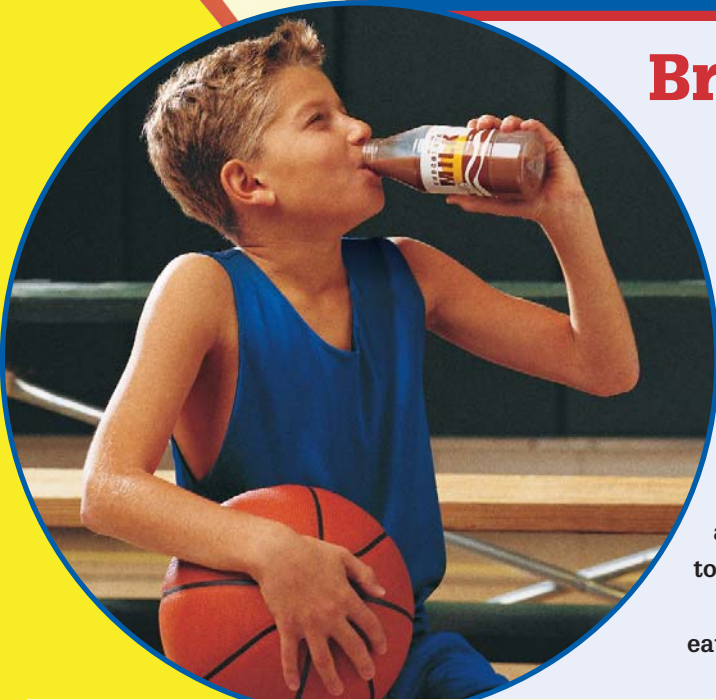




Partners In NUTRITION

Bringing Wellness Home



Wellness — the combination of healthy eating, exercise, and nutrition education—is at the top of the agenda in school districts around the country.

In fact, per federal law, this fall schools will be implementing policies that promote wellness for all students. That's exciting news for our children! But wellness doesn't stop at the school building. To truly improve the health of our kids, we need to evaluate our total environment—community and home. With today's busy lifestyle, finding the time and energy to plan and prepare healthy meals is a big challenge. It's not always easy to know what foods to serve, and what portion sizes are right for your family.

Fortunately, there's help out there. To learn what foods to eat every day, and what makes a healthy portion, read on.

Portions Made Easy

Is that grilled chicken breast the right amount for you, or should you share it with someone? And would you know a proper portion sized baked potato if you saw it? These days, most of us wouldn't. But it's portion distortion that contributes to overeating and unhealthy weight.

By learning some simple comparisons to everyday objects and even to your own hand, you and your family can become expert judges of portion size. Here are some tricks to help you figure out how much is one portion:

- Four dice...a portion of cheese or 1-¹/₂ slices of American cheese
- A baseball or a woman's fist a portion of fruit or vegetables
- A rounded handful ... a half cup of rice, pasta, chips or pretzels
- A deck of cards or the palm of your hand ... a serving of meat, fish or poultry
- A computer mouse ... a small baked potato

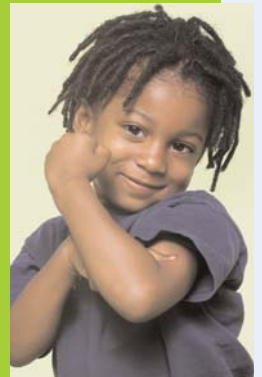
Make a game of judging portion size! It's a fun family activity, and before you know it, you and your kids will be experts at defeating portion distortion. For more comparisons, visit <http://hp2010.nhlbihin.net/portion/>, a Web site developed by the National Heart, Lung and Blood Institute.

Foods to Encourage

OK, so you're going to eat healthy. But with all the choices out there, what does 'healthy' really mean?

You can start by making sure you include healthy foods at the top of your shopping list and work them into every day's meals. The *2005 Dietary Guidelines* encourages increased intake of specific foods to help ensure that your diet is nutritionally sound.

- Get 3 servings of fat-free or low-fat dairy products every day. This could include an eight-ounce glass of milk, an ounce and a half of cheese, or an eight-ounce container of yogurt.
- Make sure you get a variety of fruits and vegetables—at a minimum 2 cups of fruit and 2¹/₂ cups of vegetables every day.
- Don't forget whole grains! Eat at least 3 ounces of whole grain products every day, and make sure the rest of your grains are either whole grain or enriched.



Open your eyes to PORTION DISTORTION

Today, 66% of Americans, and 17% of children, are overweight. It's a serious national problem, but what's causing it? **One big reason is**

PORTION DISTORTION.



Over the years, serving sizes in full-service restaurants and fast food restaurants have increased. Snack foods are sold in ever-bigger bags, and even the plates, bowls and cups we use at home are bigger than they used to be!

Even foods we think of as healthy, like breakfast muffins, have more than doubled in size over the last few decades. A half-cup serving of pasta with a light coating of sauce is a nutritious

part of any meal, but the giant bowls of pasta served in most restaurants today are actually enough for four or five people.

With portions like these, it's easy to eat an entire day's worth of calories in a single meal. Plus, as you get used to being served huge portions in restaurants, you are more likely to serve yourself bigger portions at home, too. Soon, your idea of what a portion is gets distorted ... and you eat too much without realizing it. By learning what a sensible portion really is, you can help your family eat their favorite foods without overeating.

3-A-Day™ of Dairy



The nutritional benefits of dairy aren't just for kids! Because dairy products contain calcium, protein and other essential nutrients, getting 3-A-Day of Dairy improves the nutritional quality of the diet, whether you are dieting or not.

Kids need the calcium and nutrients in dairy products to grow strong bones and teeth and keep their bodies healthy. Grownups need calcium and nutrients to maintain bone health as they get older ... and research indicates that enjoying three servings of milk, cheese or yogurt each day, as part of a reduced-calorie weight loss plan, may help adults achieve better results when it comes to trimming the waistline than just cutting calories and consuming little or no dairy.

So, next time you reach for a healthy snack, grab a cold glass of flavored milk for a quick refresher, stash string cheese in your workout bag for a quick protein pick-me up, or freeze squeezable yogurt into a popsicle mold for an after-school treat you and your kids will love.

For more ideas, tips and recipes for dairy-rich treats, visit <http://www.3aday.org/3ADay/recipes/pdf/33DairyTips.pdf>.



Did you know...

- ? A plain bagel today has three times as many calories as a bagel thirty years ago?
- ? A fast food kids' meal is actually just the right size for an adult's lunch?
- ? You can reduce the amount you eat simply by using smaller plates?
- ? The more you involve children in planning for, shopping, and preparing meals, the more likely it is that they will accept and enjoy healthy food choices?
- ? Some packaged food that seems intended as one serving actually contains two or even three servings?

We want to hear from you...

Did you find this backpack brochure helpful? We'd like to know. Please visit www.NutritionExplorations.org/backpack and give us your feedback.

LEARN MORE ONLINE

The Web is full of great resources to learn about nutrition and plan healthy meals. These Web sites will help you get started:

- www.3aday.org
- www.NutritionExplorations.org
- www.mypyramid.gov
- www.kidnetic.com
- www.ActionForHealthyKids.org
- www.fns.usda.gov/tn
- www.schoolnutrition.org

CNF
CHILD NUTRITION
FOUNDATION



Made possible by the Child Nutrition Foundation and the National Dairy Council®.