

How to Make Fast Food Healthier

American Heart Association
Recommends:

- Say "pass" on value size
- Skip the sides
- Avoid double meat and bacon
- Pick grilled chicken
- Eat sandwich open faced
- Choose wheat bun if available
- Skip mayo and other calorie laden dressings
- Drink water or low-fat milk



Links to research articles about children's nutrition

- **High intake of added sugar among Norwegian children and adolescents**
http://journals.cambridge.org/download.php?file=%2FPHN%2FPHN7_02%2F51368980004000308a.pdf&code=ba1f308ad1e3041b15bc15f69c7fae16
- **Relation between consumption of sugar-sweetened drinks and childhood obesity**
http://www.sciencedirect.com/science?_ob=MIimg&_imagekey=B6T1B-42P62MN-9-1&_cdi=4886&_user=158223&_orig=search&_coverDate=02%2F17%2F2001&_sk=996420744&view=c&wchp=dGLbVtb-zSkzS&md5=4e1e3d56ce36532356dd25385931b87b&ie=/sdarticle.pdf
- **Relationship of childhood obesity to coronary heart disease risk factors in adulthood**
<http://pediatrics.aappublications.org/cgi/content/full/108/3/712>
- **Preventing childhood obesity by reducing consumption of carbonated drinks**
<http://www.bmj.com/cgi/reprint/bmj.38077.458438.EEv1>
- **Family dinner and diet quality among older children and adolescents**
<http://archfami.amaassn.org/cgi/reprint/9/3/235>

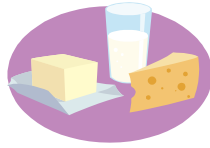
Helpful Hints for Healthy Children



Nutritional facts and helpful health tips for parents of Mrs. Williams 4th grade class.

Made by:
Ben Liegl
Jennifer Patterson
Leslie Ashlock
*Student Physical Therapists from ASU

Nutritional Guidelines



Daily Recommended Servings for children ages 9-13 years

- Milk/Dairy: 3 cups
- Lean Meats/Beans: 5 oz.
- Fruits: 1.5 cups
- Vegetables: 2 cups (girls)
2.5 cups (boys)
- Grains: 5 oz. (girls)
6 oz. (boys)



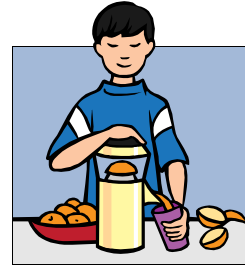
Portion hints:
1 oz. meat: size
of small
matchbox

- 3 oz. meat: size of deck of cards
- 3 oz. fish: size of check book
- 1 oz. cheese: size of 4 dice
- 2 tbs. peanut butter: size of ping pong ball
- 1/2 cup pasta: size of tennis ball



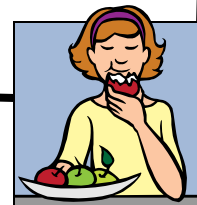
Healthy Snacks

- Unsweetened applesauce
- Fruit cups/
canned fruit in
light syrup or
juice
- Frozen fruit
- Veggies with low
-fat salad
dressing, guaca-
mole, hummus,
salsa, or peanut
butter.
- Veggie pockets: whole wheat
pita pockets with veggies.
- Whole wheat tortillas
- Nuts (small handful)
- Trail mix
- Low fat yogurt



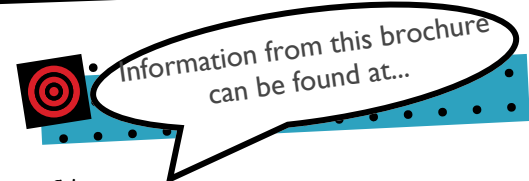
Quick Tips

- Be a good role model for your child by eating healthy
- Involve your child in cooking and preparing meals
- Eat meals together at the table
- Be creative in the kitchen: sneak veggies into food by pureeing them, then adding to foods such as meatloaf or spaghetti sauce



Get Active!

- CDC.gov recommends at least 60 minutes of physical activity every day.
- Be sure to include aerobic activities (vigorous walking, running, bicycling)
- Don't forget muscle strengthening!! (gymnastics, sports)
- Also make those bones strong! (jump rope, running, dance)
- Be an advocate for children's health. Find information at Actionforhealthykids.org



Information from this brochure can be found at...

- Cdc.gov
- Mypyramid.gov
- Americanheart.org
- Cspinet.org
- Acsm.org
- Actionforhealthykids.org

