



Help your child build healthy bones and teeth

1-18 years old

Kids need calcium to build strong bones and teeth.
How much does he or she need everyday...it depends on his or her age.

How much dairy do my kids need each day?

Kids Age	Amount of calcium they need	Dairy Food servings each day
1 - 3 year	500 milligrams	2 servings (equals 4 - 1/2 cup servings)
4-8 year	800 milligrams	3 servings
9-18 year	1300 milligrams	4 servings



Milk & Dairy Foods	Amount equal to one serving
Low fat (1%) or fat-free (skim) milk	1 cup (8 ounces)
Low fat or fat-free yogurt	6-8 ounce container
Natural cheese like cheddar or string cheese	1½ ounces (two ¾ ounce slices)
Shredded cheese	½ cup
Pudding made with low fat milk	1 cup



Low fat and fat-free dairy foods have the same vitamins, minerals and protein as whole milk.

Tips for a calcium boost ~

- Serve milk with every meal.
- Offer yogurt, cheese or pudding as a snack.
- Substitute milk for water when making the following: hot cereals, hot chocolate, instant mashed potatoes, scrambled eggs, pancakes and condensed soups like tomato.
- Try low fat (1%) or fat free (skim) flavored milk.
- Make a yogurt parfait or smoothie by pairing low fat or fat free yogurt with your child's favorite fruit.



Is your child lactose sensitive?

- If your child has gas or stomach cramps after drinking milk, check with your doctor to see if he or she is having trouble digesting lactose, the natural sugar in milk. If your child is sensitive to lactose:
 - Try low fat (1%), lactose free milk found in the supermarket dairy case.
 - Give them natural, aged cheeses like cheddar and Swiss. These have almost no lactose.
 - Try yogurt- it has "friendly" bacteria called active cultures, which makes it more acceptable.
 - Even if your child is lactose intolerant, he or she may be able to enjoy a small amount of regular milk with their meals.
 - If alternative calcium sources are necessary consult your pediatrician or registered dietitian.



Drink milk with your kids!

- Drinking milk sets a good example for kids. After all, if mom or dad drinks milk, kids are more likely to do the same.

Source: *Dietary Guidelines for Americans*, 2005 (6th edition)

Visit www.healthierus.gov/dietaryguidelines and www.MyPyramid.gov/kids



The National Institutes of Health recognize dairy foods as the "preferred sources of calcium" and the 2005 U.S. Dietary Guidelines for Americans recommend 3 servings of dairy every day!



The Ounce of Prevention Program is a collaboration of the Ohio Department of Health, Healthy Ohio; the American Academy of Pediatrics—Ohio Chapter; Nationwide Children's Hospital; the American Dairy Association Mideast and the Ohio Dietetic Association. May be reproduced in its entirety for educational purposes. February 2010

FREE

All classes will be held virtually via *MyChart*. Call (614) 508-6601 extension 3 to register.

Pediatric Nutrition Classes

Facilitated by Our Pediatric Registered Dietitian Nutritionists



Breastfeeding Confidence

Learn about the basics of latching, understanding your baby's feeding cues, and navigating the first weeks of feeding.

Mondays at 12 pm



Breastfeeding Copilots

Breastfeeding takes a team! Learn all the ways to support Mom and Baby.

Mondays at 12 pm



Breastfeeding Transitions

Prepare for return to work, pumping, and nursing on the go.

Mondays at 12 pm



Starting Solids

Learn the most updated information on introducing solid foods

Thursdays at 12 pm

Toddler Meal-time Battles

This class will teach parents how to navigate meal-time battles and promote a positive environment for trying new foods.

Tuesdays at 12 pm



Healthy Eating for School-age Children and Teens

As your child gains more independence and heads off to school and sports, learn how to teach them healthy habits and nutrition.

Wednesdays at 12 pm



 Learn more online at copcp.com/HealthServices/PediatricNutrition

 **CENTRAL OHIO
PRIMARY CARE**
Pediatric Nutrition

The Female Athlete Triad

Female athlete triad refers to the combination of 3 medical conditions—energy availability, menstrual problems, and weak bones—seen in competitive female athletes. Prevention of the female athlete triad is important because the triad can interfere with normal growth and development, cause injury, and result in loss of strength and endurance.

Here is information from the American Academy of Pediatrics about the 3 conditions and general guidance for prevention and treatment.

Energy availability

Energy availability issues (not having enough energy to fuel the body) occur when athletes eat fewer calories than their bodies need for growth, development, and exercise. Some athletes choose to limit their calories to improve performance or appearance. Other athletes are unaware that they aren't eating enough calories to meet the energy demands of their sport. An athlete may be eating enough for a nonathlete but not enough for an athlete.

For example, if an athlete only eats 2,000 calories per day but uses 3,200 calories, she is eating 1,200 calories less than her body needs. Not having enough calories (energy) can hurt performance, slow growth and development, and increase the risk of injury and illness. Eating disorders, such as anorexia or bulimia, are one cause of inadequate food intake.

Athletes of any sport may have low energy availability. However, athletes in sports that emphasize leanness, such as gymnastics, dance, diving, figure skating, long-distance running, and cross-country skiing, or sports that use weight classifications, such as wrestling, martial arts, and rowing, may be at greater risk of low energy availability.

Menstrual problems

Not eating enough calories can cause menstrual periods to become irregular (*oligomenorrhea*) or stop (*amenorrhea*). In young athletes who aren't eating enough calories, menstrual periods may not start when they should. *Primary amenorrhea* occurs when menstrual periods don't start before 15 years of age. *Secondary amenorrhea* occurs when regular menstrual periods stop for 3 months or more. *Oligomenorrhea* occurs when the time between menstrual periods is longer than 35 days. All types of amenorrhea can be caused by not eating enough calories for energy

expended; they are not caused by low body fat or the stress of exercise.

Preparticipation screening for the female athlete

During a sports preparticipation examination female athletes may be asked the following questions related to the female athlete triad. If components of the female athlete triad are suspected, the doctor may perform an expanded physical examination.

- At what age did you begin menstrual periods?
- How often do you have a menstrual period?
- How long do your periods last?
- When was your last menstrual period?
- Have you ever taken birth control pills? If yes, when?
- How many meals and snacks do you usually eat each day?
- List the foods and drinks you had yesterday.
- List the foods and drinks you try to avoid.
- Do you drink milk or calcium-fortified orange juice? Do you eat yogurt or cheese? How much each day?
- What has been your highest weight, and when?
- What has been your lowest weight in the past 2 years?
- Are you happy with your current weight?
- What do you feel your ideal weight would be?
- Have you ever tried to control your weight by dieting? Vomiting? Laxative use? Diuretics? Exercise?
- What sports do you participate in?
- How much time do you spend training for each sport each week?
- Do you do extra workouts, such as aerobic classes, in addition to your sports training? How much extra time do you spend?
- Have you ever had a stress fracture? When?

Weak bones

When a young athlete doesn't eat as many calories as her body needs and has menstrual problems, her bones do not develop the normal strength. When this happens, a 16-year-old girl can have bones as weak as those of a 60-year-old woman. She may more easily develop stress fractures or, if severe, even compression fractures of the spine. This decrease in bone strength will continue until

she has normal periods again, but, even though she can regain some bone strength, she may never catch up to where she should be normally.

Prevention

The female athlete triad can be prevented by eating enough calories, including fat, protein, and carbohydrates. Most female athletes need a minimum of 2,000 to 2,400 calories per day. Not only will this prevent menstrual problems and weak bones, it will help the athlete perform better! If an athlete develops menstrual problems, she needs to see a doctor. It is not normal to skip periods or stop having periods. If an athlete cuts out the fats in her diet, decreases the amount of food she eats, loses weight, or skips periods, she should tell her doctor. Finally, if an athlete feels she needs to lose weight, she should consult her doctor first.

Treatment

An athlete not having regular menstrual periods should tell her doctor. The doctor needs to make sure there are no other reasons, such as thyroid disease, for menstrual problems.

If a lack of enough calories is the cause of the menstrual problem, it is important that the athlete increase her food intake. She will need to eat all of the nutrients her body needs, which include carbohydrates, fats, and protein. She may find it helpful to see a registered dietitian for nutrition counseling. The athlete should gradually increase her food intake until her menstrual periods return.

If it is difficult for the athlete to increase her food intake, she may need to decrease her exercise and sports activity instead. Once menstrual periods return, the athlete can slowly increase her activity again while increasing her food intake to maintain menstrual periods.

If an athlete is not having regular menstrual periods, she needs to eat 5 servings of calcium per day. A serving would be 1 cup (8 ounces) of milk, yogurt, or calcium-fortified orange juice or 1 ounce of cheese. Vitamin D is also needed because it helps the body absorb and retain calcium. Adolescents who do not get 600 IU of vitamin D per day through foods should check with their doctor about taking a supplement.

If an athlete struggles with increasing her food intake, her doctor may refer her to a mental health professional, such as a psychologist, for additional counseling.

NOTES

The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

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American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN®

Healthy Servings

for Children ages 2~3 years old

Grain Group 3 ounces total per day. At least half of the daily servings of grains should come from whole grains. (whole wheat, oatmeal, brown rice, etc.)

	Serving Size = 1 ounce
Bread	1 slice
Bun, large bagel, English muffin	½
Crackers (whole grain)	5
Dry cereal (unsweetened), flakes	1 cup
Cooked cereal	½ cup
Cooked rice, pasta	½ cup

Fruit Group 1 cup total per day. 1 cup fruit or 100% fruit juice or ½ cup dried fruit = 1 cup fruit

	Serving Size
Fresh/whole	½ cup
Cooked or canned	½ cup
Juice –100% fruit juice	4 oz
Dried fruit	¼ cup

Vegetable Group 1 cup total per day. 1 cup raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens = 1 cup vegetables

Milk Group 2 cups total per day; choose lowfat or fat-free.

	Serving Size
Milk, yogurt	1 cup
Cheese, natural cheddar, string cheese	1 ½ ounces
American, processed	2 ounces

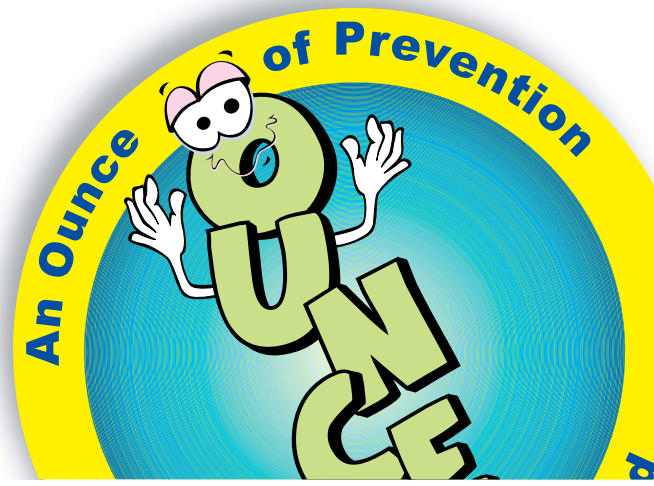
Meat Group 2 ounces total per day.

	Serving Size = 1 oz
Meat, poultry, fish	1 oz.
Dry beans and peas, cooked	¼ cup
Peanut butter	1 Tablespoon
Egg	1
Nuts or seeds	½ ounce

- The calorie range for each age group varies depending on activity level. Ask your health care provider or a registered dietitian.
- For more on serving sizes and specific calorie needs for your child visit www.MyPyramid.gov.
 - General information on feeding kids – www.MyPyramid.gov/kids
 - Check your portion sizes – www.theportionplate.com or <http://hp2010.nhlbi.nih.net/portion>
 - Get your kids to eat fruits & vegetables – www.fruitsandveggiesmatter.gov
 - For calcium rich recipes – www.3aday.org
 - Healthy school lunches, sleep and more – www.kidshealth.org
 - Ohio resources – www.eatbetterdobetter.org or www.healthyohioprogram.org
 - Keep your family moving – for kids www.kidnetic.org
– for parents www.cdc.gov/nccdphp/dnpa
 - Caffeine content of common beverages – http://kidshealth.org/teen/drug_alcohol/drugs/caffeine.html



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Healthy Servings

for Children ages 4~8 years old

Grain Group 4-5 ounces total per day. At least half of the daily servings of grains should come from whole grains. (whole wheat, oatmeal, brown rice, etc.)

Serving Size = 1 ounce

Bread	1 slice
Bun, large bagel, English muffin	½
Crackers (whole grain)	5
Dry cereal (unsweetened), flakes	1 cup
Cooked cereal	½ cup
Cooked rice, pasta	½ cup

Fruit Group 1- 1½ cup total per day. 1 cup fruit or 100% fruit juice or ½ cup dried fruit = 1 cup fruit

Serving Size

Fresh/whole	1-2 cups
Cooked or canned	1 cup
Juice –100% fruit juice	8 oz
Dried fruit	½ cup

Vegetable Group 1½ cups total per day. 1 cup raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens = 1 cup vegetables

Milk Group 2 cups total per day; choose lowfat or fat-free.

Serving Size

Milk, yogurt	1 cup
Cheese, natural cheddar, string cheese	1 ½ ounces
American, processed	2 ounces

Meat Group 2 ounces total per day.

Serving Size = 1 oz

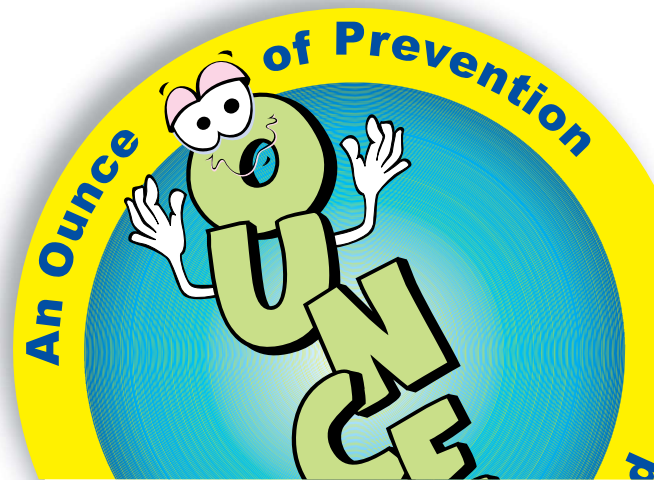
Meat, poultry, fish	1 oz.
Dry beans and peas, cooked	¼ cup
Peanut butter	1 Tablespoon
Egg	1
Nuts or seeds	½ ounce

- The calorie range for each age group varies depending on activity level. Ask your health care provider or a registered dietitian.
- For more on serving sizes and specific calorie needs for your child visit www.MyPyramid.gov.

- General information on feeding kids – www.MyPyramid.gov/kids
- Check your portion sizes – www.theportionplate.com or <http://hp2010.nhlbihin.net/portion>
- Get your kids to eat fruits & vegetables – www.fruitsandveggiesmatter.gov
- For calcium rich recipes – www.3aday.org
- Healthy school lunches, sleep and more – www.kidshealth.org
- Ohio resources – www.eatbetterdobetter.org or www.healthyohioprogram.org
- Keep your family moving – for kids www.kidnetic.org
– for parents www.cdc.gov/nccdphp/dnpa
- Caffeine content of common beverages –
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Healthy Servings

for Children ages 9-13 years old

Grain Group 5-6 ounces total per day. At least half of the daily servings of grains should come from whole grains. (whole wheat, oatmeal, brown rice, etc.)

	Serving Size = 1 ounce
Bread	1 slice
Bagel	½
Cooked rice, pasta	½ cup
Dry cereal (unsweetened), flakes	1 cup
Muffin/roll	1

Fruit Group 1½ cup total per day. 1 cup fruit or 100% fruit juice or ½ cup dried fruit = 1 cup fruit
Aim for at least 5 servings of fruits & vegetables per day (total 3½ - 4 cups per day)

	Serving Size = 1 cup
Medium fresh	1
Dried	¼ cup
Chopped	½ cup
100% fruit juice	1 cup

Vegetable Group 2-2½ cups total per day. 1 cup raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens = 1 cup vegetables Choose a variety of vegetables – dark green, orange and starchy (potatoes, corn, peas and lima beans). Brighter is better!

	Serving Size = 1 cup
Cooked or raw	1 cup
Raw leafy	2 cups
Vegetable juice	¾ cup

Milk Group 3 cups total per day. Choose low fat or fat free dairy products.

	Serving Size = 1 cup
Milk	1 cup
Yogurt	6-8 ounces
Cheese	1½-2 ounces

Meat Group 5 ounces total per day.

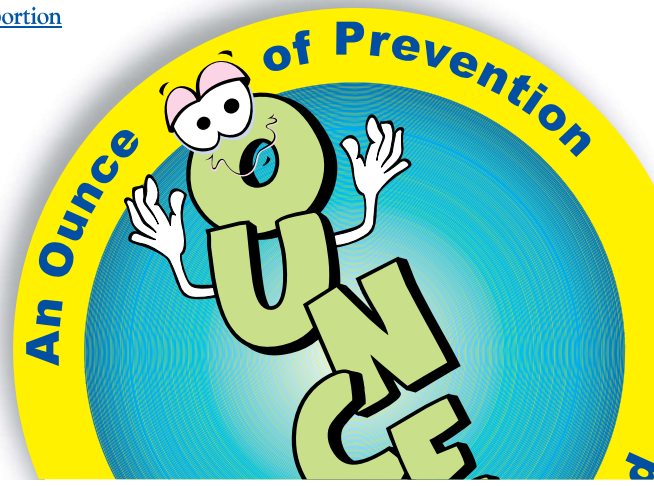
	Serving Size = 1 oz
Lean meat	1 oz.
Egg	1
Peanut butter	2 Tablespoons
Nuts/seeds	⅓ cup
Beans	½ cup

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Healthy Servings

for Teens ages 14-18 years old

Grain Group 6-7 ounces total per day. At least half of the daily servings of grains should come from whole grains. (whole wheat, oatmeal, brown rice, etc.)

	Serving Size = 1 ounce
Bread	1 slice
Bagel	½
Cooked rice, pasta	½ cup
Dry cereal (unsweetened), flakes	1 cup
Muffin/roll	1

Fruit Group 1½-2 cups total per day. 1 cup fruit or 100% fruit juice or ½ cup dried fruit = 1 cup fruit
Aim for at least 5 servings of fruits & vegetables per day (total 4 - 5 cups per day)

	Serving Size = 1 cup
Medium fresh	1
Dried	¼ cup
Chopped	½ cup
100% fruit juice	¾ cup

Vegetable Group 2½-3 cups total per day. 1 cup raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens = 1 cup vegetables Choose a variety of vegetables – dark green, orange and starchy (potatoes, corn, peas and lima beans). Brighter is better!

	Serving Size = 1 cup
Cooked or raw	1 cup
Raw leafy	2 cups
Vegetable juice	¾ cup

Milk Group 3 cups total per day. Choose low fat or fat free dairy products.

	Serving Size = 1 cup
Milk	1 cup
Yogurt	8 ounces
Cheese	1½-2 ounces

Meat Group 5-6 ounces total per day.

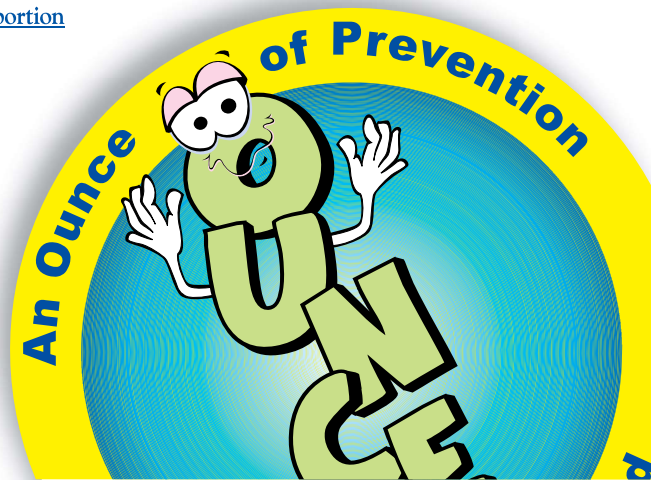
	Serving Size = 1 oz
Lean meat	1 oz.
Egg	1
Peanut butter	2 Tablespoons
Nuts/seeds	⅓ cup
Beans	½ cup

- The calorie range for each age group varies depending on activity level. Ask your health care provider or a registered dietitian.
- For more on serving sizes and specific calorie needs for your child visit www.MyPyramid.gov.

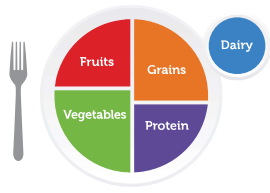
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Start *simple*
with **MyPlate**



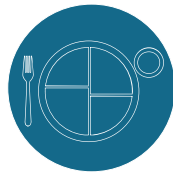
Healthy Eating for Teens

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Learn what YOU need

Do you know what foods and what amounts are best for YOU? Get your own personalized [MyPlate Plan](#).



Eat a variety of foods

Make choices from all food groups—fruits, vegetables, grains, protein foods, and dairy and fortified soy alternatives—every day. Each group provides you with different nutrients and you need all of them.



Be active

Squeeze in some physical activity between homework, going out, and other activities. Walk the dog, ride your bike with a friend, or do an online workout.



Keep water handy

Water is a better option than most drink choices. Keep a reusable water bottle in your bag and skip the sugary sodas, fruit drinks, and energy and sports drinks.



Build strong bones

Get the calcium and vitamin D that your growing bones need! Choose fat-free or low-fat dairy milk, soy milk, and yogurt. You can get vitamin D from sunshine, too!

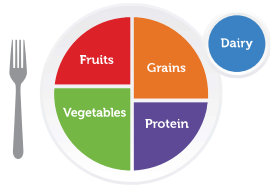


Get active in the kitchen

Learn how to make a few dishes. Include extra fruits and vegetables for added flavor and nutrients. For recipes, visit the [MyPlate Kitchen](#).



Start *simple*
with MyPlate



Healthy Eating for Toddlers

Healthy eating is important at every age. Offer toddlers a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding on foods and beverages, choose options that are full of nutrients and lower in sodium and avoid added sugars. Start with these tips:



Provide foods full of nutrients

Offer your toddler a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. Avoid foods and beverages with added sugars and choose those with lower sodium.



Look for cues

When children are hungry, they usually let you know. But fullness cues are not as obvious. Children may be full if they push food away, close mouth, turn head away from food, or make sounds to let you know. Recognizing and responding to these cues helps children learn how to self-regulate their intake.



Prevent choking

Have toddlers sit at a table for meals and snacks and not wander around with food in their mouth. Foods such as hot dogs, candy, nuts and seeds, raw carrots, grapes, popcorn, and chunks of peanut butter can be choking risks. See the [USDA Team Nutrition worksheet](#) for more.



Drinks matter too!

Did you know the only beverages your toddler needs are water, milk, and, if available, breast milk? Avoid drinks with added sugars like soda, flavored milks, juice drinks, and sports drinks.



Try new foods

Try serving a new food alongside a familiar food in the same meal. It may take up to 8 to 10 tries for a child to accept a new food.



Serve safe food

Help your child learn to wash their hands before eating. Only serve foods that have been cooked properly and avoid serving your toddler unpasteurized (raw) juice or milk.



Dietary
Guidelines
for Americans

Go to [MyPlate.gov](#) for more information.

USDA is an equal opportunity provider,
employer, and lender.

**The benefits of healthy eating
add up over time, bite by bite.**

FNS-905-15
March 2022

Nutrition and Supplement Use

Young athletes often try special diets and supplements to improve their athletic performance. However, many of these products do not live up to their claims to increase strength, speed, and athletic skills. Athletes should focus instead on following the basics of proper hydration and nutrition. Both are crucial in supporting growth and athletic performance. The following is information from the American Academy of Pediatrics about proper nutrition and supplement use.

Fluids

Athletes can lose body fluids very rapidly, so they must make sure they are always well hydrated. Thirst is not a good gauge of fluid needs, and waiting until thirsty to drink can decrease athletic performance. The following are tips on how to maintain appropriate fluid intake:

- Start each workout well hydrated.
- Drink more fluids if urine is not pale or clear.
- Drink fluids during workouts, especially if workouts are longer than 45 to 60 minutes. Frequent small sips of fluid are best. Most teen athletes should drink about 8 ounces of fluid every 20 minutes during an intense workout.
- Switch from water to sports drinks after 1 hour of activity. (Note: Children will drink more if they are given fluids that have taste, color, and a small amount of sodium [like sports drinks]).
- Coaches and parents should make sure fluids are always available and encourage appropriate fluid breaks.
- Athletes may want to weigh themselves before and after workouts to see if they are getting enough fluids. Each pound of weight lost during a workout should be replaced with 16 ounces of fluid.

Carbohydrates

Carbohydrates contain the fuel the body needs to perform and also protect muscle tissue from breaking down. Athletes should have a carbohydrate-rich meal 3 to 4 hours before exercise and a high-carbohydrate snack about 1 hour before exercise. For exercise lasting longer than 1 hour, eating carbohydrates during exercise is helpful as well. Good sources of carbohydrates include rice, beans, spaghetti, whole wheat bread, dried apricots, apples, bananas, yogurt, or baked potatoes.

Athletes should have a carbohydrate snack as soon as possible (ideally within 20 minutes) after working out. This replenishes energy in the muscles, which provides fuel for the next day's training session. This is especially important for athletes who are training almost every day. Children don't need extra carbohydrates if they are drinking sports drinks (which already contain some carbohydrates).

Protein

Proteins contain the building blocks the body uses to recover after workouts and to repair injury. Protein should be spread throughout the day, especially in the 24 to 48 hours after a hard workout. A little bit of protein in the post-workout snack may also help with recovery. Good sources of protein include lean beef, chicken, turkey breast, fish, eggs, beans, low-fat cottage cheese, milk, or cheddar cheese.

Athletes have greater protein needs than nonathletes. However, they should be able to meet these needs with a balanced diet. Vegetarians and athletes who are trying to lose weight may need to add protein to their diets. For example, several tablespoons of nonfat dried milk can be added to liquid milk, soup, pasta sauce, etc. It can be beneficial to meet with a nutritionist for additional guidance.

Nutrition resources

American Academy of Pediatrics

www.HealthyChildren.org

Academy of Nutrition and Dietetics

www.eatright.org

US Department of Agriculture and other federal government agencies

www.nutrition.gov (includes information about the new food group symbol, MyPlate, which replaced MyPyramid)

Vitamins and minerals

Most athletes can easily meet most of their vitamin and mineral needs, as long as they are getting enough calories from a variety of different foods. There is no benefit to getting extra amounts of any vitamin or mineral. However, athletes should talk with their doctor about iron, calcium, and vitamin D (see next page).

- **Iron and calcium.** Most children in the United States (both athletes and nonathletes) do not get enough iron and calcium in their diets. Teens should have 3 to 4 servings of iron-rich food per day and 4 to 5 servings of calcium-rich food per day. Good sources of iron include lean beef, turkey, chicken, lentils, beans, tofu, spinach, molasses (blackstrap), or tomato puree. Good sources of calcium include milk, low-fat yogurt, cheddar cheese, calcium-fortified orange juice, or tofu prepared with calcium.
- **Vitamin D.** Any child who is not consuming at least 32 ounces of vitamin D–fortified milk should receive vitamin D as part of a vitamin drop or pill to ensure adequate vitamin D intake. Vitamin D in milk or vitamin pills also is recommended for adults.
- **B vitamins.** While adult athletes may need more of some B vitamins than nonathletes, it is not clear if this is true for children or teens.

Supplements

It is important to remember that diet supplements are not tested and regulated like prescription drug products. Problems with safety, contamination, and quality are common with these products, even if purchased from a reliable source. Popular supplements in young athletes include “weight gain,” protein, and vitamin/mineral supplements.

- Weight gain supplements are basically protein supplements with added calories. When used as directed, they often result in greater increases in fat than in muscle.
- Protein supplements often contain either a soy- or whey-based protein and are of similar quality to complete proteins obtained in meat, dairy, or soy products. In young athletes, nutritional needs are best met by a balanced diet, rather than with supplements.

NOTES

Listing of resources does not imply an endorsement by the American Academy of Pediatrics (AAP). The AAP is not responsible for the content of the resources mentioned in this publication. Web site addresses are as current as possible, but may change at any time.

The information contained in this publication should not be used as a substitute for the medical care and advice of your health care professional. There may be variations in treatment that your health care professional may recommend based on individual facts and circumstances.

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American Academy
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DEDICATED TO THE HEALTH OF ALL CHILDREN™

MYPLATE GUIDE TO SCHOOL BREAKFAST

for Families



FRUITS

A full cup of fruit is available every day, providing nutrients that are important for kids' health, such as potassium, dietary fiber, vitamin C, and folate (folic acid).



MILK

Kids and teens need the calcium, protein, and vitamin D found in milk for strong bones, teeth, and muscles.



VEGETABLES

Every breakfast does not include vegetables, but schools may offer them in place of fruits.



GRAINS

Starting every day the whole grains way gives kids and teens B vitamins, minerals, and fiber to feel fuller longer so they stay alert to concentrate at school.

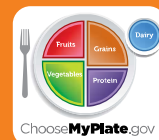


PROTEIN FOODS

Some breakfast menus may offer items such as eggs, nuts, or meats to pair with whole-grain options.



Visit teamnutrition.usda.gov for additional tips and activities.



HOW DOES SCHOOL BREAKFAST HELP FAMILIES?



Fuels learning

Kids and teens can concentrate on their schoolwork better when they're not hungry. Studies show that kids do better in school when they eat breakfast.



Provides better nutrition

Studies show that people who eat breakfast have higher intakes of dietary fiber, B vitamins, calcium, iron, and other nutrients.



Saves time

School breakfast can simplify mornings for families by offering kids and teens healthy options that fit into their schedule.

HOW CAN FAMILIES HELP THEIR CHILD EAT A HEALTHY BREAKFAST?

- Read the menu with your child to make sure your student knows about all the foods that are included in their school breakfast.
- Find out how your parent organization can work with school nutrition professionals to promote breakfast options at your school, such as Breakfast in the Classroom.



Visit ChooseMyPlate.gov/Families for additional tips and activities for families.

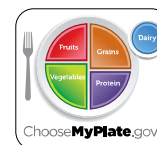
The School Breakfast Program (SBP) provides cash assistance to States to operate nonprofit breakfast programs in schools and residential child care institutions. The USDA Food and Nutrition Service administers the SBP at the Federal level. State agencies administer the SBP at the State level, and local school food authorities operate the Program in schools.

Learn more at: www.fns.usda.gov/sbp/school-breakfast-program-sbp.

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MYPLATE GUIDE TO SCHOOL LUNCH

for Families



GRAINS

Whole grains give kids B vitamins, minerals, and fiber to help them feel fuller longer so they stay alert to concentrate at school.



PROTEIN FOODS

Meat, poultry, fish, dry beans, peas, eggs, nuts, and seeds provide many nutrients including protein and iron. Portion sizes are based upon the nutrition needs of children in various grade groups. School meals also allow cheese, tofu, and yogurt to count as the meat/meat alternate in the school lunch.

VEGETABLES

A variety of vegetables helps kids get the nutrients and fiber they need for good health.



MILK

Low-fat (1%) or Fat-free milk. Children and teens need the calcium, protein, and vitamin D found in milk for strong bones, teeth and muscles.

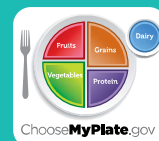


FRUITS

Every school lunch includes fruits as well as vegetables. Only 1/2 of the fruits offered may be 100% juice, since whole and cut-up fruits have more fiber.



Visit teamnutrition.usda.gov for additional tips and activities.



HOW DOES SCHOOL LUNCH HELP FAMILIES?



Provides a balanced meal

It meets one-third of the nutrition needs of most children for the day.



Helps kids learn where foods come from

Farm to school programs are in 42 percent of schools which increase kids access to locally produced foods and learning activities such as farmers' visits and school gardening.



Saves time

If you spend 10 minutes a day packing lunch, that adds up to 30 hours (1,800 minutes) each school year.



Supports learning at school

Research shows that kids with healthier eating patterns have better academic performance.



"We grow fruits and vegetables in our school greenhouse, which are harvested and given to the cafeteria to serve on the salad bar. It's great because the landscaping class gets involved, the leadership classes get involved, and even all the marketing plan classes get involved."



Nebraska student

HOW CAN FAMILIES HELP THEIR CHILDREN ENJOY SCHOOL LUNCH?

- Try new foods at home. Kids need many opportunities to taste a new food to "get used to it."
- Talk with your child about what's on the menu. Make sure he or she knows about all the foods that are included in his or her school.
- Eat lunch at school with your child. Learn more about what's offered and meet school nutrition staff.
- Encourage your child or teen to join in taste-testing events or surveys about school lunch, when available.

Visit Choosemyplate.gov/Families for additional tips and activities for families.

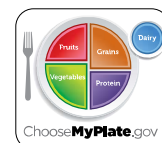
The National School Lunch Program is a federally assisted meal program operating in public and nonprofit private schools and residential child care institutions. It provides nutritionally balanced, low-cost or free lunches to children each school day.

Learn more at: www.fns.usda.gov/nslp/national-school-lunch-program-nslp.

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Sports Nutrition

for Active Children

All children should get at least 60 minutes of activity per day. Participating in organized sports and playing are great ways for children to meet this goal, keep a healthy weight and start a life-long habit of physical activity. Children need enough food to give them energy to grow and play but generally do not need extra calories even if they are physically active. Here are some tips about what and when your active children should eat and drink:

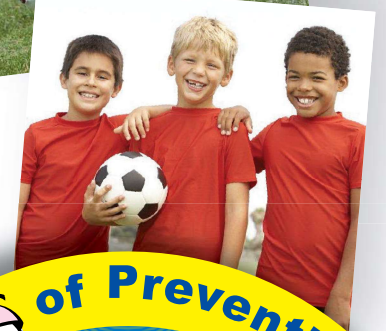
Food is Fuel

- All children should eat nutrient rich foods from all five food groups (low fat/fat free dairy foods, fruits, vegetables, whole grains and lean protein).
- **Complex Carbohydrates** are a great source of fuel for active children. They are easy to digest and provide quick energy.
 - Complex carbohydrates are found in fruits, vegetables and whole grains, instead of simple carbohydrates that have a high sugar content.
 - Simple carbohydrates can give a “sugar rush” and “crash” instead of sustained energy for physical activity.
- **Protein** should be included in meals and snacks. It is important for growth and strong muscles.
 - Good sources of protein can be found in lean meats, beans, nuts, eggs and low-fat/fat-free dairy foods.
- **Calcium and iron** are especially important for growing children.
 - Calcium is needed for strong bones and can be found in dairy foods like milk, cheese and yogurt.
 - Iron helps carry oxygen to the muscles and can be found in lean meats, eggs, nuts, beans and green leafy vegetables.
- Children who play sports generally do not need more vitamins and minerals than children who do not play sports.
- Sports bars, gels or shakes don't have a “magic” ingredient that makes children better at sports. Children generally do not need these unless they are very active for over an hour.

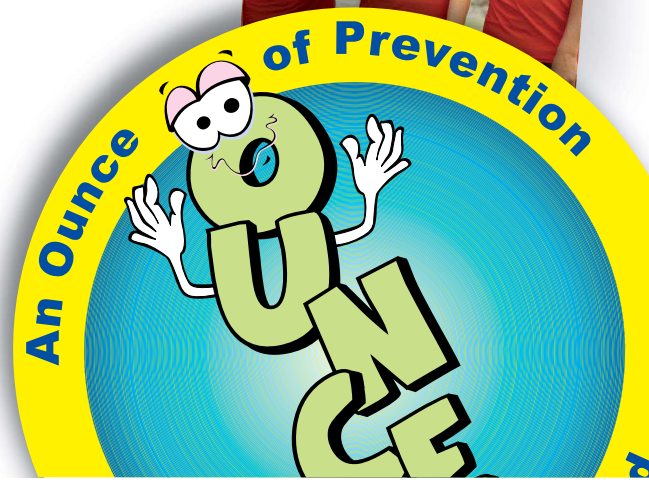
Stay Hydrated!

- Before physical activity, children should drink water throughout the day.
- During a game or practice, children should take breaks to drink 5-10 ounces of water every 15-20 minutes or more often if it is very hot.
- After being active, children should keep drinking water to re-hydrate.
- Don't wait until your child is thirsty to give water!
- Sports drinks are not necessary unless your child is very active for over an hour. Water is the best choice for children.

For more information, go to <http://kidshealth.org>



The Ounce of Prevention Program is a collaboration of the Ohio Department of Health, Healthy Ohio; the American Academy of Pediatrics—Ohio Chapter, Nationwide Children's Hospital; the American Dairy Association Midwest and the Ohio Dietetic Association. May be reproduced in its entirety for educational purposes. February 2010



Sports Nutrition

for Competitive Athletes

Middle and high school athletes need a balanced diet, but they also need extra energy and fluid to fuel harder, longer workouts. Here are some nutrition and hydration tips for keeping these athletes at the top of their game:

Food is Fuel

- Eat nutrient rich foods from all five food groups (low fat/fat free dairy foods, fruits, vegetables, whole grains and lean protein).
- Complex carbohydrates provide quick energy and are found in whole grains, fruits and vegetables instead of simple carbohydrates that have a high sugar content.
 - Simple carbohydrates can give a “sugar rush” and “crash” instead of sustained energy for physical activity.
- Protein is an important part of your diet. It is needed for growth and strong muscles.
 - Good sources of protein include meats, beans, nuts, eggs and low-fat/fat-free dairy foods.
- Calcium is needed for strong bones and can be found in dairy foods like milk, cheese and yogurt.
- Iron helps carry oxygen to muscles and can be found in meats, eggs, beans and green leafy vegetables.
- Eat a meal **about 3 hours before** physical activity.
 - The meal should be foods that you would usually eat, with mostly complex carbohydrates, some lean protein and not too much fat.
- Eat a small snack of fewer than 200 calories **about an hour before** being active. The snack should be mainly complex carbohydrates.
- Eating or drinking a small amount of complex carbohydrates **during** physical activity lasting longer than 60 minutes can improve performance.
- **Recovery:** eating after a game or practice will refuel your muscles and prepare them for the next workout.

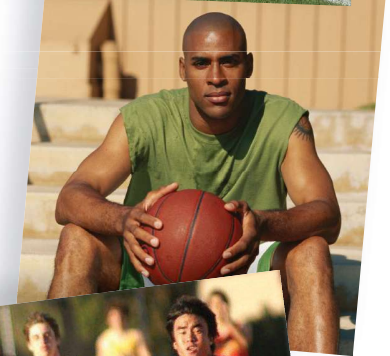
Within 30 minutes after the workout, eat a small meal or snack of mostly complex carbohydrates and some protein.

- Drink low-fat chocolate milk. It supplies the carbohydrates to provide energy, protein to support growth and repair of muscles, and electrolytes to rehydrate.
- Sports nutrition bars or recovery drinks can be a quick source of complex carbohydrates and protein.
- Eat again **about 2 hours after** physical activity. This should be a meal that has complex carbohydrates, protein and some fat, e.g. peanut butter sandwich and milk.

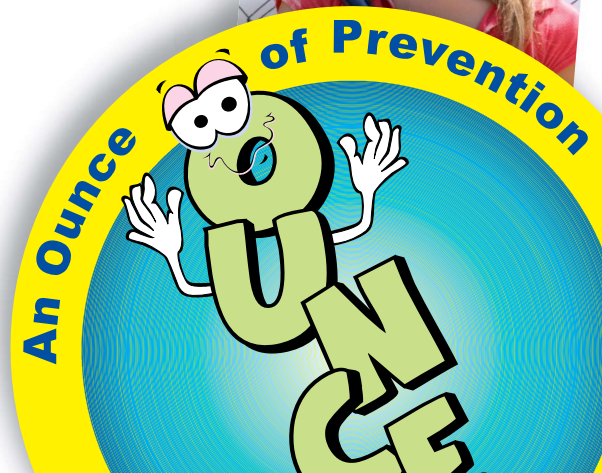
Stay Hydrated!

- Not getting enough fluid can lead to poor performance and fatigue.
- Drink water throughout the day on days with a game or practice.
- Drink plenty of water 2-3 hours before physical activity.
- Drink 5-10 ounces of fluid every 15 minutes during physical activity or more if it is very hot.
- Water is the best choice, but sports drinks can be helpful for games or practices longer than 60 minutes and/or in hot weather.

For more information go to:
<http://kidshealth.org>



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Toddler Nutrition: How Much is Enough?

What is a Serving Size for a Toddler?

Is your child's stomach as big as yours? Children are much smaller than adults so it is important to remember that we should feed them smaller portions as well as more frequent meals than those of adults since a smaller stomach will fill up faster. An appropriate serving size for a toddler is going to be about 1/4 to 1/2 of an adult serving as recommended by MyPyramid. For example, a serving of bread for a small child would be 1/4 of a slice for a 1-year-old, and 1/2 of a slice for a 3-year-old.

Another way to quickly estimate serving sizes for children is 1 tablespoon per year. For example, a 2-year-old would be served 2 tablespoons of fruits or vegetables, and a 4-year-old would get 4 tablespoons or 1/4 cup.

Foods Toddlers Need

Most 2- to 3-year-old children need to consume about 1,000 calories per day of nutrient-rich foods. Here's how to distribute those calories in a healthy eating plan:

Food Group	Servings per Day	Example: Foods in this Group	One Serving (1 -2 years)	One Serving (3 – 6 years)
Fruits	2-3	Cooked or canned fruit, Fresh fruit, Fruit Juice	1/4 cups, 1/2 medium, 2-4 cups	1/4 to 1/2 to 1 medium, 4 ounces
Vegetables	2-3	Raw or cooked vegetables	1 tablespoon/each year of age	1 tablespoon / each year of age
Grains	3 ounces (at least 1.5 ounces should be whole grains)	Bread, cooked cereal, rice, pasta, dry cereal, crackers	1/4 to 1/2 slice, 1/4 to 1/2 cup, 1/4 to 1/3 cup, 1-2 each	1/2 -1 slice, 1/3 to 1/2 cup, 1/3 to 1/2 cup, 2-4 each
Protein (lean meats/beans)	2 ounces	Lean meat, fish, poultry, tofu, eggs, peanut butter, cooked or dried beans, peas, lentils	1 ounce or 2 TB (ground meat), 1.2 white + yolk, 1 tablespoon, 1/4 cup	1-2 ounces, 1-2 tablespoons, 1/3 to 1/2 cup
Milk /diary *	2 cups	Milk	1/2 cup, 1/2 ounce 1/3 cup	3/4 to 1/2 cup, 1/2 to 1 ounce, 1/2 cup



NATIONWIDE CHILDREN'S
When your child needs a hospital, everything matters.™

2% or whole milk is recommended for children younger than 2 for the dietary fats needed for normal growth and development. Options such as fat-free and 1% milk, as well as low-fat yogurt and cheese are an appropriate choice for those older than 2 years of age to maintain healthy bones and teeth, without the added fat (consult your physician first before switching).

Frozen Ban-ola: Makes 1 ban-ola

Ingredients:

1 medium sized banana – peeled
1/2 cup crushed granola plain or vanilla yogurt

Directions:

1. Dip banana in your choice of yogurt
2. Roll banana in crushed granola
3. Place in freezer bag and freeze

(May also be eaten unfrozen)

Strawberry Smoothie: Makes 1 smoothie

Ingredients:

2 ice cubes
1/3 cup low-fat cottage cheese

2/3 cup frozen strawberries
1 1/2 tsp sugar
1 tsp vanilla extract
Blender

Directions:

1. Pour all ingredients into the blender
2. Blend until smooth for 45-60 seconds
3. Pour into a glass and enjoy!

Tips for Raising Healthy Toddlers:

- Be a healthy role model-You can be a good role model by eating regular balanced meals filled with nutrient-rich foods.
- Establish routines around mealtimes and snacks- sit down at the table and enjoy family meal time. Offer finger foods until utensils can be manipulated.
- Try new foods-It may take up to 10-15 times of offering a food before it will be accepted by a child. Add just one new food with other familiar foods your child already enjoys instead of many new foods all at once.
- Allow your child to tell you when they are full and finished eating. They will naturally regulate the amount they eat so do not force them to finish what is on the plate.
- It is the parents' role to determine WHAT and WHEN foods are served. It is the child's role to decide WHICH and HOW MUCH of the healthy foods offered he/she will eat.



- Regularly scheduled snacks are important because they provide children with the nutrients and calories they will need each day. More active kids may need these snacks for energy during play.
- Healthy eating should be paired with healthy physical activity- children should be active at play for at least 1-2 hours each day, including activities such as trips to the park, organized classes, or age-appropriate sports.

Toddlers and juice

Letting children carry around juice all day oftentimes results in diarrhea in some and can even contribute to weight gain in others. Even 100% fruit juice contains about the same amount of calories and sugar as soda pop. A good guideline is to limit your toddler's juice intake to no more than 4 oz. per day, and offer options such as water and milk when children are thirsty. Also, offer fruit rather than juice, because whole fruits contain important vitamins and fiber.





S n a c k

from all 5 food groups

Fruit*

Cut apples, bananas, peaches, grapes, orange slices, strawberries, pears, plums, apricots, nectarines, clementines, melon, raspberries, pineapple.

Dried Fruit

Raisins, apples, peaches, apricots, pears, dates, pitted prunes, cherries.

Frozen and canned fruits and veggies are also good options. Try 100% frozen fruit bars, frozen strawberries or broccoli, canned/jarred fruit that is in juice (not syrup) and canned vegetables in low sodium broth

Vegetable*

Carrots, broccoli, cauliflower, peppers, green beans, sugar snap peas, tomatoes, celery, squash, cucumber, zucchini, sweet potatoes.

Milk

Low-fat (1%) or fat-free (skim) milk, cheese (grated or cubed), yogurt, cottage cheese, pudding.

Smoothies

Blend yogurt, fruit, milk and 100% juice together.

Protein

Lean protein, such as chicken, turkey, tuna or egg salad, bean dip, hard-boiled egg, peanut butter, hummus and nuts*.

Whole Grain

Tortilla, bagel, bun, crackers, bread or English muffin, and unsweetened cereal.



Snacks shouldn't interfere with meals; keep portions small

* Use caution when feeding these foods to young children due to a possible choking problem.