

# Nutrition Tips for Healthy Kids

Jill West, RDN

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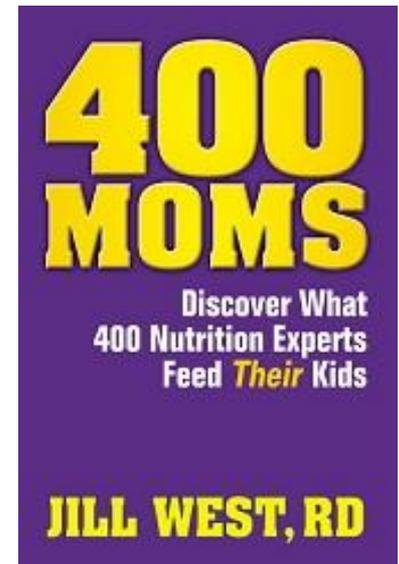
[www.400moms.com](http://www.400moms.com)



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# Jill West, RDN

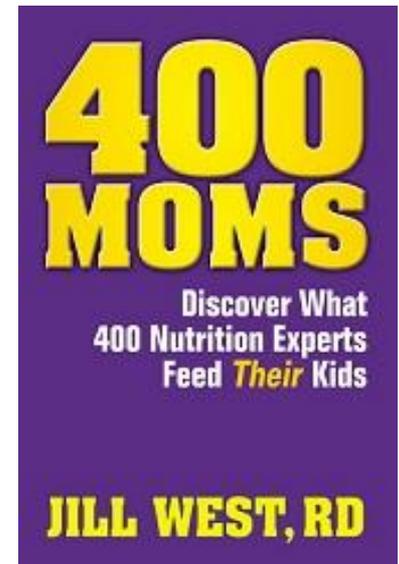
- Mom of 3 Boys
- Private Practice
- Speaker
- Author, 400 Moms
- Columnist, BAP Magazine



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# Jill West, RDN

- Disclosures & Disclaimers
- RDN vs. Nutritionist



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# What We'll Talk About

- ▶ Key Missing Nutrients
- ▶ What is a Balanced Diet?
- ▶ How Much is Too Much
- ▶ Healthy Snack Ideas
- ▶ Kid-friendly Recipes and Resources
- ▶ Your Questions



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# 4 Missing Nutrients

- ▶ Calcium
- ▶ Vitamin D
- ▶ Potassium
- ▶ Fiber



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# What is a Healthy Balance?

- ▶ Milk
- ▶ Fruits & Vegetables
- ▶ Whole grains
- ▶ Healthy Fats
- ▶ Limiting added sugars and fat



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# The Many Milks...

- ▶ Cow's Milk
- ▶ Soy Milk
- ▶ Almond Milk
- ▶ Cashew Milk
- ▶ Rice Milk
- ▶ Coconut Milk



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# Dairy Products



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# Whole Grains

- ▶ How Much?
- ▶ Types
- ▶ Labels
- ▶ Why?



# SUGAR

- ▶ Why worry?
- ▶ Primary Sources
- ▶ How much is too much?



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# How the Sugar Stacks Up

12 oz. Soda = 9 tsp.

16 oz. Vitamin Water = 8 tsp.

16 oz. Coconut Water = 5 tsp.

6 oz. Juice Box = 5-6 tsp.

16 oz. Mocha Frappuccino = 15 tsp.



✓ 1 Teaspoon of sugar = 4 grams

## What about Cereals?



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# STRATEGIES

1. Gradually decrease
2. Smaller portions
3. Read labels together
4. Low sugar cereals
5. Limit # of days
6. Be consistent, follow through



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# Healthy Snack Ideas

- ▶ At least 2 Food Groups
- ▶ Examples
- ▶ Timing
- ▶ Timing with sports
  - pre-workout
  - post-workout



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# Sports & Fluids

- ▶ Sports Drinks
- ▶ Coconut Water
- ▶ Vitamin Water
- ▶ The Best Choice



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# Recipes & Resources

- ▶ 400 Moms Book
- ▶ Link on Green Valley Elem Website:  
<http://www.gves.srvusd.net/nutrition>
- ▶ [www.400moms.com](http://www.400moms.com) -- Resources



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# Summary

- ▶ Nutrition for Healthy Growth
- ▶ Energy, Focus at School
  
- ▶ Do No Harm
- ▶ Minimize Stress & Focus on Food



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# THANK YOU!!

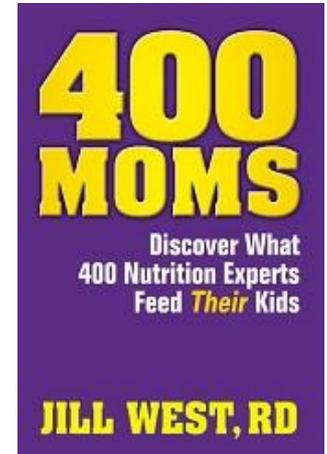
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