220
- Total Fat: 9g
- Saturated Fat: 4g
- Cholesterol: 0mg
- Sodium: 40mg
- Total Carbohydrates: 32g
- Dietary Fiber: 3g
- Sugar: 14g
- Protein: 4g
Mini Mushroom and Sausage Quiches

Ingredients
- 6 cups whole milk
- 3 cups cooked breakfast cereal, toasted and crumbled into small pieces
- 1 large onion, finely chopped
- 1 cup mushrooms, sliced
- 1 cup cooked sausage or ham, diced
- 1/4 cup grated cheese
- 2 tablespoons grated cheese
- 1 cup heavy cream
- 2 eggs
- 1 cup chives

Preparation
1. Preheat oven to 375°F. Grease a muffin tin with cooking spray.
2. In a large bowl, combine the milk, milk, eggs, and chives. Stir well.
3. Divide the mixture among the muffin cups. Bake for 20-25 minutes, or until golden brown.

Nutrition
Protein: 15g | Carbohydrates: 20g | Fat: 18g

Orange Spice Molasses Cookies

Ingredients

Ingrident
- 1 1/2 cups butter or margarine
- 1 cup packed brown sugar
- 1 cup packed molasses
- 2 eggs
- 2 teaspoons vanilla extract
- 2 cups all-purpose flour
- 2 teaspoons baking soda
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves
- 1/2 teaspoon salt
- 2 cups confectioners' sugar

Preparation
1. Preheat oven to 350°F. Grease a baking sheet with cooking spray or parchment paper.
2. In a mixing bowl, beat the butter and sugar until smooth. Add the eggs, one at a time, beating well after each addition.
3. Stir in the vanilla extract and molasses.
4. In a separate bowl, combine the flour, baking soda, cinnamon, cloves, and salt. Add to the butter mixture and stir until well combined.
5. Roll the dough into balls and place on prepared baking sheets. Bake for 12-15 minutes, or until golden brown.
6. In a mixing bowl, combine the confectioners' sugar and milk. Stir until smooth. Drizzle over the warm cookies.
Blueberry Cupcakes

Ingredients

For 12 mini cupcakes:

- 1 cup all-purpose flour
- 1/2 cup granulated sugar
- 1/3 cup (1/2 sticks) unsalted butter, softened
- 1 large egg, room temperature
- 1/2 cup buttermilk
- 1 teaspoon vanilla extract
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt

For the Filling:

- 1/4 cup (1/2 stick) unsalted butter, softened
- 1/3 cup powdered sugar
- 1 large egg yolk
- 1/2 teaspoon vanilla extract
- 1/4 cup blueberries

Preparation

1. Preheat the oven to 350°F (175°C). Line a mini muffin pan with cupcake liners.
2. In a mixing bowl, combine the flour, sugar, baking powder, baking soda, and salt. Mix until well combined.
3. In a separate bowl, beat the butter until creamy, then gradually add the sugar and beat until light and fluffy. Add the egg and vanilla and mix until well combined.
4. Gradually add the flour mixture to the butter mixture, alternating with the buttermilk, beginning and ending with the flour mixture. Mix until just combined.
5. Fill each cupcake liner about 2/3 full with batter.
6. Bake for about 15-18 minutes, or until a toothpick inserted into the center of a cupcake comes out clean.
7. Let the cupcakes cool in the pan for a few minutes, then transfer to a wire rack to cool completely.
8. For the filling, beat the softened butter until creamy, then gradually add the powdered sugar and beat until light and fluffy. Add the egg yolk and vanilla and mix until well combined.
10. Once the cupcakes are cool, spread the filling on top and serve.
Banana Blueberry Muffins

Ingredients
- 2 1/4 cups all-purpose flour
- 1 1/2 tsp baking powder
- 1/2 tsp salt
- 3/4 cup sugar
- 1 egg
- 1/2 cup milk
- 1 tsp vanilla extract
- 1/2 cup mashed bananas

Preparation
1. Preheat oven to 375°F. Grease or paper-line muffin pans.
2. In a large bowl, combine flour, baking powder, and salt.
3. In a separate bowl, beat together sugar, egg, milk, and vanilla.
4. Add the wet ingredients to the dry ingredients and mix until just combined.
5. Spoon the batter into muffin pans and bake for 20-25 minutes or until a toothpick inserted in the center comes out clean.

Nutrition
- Calories: 120
- Total Fat: 3g
- Saturated Fat: 1g
- Cholesterol: 4mg
- Sodium: 120mg
- Carbohydrates: 20g
- Fiber: 1g
- Sugars: 1g
- Protein: 1g

Cranberry Orange Fruit Bars

Ingredients
- 1 cup sugar
- 1/2 cup unsalted butter
- 1 cup all-purpose flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/2 tsp orange zest
- 1/2 tsp vanilla extract
- 1/2 cup chopped fresh cranberries
- 1/2 cup orange juice
- 1/4 cup chopped walnuts

Preparation
1. Preheat oven to 350°F. Grease an 8x8" baking dish.
2. In a large bowl, combine sugar, butter, flour, baking powder, baking soda, salt, orange zest, and vanilla.
3. Press the dough into the prepared baking dish. Spread evenly and press firmly into the bottom of the dish. Bake until golden brown, about 25 minutes.
4. In a small bowl, whisk together orange juice and walnuts. Add to the baked crust and spread evenly.
5. Bake for an additional 10 minutes. Let cool completely before serving.

Nutrition
- Calories: 180
- Total Fat: 8g
- Saturated Fat: 4g
- Cholesterol: 10mg
- Sodium: 150mg
- Carbohydrates: 20g
- Fiber: 1g
- Sugars: 10g
- Protein: 1g

Angel Delights

Ingredients
- 1/4 cup unsalted butter
- 1 cup sugar
- 1/2 cup water
- 1/2 tsp vanilla extract
- 1/2 cup milk

Preparation
1. Melt butter, sugar, and water in a saucepan over medium heat. Bring to a boil and cook for 5 minutes or until thickened.
2. Stir in vanilla extract and milk. Pour into a greased 8x8" baking dish. Bake at 350°F for 20 minutes or until set.

Nutrition
- Calories: 130
- Total Fat: 5g
- Saturated Fat: 3g
- Cholesterol: 6mg
- Sodium: 70mg
- Carbohydrates: 18g
- Fiber: 0g
- Sugars: 16g
- Protein: 1g
**Fig N’ Flax Thumbprint Cookie**

**Ingredients**
- 1 1/2 cup called butter, at room temperature
- 1/2 cup packed dark brown sugar, softened
- 1 large egg, reserbered
- 1 teaspoon vanilla extract
- 1 teaspoon lemon juice
- 1 1/4 cups all-purpose flour
- 1/2 cup ground flax seeds (I use Telos, divided
- 1/4 teaspoon of salt
- 1/2 teaspoons ground cinnamon
- 1/2 teaspoons ground nutmeg
- 1/2 teaspoons ground cloves
- 1/2 teaspoons ground allspice
- 1/2 cup maple syrup
- 1/4 cup coconut oil

**Variations**
- 1/4 cup mashed banana
- 1/4 cup unsweetened applesauce
- 1/4 cup chocolate chips
- 1/4 cup chopped walnuts
- 1/4 cup chopped pecans

**Preparation**
1. Preheat oven to 350 degrees. Line a 250 gram baking sheet with parcel paper or a baking mat.
2. In a large bowl, beat the butter with an electric mixer until light and fluffy, then gradually beat in the sugar until combined. Add the eggs, one at a time, beating well after each addition. Stir in the vanilla.
3. In a separate bowl, beat the dry ingredients. Gradually add the dry ingredients to the butter mixture, beating well after each addition. Stir in the lemon juice, then stir in the ground flax seeds, spices and salt.
4. Place the dough in a piping bag and pipe onto a baking tray, 2.5 cm apart. Bake for 10-12 minutes, until golden brown. Cool on a wire rack.

**Nutritional Information**
- 1 cookie: 110 calories, 8 g fat, 0 g protein, 14 g carbohydrates

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**Festive Fruit N’ Nut Balls**

**Ingredients**
- 1 cup sugar
- 1/4 cup all-purpose flour
- 1/4 cup unsweetened applesauce
- 1/2 cup chopped walnuts
- 1/2 cup chopped pecans
- 1/2 cup raisins
- 1/4 cup chopped dates
- 1/4 cup chopped dates
- 1/2 cup unsweetened coconut
- 1/4 cup unsweetened coconut

**Variations**
- 1/4 cup chocolate chips
- 1/4 cup chopped walnuts
- 1/4 cup chopped pecans

**Preparation**
1. Combine sugar, flour, applesauce, nuts and raisins in a medium bowl until all ingredients are coated. Mix well and set aside.
2. In a separate bowl, beat the eggs and vanilla until smooth. Add the eggs and vanilla to the dry ingredients and mix well. Add the dates and coconut, stirring until well combined. Divide the mixture into smaller portions and roll into balls.
3. Place the balls on a baking sheet and bake at 350 degrees for 15-20 minutes, until golden brown. Let cool on a wire rack.

**Nutritional Information**
- 1 ball: 70 calories, 5 g fat, 1 g protein, 13 g carbohydrates

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**Banana in a Blanket**

**Ingredients**
- 1 whole flour tortilla
- 1 medium banana, cut into strips
- 1 tablespoon melted butter
- 1 tablespoon brown sugar
- 1/4 cup chopped walnuts

**Variations**
- 1/4 cup chocolate chips
- 1/4 cup chopped pecans

**Preparation**
1. Preheat oven to 375 degrees. Place the tortilla on a baking sheet.
2. Spread the banana strips onto the tortilla, leaving a 1-inch border. Sprinkle with brown sugar and walnuts.
3. Roll the tortilla up tightly, starting at one end.
4. Place the wrapped banana on the baking sheet and bake for 10-12 minutes, until golden brown.

**Nutritional Information**
- 1 serving: 150 calories, 9 g fat, 1 g protein, 20 g carbohydrates

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**Carrot Muffins**

**Ingredients**
- 1 cup all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup sugar
- 1/2 cup milk
- 1/2 cup vegetable oil
- 1/2 cup mashed carrots
- 1/2 cup unsweetened applesauce
- 1/2 cup unsweetened coconut

**Variations**
- 1/4 cup chocolate chips
- 1/4 cup chopped pecans

**Preparation**
1. Preheat oven to 375 degrees. Grease a muffin pan or line with paper liners.
2. In a large bowl, mix the flour, baking powder, baking soda and salt.
3. In another bowl, mix the sugar, milk, oil and carrots.
4. Add the wet ingredients to the dry ingredients and mix until just combined.
5. Add the applesauce and coconut to the batter and mix well.
6. Fill the muffin cups 2/3 full. Bake for 20-25 minutes, or until a toothpick inserted in the center comes out clean.

**Nutritional Information**
- 1 muffin: 120 calories, 6 g fat, 2 g protein, 21 g carbohydrates
Apple Sauce Muffins

Ingredients
- 1 1/2 cups applesauce
- 1 1/2 cups all-purpose flour
- 1 cup sugar
- 1 tsp baking soda
- 1 tsp baking powder
- 1/2 tsp baking powder
- 1 tsp salt
- 1/2 tsp nutmeg

Preparation
1. Preheat oven to 375°F (190°C). Line muffin pans with paper cups.
2. Mix all ingredients in a large bowl.

Great Pumpkin Cookie

Ingredients
- 2 cups all-purpose flour
- 1 cup light brown sugar
- 1 tsp baking soda
- 1 tsp pumpkin pie spice
- 1/2 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1/2 tsp ground allspice
- 1 tsp salt
- 1 cup packed pumpkin
- 1/2 cup vegetable oil
- 1 egg
- 1 tsp vanilla extract

Preparation
1. Preheat oven to 375°F (190°C). Line baking sheets with parchment paper.
2. In a large bowl, mix flour, brown sugar, baking soda, cinnamon, nutmeg, allspice, and salt.
3. In another bowl, mix pumpkin, oil, egg, and vanilla.
4. Add pumpkin mixture to flour mixture and stir until well combined. Drop dough by rounded teaspoon onto unlined baking sheets. Bake for 10-12 minutes or until set.

Apple Oatmeal Spice Cookies

Ingredients
- 1 1/2 cups all-purpose flour
- 1/2 cup rolled oats
- 1 tsp baking soda
- 1 tsp ground cinnamon
- 1/2 tsp ground cloves
- 1/4 tsp salt
- 1/4 tsp nutmeg
- 1/4 tsp ground mace
- 2 tsp maple syrup
- 1/2 cup unsalted butter
- 1 egg
- 1 tsp vanilla extract

Preparation
1. Preheat oven to 375°F (190°C). Line baking sheets with parchment paper.
2. In a medium bowl, mix flour, oats, baking soda, cinnamon, cloves, mace, and salt.
3. In another bowl, mix maple syrup, butter, egg, and vanilla.
4. Add dry ingredients to wet ingredients and mix until well combined. Drop dough by rounded teaspoon onto unlined baking sheets. Bake for 10-12 minutes or until set.

Colorful Fruits and Veggies

What you need
- Construction paper: green, white, red, yellow, orange, blue, or purple
- Scissors
- Pencils
- Rulers

Instructions
1. Brainstorm groups:
   - One group is in charge of each colored paper
   - Each group is in charge of one set of construction paper colors
   - Each group is responsible for creating a unique display
   - Each group is responsible for creating a display that is colorful and attractive

2. Brainstorm ideas:
   - Each group is responsible for coming up with ideas for their display
   - Each group is responsible for creating a display that is colorful and attractive
   - Each group is responsible for creating a display that is educational

3. Display:
   - Each group is responsible for displaying their ideas
   - Each group is responsible for creating a display that is colorful and attractive
   - Each group is responsible for creating a display that is educational
Guiding your Child towards Better Nutrition:

To help your child develop healthy eating habits, it's important to introduce them to a variety of food groups and explain the importance of a balanced diet. Here are some tips to get you started:

1. Engage your child in meal preparation: Involve them in choosing and preparing meals. This can help them understand the connection between cooking and eating.
2. Make mealtime a positive experience: Create a relaxed and enjoyable atmosphere during mealtime. Avoid using food as a reward or punishment.
3. Serve a variety of foods: Offer a range of fruits, vegetables, whole grains, and lean proteins. This will ensure they get a balanced intake of nutrients.
4. Set a good example: Children often emulate their parents and caregivers. Make sure your own eating habits are healthy.
5. Be patient: Changing eating habits takes time. Don't get discouraged if your child doesn't immediately adopt healthy eating habits.

Children are more likely to eat healthier foods when they feel involved in the decision-making process. Encourage them to help choose and prepare their meals.

Overall, guiding your child towards better nutrition is about teaching them the importance of a healthy diet and giving them the tools they need to make healthy choices for themselves.

Food Group Breakdown:

- **Legumes**: Black Beans, Red Beans, Garbanzo Beans, Lentils
- **Grains**: Whole Wheat Pasta, Brown Rice, Whole Grain Bread, Oatmeal
- **Fruits**: Apples, Bananas, Oranges, Strawberries
- **Vegetables**: Broccoli, Carrots, Spinach, Bell Peppers
- **Dairy**: Milk, Cheese, Yogurt, Eggs
- **Protein**: Chicken, Fish, Tuna, Quinoa
- **Fats**: Avocado, Olives, Olive Oil, Nuts

I Tried.....

- **Grain**: Whole Wheat Crackers, Whole Wheat Flour, Rice Cereal
- **Fruit**: Peaches, Grapes, Blueberries, Strawberries
- **Protein**: Salmon, Tuna, Turkey, Quinoa
- **Fats**: Avocado, Olive Oil, Nuts, seeds
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