

Dietary Recommendations for Healthy Children Older Than 2 Years of Age

1. Nutritionally adequate diet consisting of a variety of foods.

- Increase dietary fiber by eating more whole grains, legumes, fruits and vegetables.
- Five food types are associated with longevity: fruits, vegetables, whole grains, legumes (beans) and fish. Overall, people eat too few legumes and whole grains, which are high in fiber and are good sources of protein and micronutrients.
- Changing to low-fat dairy products containing no more than 1% fat is often sufficient for children younger than 5 years to meet the recommended diet.
- Food preparation is key. Frying, cooking with fat, and adding fats by preparing sauces should be avoided. Substitutions can be made for fats when feasible (egg whites for whole eggs, for example).
- It is okay (occasionally) to eat at fast food restaurants and to have pizza. Choose regular hamburgers, grilled chicken (use barbecue sauce, ketchup, or regular mustard), salads (watch the dressing), thin crust pizza (without meat toppings or extra cheese) and low-fat dairy desserts. Remember that restaurant foods often contain hidden fats.
- Oils that are liquid at room temperatures are healthy (particularly olive and canola) and those that are solid in room temperature are unhealthy.
- Read food labels.
- Avoid free sugars; they are often in nutrient-poor foods, such as fruit drinks, soda pop, and many snacks advertised as low fat.
- Increase dietary fiber by eating more whole grains, legumes, fruits and vegetables.

2. Calorie intake based on growth rate and activity level.

3. Decrease total fat intake approximately to 30% of the calories and saturated fat to 10% of calories. Emphasize consumption of lean meat, fish, and poultry and decreased use of fatty meats; substitute vitamin D-fortified skim milk or low-fat milk for whole milk; broil or bake rather than fry foods.

4. Moderate use of polyunsaturated fats (to no more than 10% of calories). Use soft margarine rather than solid margarine or butter; use of vegetable oils such as safflower or corn oil rather than lard for cooking or salads.

5. Lower cholesterol intake to <300 mg/day. Limit eggs to 2-3/week; items 3 and 4 above.

6. Maintain protein at about 15%-20% of calories.

7. Increase % of calories from carbohydrates to about 50% to 55%, derived primarily from complex carbohydrates, and emphasize an increase in fiber. Increase consumption of whole grain or enriched breads, whole grain, enriched and fortified cereals; increase consumption of fruits

and vegetables; decrease consumption of deserts, snack foods, candy bars, sweets.

8. Adolescent girls should consume 400 micrograms of folic acid per day.

9. Fiber intake of “age plus 5 grams “ per day is recommended. (for example, a 3 year old needs $3+5 = 8$ grams per day) The Pyramid Guide, published by the U.S. Department of Agriculture, recommends a five/six pattern (five fruit or vegetable servings a day, and six bread, cereal or grain servings a day) to help families achieve the latest fiber intake goals. Fruits provide 2 to 3 grams of fiber per serving, vegetables 2 to 2.5 grams per serving and grains 2.5 grams per serving

10. Total calories per day recommended:

- 4-6 year old = 1,800 calories
- 7-10 year old = 2,000 calories
- 15-18 year old = 3,000 calories

Foods that contain calcium

The recommended daily calcium intake of adolescents and young adults (11 to 24 years of age) is 1,200 to 1,500 milligrams (mg). The recommended daily intake for children 6 to 10 years of age is 800 to 1,200 mg. A good way to get calcium is from foods such as those listed below (along with the amounts of calcium they contain). If you do not eat any of the foods below, talk to your doctor about a calcium supplement.

Factors that can interfere with your body’s ability to absorb calcium and use it to build strong bones include:

- a high-phosphorus diet (diet amounts of meat and soda)
- caffeine (more than two cups of coffee or soda a day)
- alcohol
- cigarette smoking
- a low estrogen level (irregular or absent menstrual periods) in adolescent girls

Milk:

Whole, 8oz - 291 mg

-Skim, 8oz - 302 mg

Yogurt:

Low fat plain, 8oz - 415 mg

Low fat with fruit, 8oz - 343 mg

Frozen (fruit), 8 oz - 240 mg

Ice cream:

soft serve, 1 cup - 274 mg

Milk shake:

McDonald's vanilla, 15oz - 320 mg
Burger King, 10oz - 240 mg

Cheese:

Muenster, 1oz - 203 mg
Cheddar, 1 oz - 204 mg
Ricotta, part skim, 1 oz - 167 mg
Mozzarella, part skim, 1 oz - 207 mg
Cottage, ½ cup - 100 mg

Fortified orange juice:

8oz - 300 mg

Salmon:

3oz - 167 mg

Shrimp:

3oz - 100 mg

Collards, cooked from raw:

1 cup - 252 mg

Broccoli, cooked:

1 cup - 100-136 mg

Spinach, cooked:

½ cup - 122 mg

Tofu in oriental foods:

(stir-fry and soups), 4oz - 150-250 mg

Also-

Tums EX: 300 mg

Viactiv: 500 mg

Foods that contain Iron

The recommended daily intake of iron is 15 to 18 milligrams (mg) for girls and women 11-24 years of age, 12 mg for boys 11-18 years of age and young men 19-24 years of age. The best way to get iron is from foods such as those listed below (along with the amount of iron they contain). If you have anemia, you may need more iron, and your doctor may prescribe a supplement. Do not take an iron supplement unless your doctor advises you to do so.

Liver:

4oz cooked - 9 mg

Beef:

4oz - 3 mg

Turkey:

4oz dark meat - 2 mg

Pork:

4oz - 1 mg

Shrimp:

12 large - 2 mg

Chicken breast:

4oz - 1 mg

Fish/tuna:

4oz - 1 mg

Egg:

1 large - 1 mg

Prune juice:

8oz - 3 mg

Apricots:

5 halves dried - 0.8 mg

Dates:

10 dried - 1 mg

Raisins:

1/3 cup - 1 mg

Refried beans:

1 cup - 4.5 mg

Spinach:

2 cups cooked - 3 mg

Peas:

2 cups - 1 mg

Broccoli:

2 cups - 1 mg

Milk:

1 cup- 0.1 mg

Cheddar cheese:

1oz - 0.2 mg

Total cereal:

1 cup -18 mg

Raisin Bran:

$\frac{3}{4}$ cup - 18 mg

Cream of Wheat:

1 cup - 9 mg

Cheerios:1 cup - 4.5 mg

Quaker flavored instant oatmeal:

1 serving - 2 mg

Pasta:

2 cup cooked, enriched - 1 mg

Bread:

1 slice enriched - 1 mg

Brown rice:

1 cup cooked - 1 mg

Brewer's yeast:(homemade bread)

1oz - 5 mg

Molasses:(found in some dark bread and can be used to sweeten oatmeal)

1 tablespoon blackstrap - 3.5 mg

Wheat germ: (can be mixed into a smoothie)

$\frac{1}{4}$ cup - 2 mg

***Most cereals are fortified with 4 to 5 mg iron/serving**

This section from "Controlling Cholesterol in Children" by Samuel S. Gidding, M.D., March 2001 Contemporary Pediatrics, p.88