

East Harlem Kids In Action News



A newsletter from the Mount Sinai School of Medicine for the East Harlem Community

Welcome to a special edition of the Kids In Action Newsletter!

Dear Growing Up Healthy Participants,

To be healthy, children need to eat the right amounts of grains, fruits, vegetables, dairy and meat and beans.

When you first joined the study, you answered questions in a telephone survey about the food your children were eating on the day before the survey. Based on your answers we learned that children in the Growing Up Healthy (GUH) study, as a group, may not have been eating enough of the healthiest types of food compared to what the USDA* recommends for children 6 to 8 years old. You are not alone; what your children are eating is similar to what children across the country are eating.

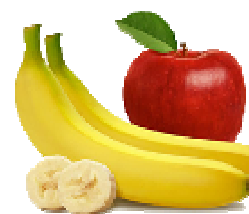
Inside this newsletter you will find:

- Information on foods you reported your children were eating.
- Information on what 6 to 8 year olds should be eating to be healthy.
- Ideas on how you can help your children eat better now that they are older — starting today!

Thank you for your participation. We look forward to working with you in the future.

Sincerely,

The Growing Up Healthy Team

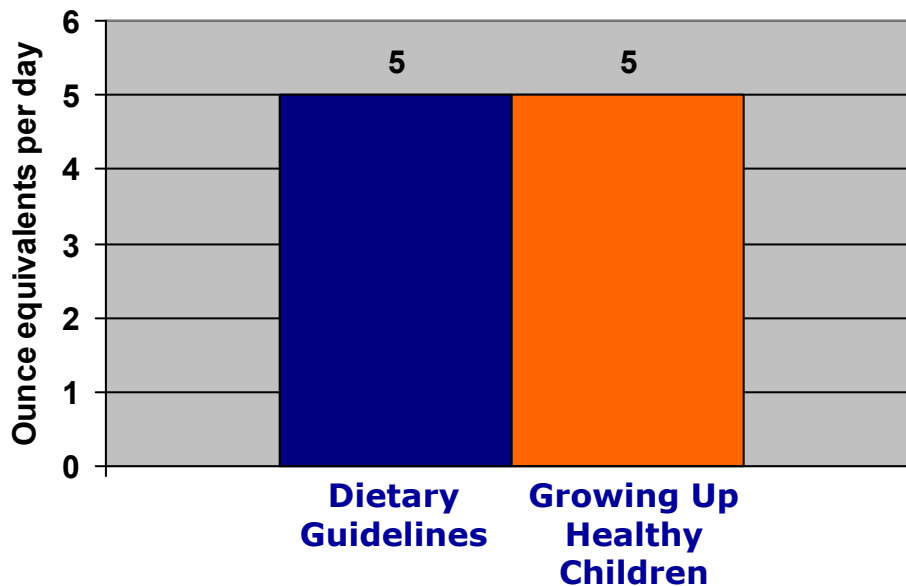


*USDA = United States Department of Agriculture

The Results

These graphs compare what the children in the Growing Up Healthy Study were eating (orange bar) to the dietary recommendations for their age (blue bar):

GRAINS



The graph above shows us that compared to the USDA recommendations, GUH children were eating the right amount of grains!

TIP: WHOLE GRAINS ARE THE BEST FOR GOOD HEALTH!!

Examples of healthier grains:



Whole wheat bread



Whole grain cereal



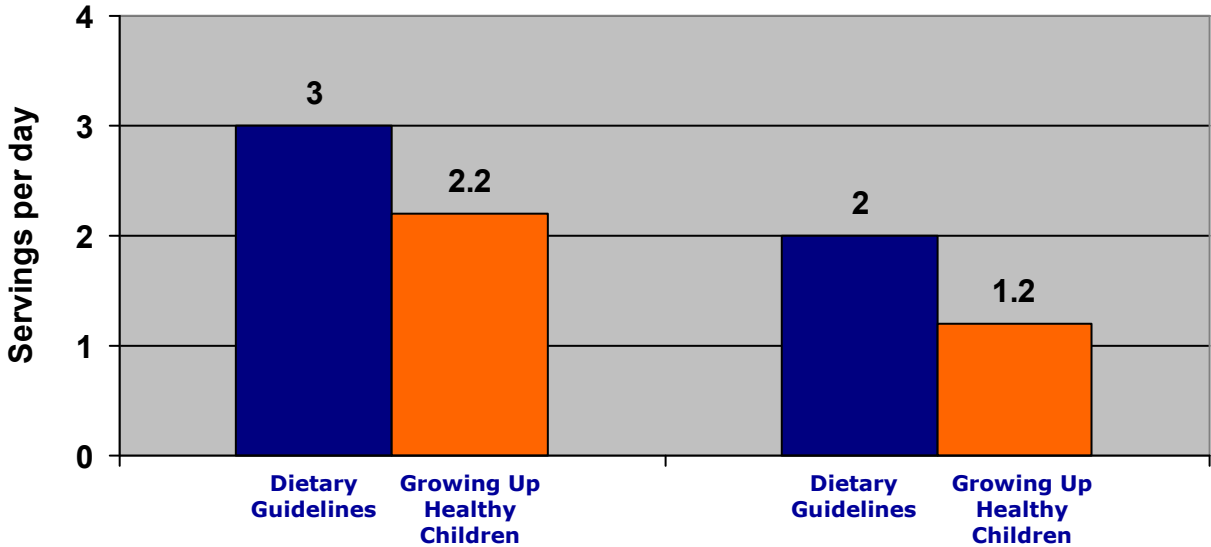
Whole wheat pasta



Brown Rice

The Results

FRUITS and VEGETABLES



FRUITS

VEGETABLES

The graph above shows us that GUH children were eating a little more than two thirds ($2/3$) of the USDA recommended amounts of fruits and about half ($1/2$) of the recommended amount of vegetables.

Examples of fruits and vegetables (including fresh, cooked or frozen):

Apples



Tomatoes

Bananas



Carrots

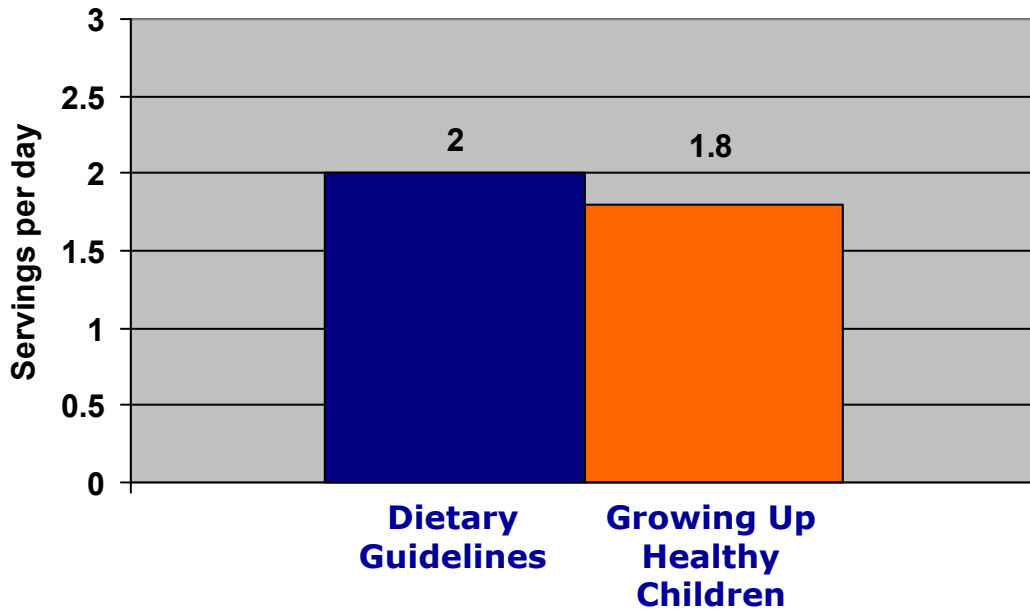
Watermelon



Spinach

The Results

DAIRY PRODUCTS



The graph above shows us that GUH children were eating and drinking close to the recommended USDA amounts of dairy products.

TIP: Keep eating and drinking **LOW FAT** dairy products!!!

Low-fat or fat-free cheese



1%, 2% , Skim or Fat free Milk



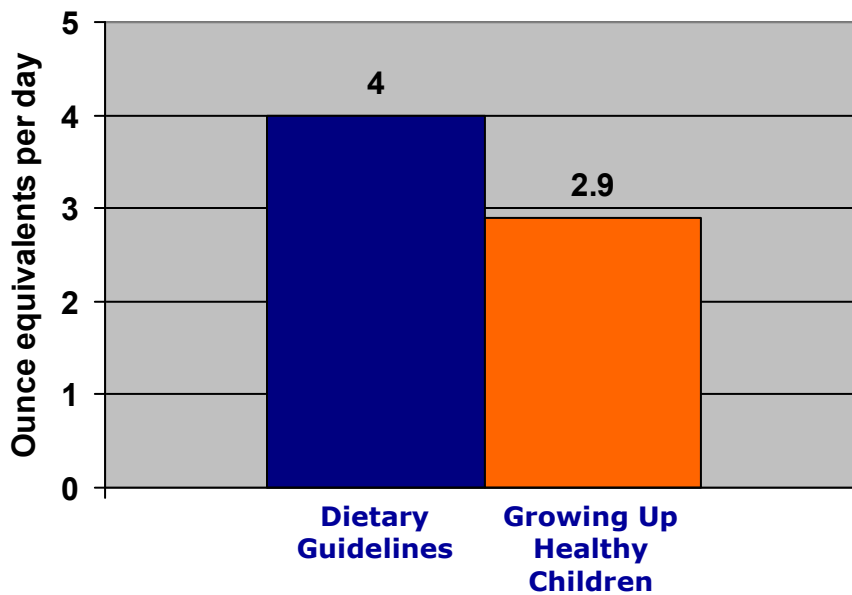
Lactose free milk is also available for children with a lactose intolerance!

Low-fat or fat-free yogurt



The Results

MEAT and BEANS



The graph above shows us that GUH children were eating about three quarters (3/4) of the USDA recommended amounts of meat and beans. Both meat (including eggs) and beans provide the protein a child needs.

Examples of meat & beans:

Lean beef



Lean chicken



Lean pork



Eggs



Fish



Pinto beans



Kidney beans



Black beans



Recommendations

What do all of these graphs tell us?

- When they were 6 to 8 years old, GUH children may not have eaten enough of the healthiest types of food compared to the USDA recommendations.

Now that your children are 10 to 14 years old, how much should they be eating every day?

- Use **your child's hand** to measure the right amount.

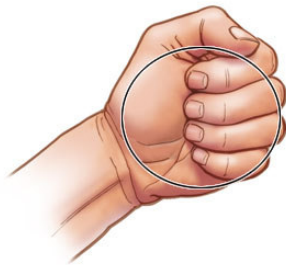
Grains = 2 palms

Milk = 3 fists

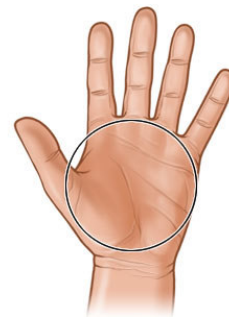
Vegetables = 2 fists

Meat & Beans = 2 palms

Fruits = 1 fist and 1 half a fist



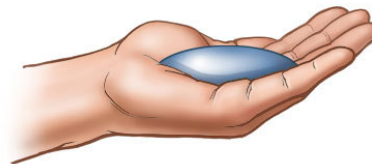
1 cup = 1 Fist



3 ounces = 1 Palm

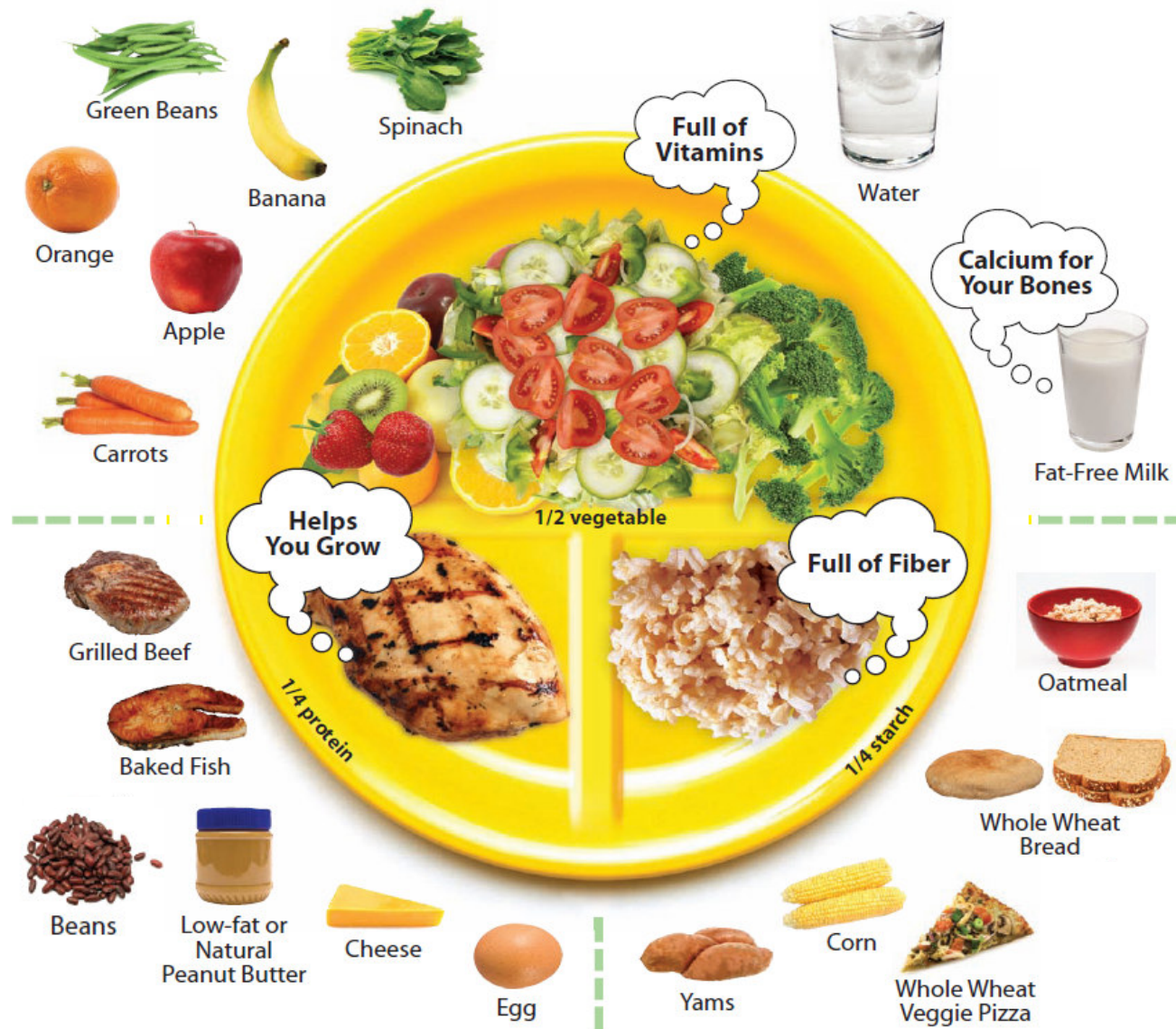


Half a cup = Half a fist



1 ounce = 1 Cupped palm

For a balanced meal, your child's lunch or dinner plate could look like this:



This is an adapted version of the nyc.gov "My Child's Plate Planner"

HEALTHY SNACK IDEAS

Whole wheat pretzels



Water



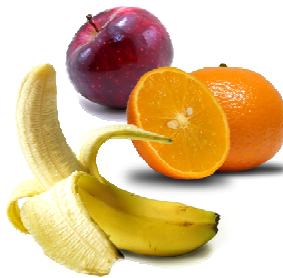
Mixed Dried fruit



Nuts



A piece of fruit



Low fat popcorn



Some healthier desserts:

Low calorie, 100% fruit juice popsicles



Low fat Yogurt parfait



Measure the amounts with your child's hand!

Remember to drink WATER throughout the day!

**If you have any questions about the information in this newsletter,
please call 212-824-7127.**