

Did you know...

- Many of our nation's children are overweight.
- The food and physical activity choices children make today will affect their health today, tomorrow and in the future.
- Snacks account for about 20% of the nutrients and calories a typical child consumes.
- Children can learn to eat healthy, low-fat, low-added-sugar snacks.

that contain nutrients. Fifth grade children are growing rapidly. They need nutrients to build new cells for growth, and they need extra energy for all their daily activities. Carefully chosen snacks can provide the energy and nutrients children need and are often lacking.

6

Six Essential Nutrients

- Vitamins
- Minerals
- Carbohydrates
- Fat
- Protein
- Water

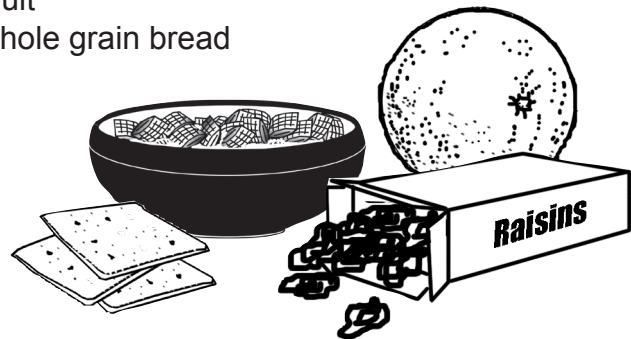
We have been learning about food and what to eat to stay healthy. Your child knows about the six essential nutrients. He or she also knows how important it is to choose snacks

SNACKS

Helping Your Child Select Healthy Snacks

Ask your child to make out the snack list for your next trip to the grocery store. Remind your child of what he or she has learned about the importance of choosing nutritious snacks. There are many possible choices!

- Low-fat microwave popcorn
- Peanut butter and jelly sandwich on whole grain bread
- Low-fat cottage cheese with fruit
- Fresh fruit with low-fat yogurt for dipping
- Snack-size, low-fat pudding
- Fresh vegetables, like baby carrots, with low-fat salad dressing dip
- Unsweetened whole grain cereal with sliced fruit
- Lean meat and low-fat cheese sandwich on whole grain bread
- Baked chips with salsa
- Applesauce in a single serving container
- Animal crackers or graham crackers
- Whole fruit
- Box of raisins
- Trail mix with dried fruit
- Pretzels or rice cakes
- Whole grain crackers
- Fig bars



Want more information and ideas?
Visit www.emc.cmich.edu/healthyweight

YOUR CHILD HAS A

BONE BANK ACCOUNT!

The human body is always making withdrawals and deposits in its “bone bank account.” During childhood and the teenage years, more deposits are made into the bone account than withdrawals are taken out. The bone bank account gets larger and larger. Around age 20, the bone bank account is as large as it will ever get. After that, the body withdraws more from the bone account than it puts in. If the bone bank account isn’t large enough, the bones can become weak later in life. This is called osteoporosis. People with osteoporosis have fragile bones that break easily.

Now is the time for your child to make as many deposits into his or her bone bank account as possible!

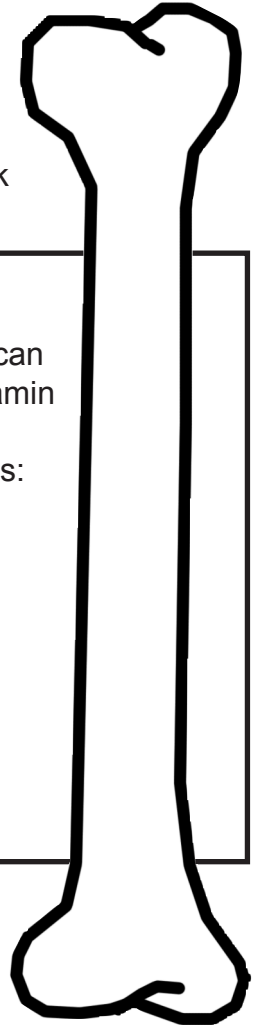
HELP YOUR CHILD BUILD STRONG BONES

There are four easy things you and your child can do to build strong bones.

1. Get plenty of calcium.
2. Get plenty of vitamin D.
3. Get plenty of physical activity, especially weight-bearing activities, such as jumping rope, jogging, skating, playing soccer or tennis or basketball, stair-climbing, and walking.
4. Use good posture.

We have learned that snacks can help meet the calcium and vitamin D needs for building strong bones. Here are a few favorites:

- Low-fat or fat-free milk
- Low-fat yogurt, frozen yogurt, or ice milk
- Low-fat cheese on a bagel
- Broccoli
- Calcium-fortified fruit juices
- Cereal fortified with calcium



Busy Lives and **Smart** Food Choices

It’s important to make smart food choices and watch portion sizes when you are at the grocery store, at work, in your favorite restaurant, or running errands.

Try these tips:

- At the store, plan ahead. Buy a variety of nutrient-rich foods for meals and snacks throughout the week.
- When grabbing lunch, have a sandwich on whole-grain bread. Choose low-fat or fat-free milk, water, or other drinks without added sugars.
- In a restaurant, choose steamed, grilled, or broiled dishes instead of fried or sautéed.
- If a restaurant serves large portions, share a meal or take some of it home.
- On a long commute or shopping trip, pack some fresh fruit, cut-up vegetables, string cheese sticks, or a handful of unsalted nuts. It will help you avoid impulsive, less healthful snack choices.
- Cut up fruit and vegetables and put them in the refrigerator. They’ll be easier to grab for a quick snack.