



# 123.eat

A Nutrition Education Toolkit for  
Children and Their Families

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The “epidemic” in childhood obesity has been attributed to various factors: increases in television and computer game use; the explosive proliferation of fast-food restaurants; increases in sugary and fat-laden foods displayed at children's eye level in supermarkets; working parents who are unable to find the time or energy to cook nutritious meals or supervise outdoor playtime. This nutritional toolkit is designed to address this epidemic and help parents to better provide for the wellness of their families.

## Calories = Energy

**ALL FOODS HAVE CALORIES**, which provide the energy our bodies need to function. We must balance the calories we eat with physical exercise to be healthy. Too many calories consumed in one day can lead to obesity.

Calories provide a measure of how much energy you get from a serving of food. Many Americans consume more calories than they need without meeting recommended intakes for a number of nutrients. The calorie section of the nutrition facts label can help you manage your weight (i.e., gain, lose, or maintain.) Remember: the number of servings you consume determines the number of calories you actually eat (your portion amount).

| Serving Size      | 1 cup (228g) | % DV |
|-------------------|--------------|------|
| Calories          | 250          |      |
| Calories from Fat | 110          |      |
| Total Fat         | 12g          | 18%  |
| Trans Fat         | 1.5g         |      |

In the example, there are 250 calories in one serving of this macaroni and cheese. How many calories from fat are there in ONE serving? Answer: 110 calories, which means almost half the calories in a single serving come from fat. What if you ate the whole package content? Then, you would consume two servings, or 500 calories, and 220 would come from fat.

## General Guide to Calories

40  
calories  
**Low**

100  
calories  
**Moderate**

400  
calories  
**High**

**EATING JUST 150 CALORIES** more a day than you burn can lead to an extra 5 pounds over 6 months. That's a gain of 10 pounds a year. If you don't want this weight gain to happen, or you want to lose the extra weight, you can either reduce your ENERGY IN or increase your ENERGY OUT.

**Doing both is the best way to achieve and maintain a healthy body weight.**

| CALORIE NEEDS |       | Activity Level |                   |           |
|---------------|-------|----------------|-------------------|-----------|
| Gender        | Age   | Sedentary      | Moderately Active | Active    |
| Child         | 2-3   | 1000           | 1000-1400         | 1000-1400 |
| Female        | 4-8   | 1200           | 1400-1600         | 1400-1800 |
|               | 9-13  | 1600           | 1600-2000         | 1800-2200 |
|               | 14-18 | 1800           | 2000              | 2400      |
|               | 19-30 | 2000           | 2000-2200         | 2400      |
|               | 31-50 | 1800           | 2000              | 2200      |
|               | 51+   | 1600           | 1800              | 2000-2200 |
| Male          | 4-8   | 1400           | 1400-1600         | 1600-2000 |
|               | 9-13  | 1800           | 1800-2200         | 2000-2600 |
|               | 14-18 | 2200           | 2400-2800         | 2800-3200 |
|               | 19-30 | 2400           | 2600-2800         | 3000      |
|               | 31-50 | 2200           | 2400-2600         | 2800-3000 |
|               | 51+   | 2000           | 2200-2400         | 2400-2800 |



## Cutting Excess Calories (Energy IN)

- Drink water instead of a 12-ounce regular soda
- Order a small serving of French fries instead of a medium serving, or order a salad with dressing on the side instead
- Eat an egg-white omelet (with three eggs), instead of whole eggs
- Use tuna canned in water (6-ounce can), instead of oil

## Burning Excess Calories (Energy OUT)

*In just 30 minutes (for a 150 pound person)*

- Shoot hoops
- Walk two miles
- Do yard work (gardening, raking leaves, etc.)
- Go for a bike ride
- Dance with your family or friends

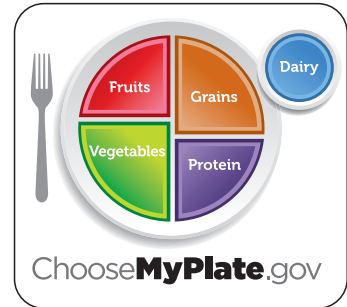
## Food Labeling

### Food Groups

**THE FOOD GROUPS** in the USDA Food Guide are grains; vegetables; fruits; milk, yogurt, cheese; meat, poultry, fish, dry beans, eggs, and nuts.

### Nutrients

**THE NUTRIENTS LISTED** first are the ones Americans generally eat in adequate amounts, or even too much. They are identified in orange as Limit these Nutrients. Eating too much fat, saturated fat, trans fat, cholesterol, or sodium may increase your risk of certain chronic diseases, like heart disease, some cancers, or high blood pressure. Important: Health experts recommend that you keep your intake of saturated fat, trans fat and cholesterol as low as possible as part of a nutritionally balanced diet.



Most Americans don't get enough dietary fiber, vitamin A, vitamin C, calcium, and iron in their diets. They are identified in blue as Get Enough of these Nutrients. Eating enough of these nutrients can improve your health and help reduce the risk of some diseases and conditions. For example, getting enough calcium may reduce the risk of osteoporosis, a condition that results in brittle bones as one ages. Eating a diet high in dietary fiber promotes healthy bowel function. Additionally, a diet rich in fruits, vegetables, and grain products that contain dietary fiber, particularly soluble fiber, and low in saturated fat and cholesterol may reduce the risk of heart disease. Remember: You can use the Nutrition Facts label not only to help limit those nutrients you want to cut back on but also to increase those nutrients you need to consume in greater amounts.

### Limit These:

Fat  
Saturated Fat  
Trans Fat  
Cholesterol  
Sodium

### Increase These:

Dietary Fiber  
Vitamin A  
Vitamin C  
Calcium  
Iron



# Food Labels



## The Serving Size

**THE FIRST PLACE TO START** when you look at the Nutrition Facts label is the serving size and the number of servings in the package. Serving sizes are standardized to make it easier to compare similar foods; they are provided in familiar units, such as cups or pieces, followed by the metric amount, e.g., the number of grams.

The size of the serving on the food package influences the number of calories and all the nutrient amounts listed on the top part of the label. Pay attention to the serving size, especially how many servings there are in the food package. Then ask yourself, "How many servings am I consuming"? (e.g., 1/2 serving, 1 serving, or more).

## Kitchen Supplies Toolkit

**ACCURATELY MEASURING AND PORTIONING** out foods into serving sizes is the best way to learn how to eat healthfully.

**In your kitchen you should have:**

measuring spoons (TB, tsp, tsp)

measuring cups (1 cup, 1/4 cup, etc)

cutting board for slicing fruits and vegetables

cutting board for cutting meats

*(Do not use the same board for cutting different food groups at the same time. This could lead to cross contamination and cause illness)*

sharp knives in addition to butter knives, forks, and spoons

dinner plates the size of a Frisbee

bowls that fit approximately 2 cups

non-stick cooking spray

*(eliminates the need to deep fry foods or use unnecessary amounts of oil or butter)*

### Common abbreviations

TB = tablespoon

tsp = teaspoon

oz = ounce

c = cup

### Conversion chart

8 fluid oz. = 1 cup

4 fluid oz. = 1/2 cup

3 tsp = 1 TB







## Buying Groceries

**BUDGET FRIENDLY TIPS** for eating a well-balanced diet:

- Buy frozen vegetables- they are packaged right after harvesting
- Skip the processed foods- aim to buy foods that have 5 ingredients or less
- Look for quality grains and beans- examples include barley, oats, rye, quinoa, and brown rice. All you need is a saucepan and water to prepare!
- Eat less meat- buy smaller quantities of expensive meats and look for other sources of protein such as eggs, tuna, and beans
- Eat seasonally- foods grown in the area are cheaper when in season!
- Grow your own- A small plot of grass is all you need to start your own garden

## Introducing Philly Food Bucks

**THE FOOD TRUST** and the Philadelphia Department of Public Health have launched the Philly Food Bucks program. This new healthy food incentive program encourages SNAP/food stamp recipients to use their benefits to purchase fresh, local ingredients at participating farmers' markets throughout the city. Through the Philly Food Bucks program, funded by a grant from the federal Communities Putting Prevention to Work initiative, farmers' market customers will receive \$2 in Philly Food Bucks coupons for every \$5 they spend in SNAP/food stamp benefits at participating farmers' markets.

For complete list of participating farmers markets, go to <http://www.the-foodtrust.org/php/programs/phillyfoodbucks.php>

## Where to buy:

### Shoprite of Parkside

1575 N. 52<sup>nd</sup> Street  
Philadelphia, PA 19131  
Phone Number: 215-220-8700  
Hours: 7:00 am - 11:00 pm

### Reading Terminal Market

*(make sure to check out the Fair Food Farmstand)*  
12th and Arch St.  
Mon- Sat 8am-6pm  
Hours: Sun 9am-5pm

OVER  
25

Markets

located throughout  
Philadelphia  
region



## Fun Ways to Get Fit

### Parent Tips

- Set a rule that the kids have to do something active for 1 hour per day, and limit TV and computer time to 1 hour.
- Invest in inexpensive exercise toys such as hula-hoops, jump ropes, pogo-sticks, and balls
- Set a good example by exercising whenever possible, whether it is taking the stairs or walking to the store.

### Ideas:

For kids over 6, set up an obstacle course in your house or yard. You don't even need the fancy equipment: Kids can weave around chairs, jump over and on pillows, and crawl through a tunnel made of blankets draped over furniture. (Of course, cones, small hurdles, a mini-trampoline and fabric tunnels may add to the game's novelty.) Time them to see how quickly they can get through.

**Summer:** Have a water balloon fight, wash the car or the dog, organize an Olympics or relay-races with other neighborhood kids, jump rope, hopscotch, jumping jacks, walk or bike to the park or friends' houses, toss a baseball or kick around a soccer ball, play tag or capture the flag

**Winter:** Time yourself to see how many sit-ups, push-ups, or jumping jacks you can do in a minute (and try to beat your record!), or build a snowman.







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