

GROWING HEALTHY TODDLERS



A CONSUMER'S GUIDE TO GOOD FOOD FOR CHILDREN 1-3 YEARS OF AGE



Daily Suggested Servings

SERVING SIZE = 1 Tbsp per year of age

LEAN PROTEINS: 2 to 3 servings a day

WHOLE GRAINS: 4 to 9 servings a day

HEALTHY FATS: 3 to 4 servings a day

VEGETABLES: 4 to 9 servings a day

FRUITS: 3 to 5 servings a day

CALCIUM: 2 to 3 servings a day

LEAN PROTEINS: A growing body needs protein every day. Protein provides the building blocks of all cells in the body. Children are growing rapidly and need more protein in relationship to their bodies than adults.

Healthy choices include: nuts (avoid peanuts until one year of age), beans, tofu, lean pork, fish, eggs, chicken, turkey, and lamb. Animal proteins and tofu contain complete amounts of amino acids, but grains and legumes need to be combined to provide complete proteins.

HEALTHY FATS AND EFAs: Fats from plant sources are very important to the growth and development of children's bodies. Eliminate **transfats** by checking labels for hydrogenated or even partially hydrogenated fats. **Healthy fats are: olive oil, canola, safflower, sesame, and flax oil.** Legumes such as peas, beans, lentils, chick peas, soy beans, and soy products also contain healthy fats. If serving **beans and nuts** for healthy fats, you get a serving of **calcium** as well.

EFAs: (Essential fatty acids) are critical for brain and visual development. There are two types of EFAs—omega-3 and omega-6. Both should be included in the diet.

OMEGA-3 SOURCES: salmon, fresh tuna, mackerel, trout, sardines, flaxseed or walnuts, pumpkin seeds, canola oil, and fish oil supplements.

OMEGA-6 SOURCES: sunflower, safflower and corn oil. Hempseed and hempseed oil contain both omega-3 and omega-6.

WHOLE GRAINS: These are full of complex carbohydrates that are slow burning and fiber rich. They keep a child's energy level at an even keel, and provide vital nutrients for growth and the removal of toxins from their bodies. Carbohydrates are the body's main source of energy.

REFINED GRAINS: Grains such as white flour, white pasta and white rice have been processed and stripped of their nutrients and fiber and their consumption should be limited.

WHOLE GRAIN SOURCES: oatmeal, brown rice, whole wheat bread/tortillas/pita bread, quinoa, millet, bulgur, buckwheat, barley and whole grain cereals, pastas and breads.

VEGETABLES: Provide a rainbow of colors to insure your child is getting all the vitamins and minerals she needs. Organic, local, fresh and in-season is always the best for nutrients and taste. (Remember to save room for fats and proteins for the toddler's brain development.) Vegetables and fruits are filled with phytochemicals and antioxidants that can help protect the body from disease as well as fight harmful bacteria and viruses. The darker the color the more nutrients. Children's bodies are more susceptible to pesticides than adults since they eat more fruits and vegetables in proportion to their body weight. So provide them with organics whenever possible.

FRUITS: Again... choose a variety of colors. Organic, local, and seasonal is best. Frozen and dried are next. Frozen blueberries are often enjoyed by toddlers as well as dried fruits such as iron-rich raisins and unsulfured apricots.

15

The number of times you may have to offer a new food to a child before they accept it.

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CALCIUM: This group replaces what traditionally is the dairy group. There are many sources of calcium from the plant world that are even more absorbable than the calcium in dairy. **SOURCES:** nuts (almonds have a good amount of calcium), broccoli, dark leafy greens, tofu, soy milk, beans, sunflower seeds and molasses. When getting calcium from dairy, the best source is organic yogurt. Organic dairy is free of the pesticide residues, antibiotics and growth hormones found in conventional dairy. Toddlers need 500 milligrams of calcium a day. One half cup of almonds has more than 250mg of calcium.

IRON: Critical to brain development for the growing toddler, iron carries oxygen to the bloodstream. **SOURCES:** dark green leafy greens, red meat, lentils, and egg yolks. Toddlers need 7 milligrams of iron a day; one eighth of a cup of raisins has 7 mg of iron. Plant sources of iron need vitamin C to help the body absorb the iron.

VITAMIN A: Including beta carotene and retinol, this vitamin is essential for growth, fighting infection, healthy skin, good vision and strong bones. **SOURCES:** carrots, red bell pepper, sweet corn, sweet potatoes, tomatoes, melons, apricots, mangoes, liver and butter.

VITAMIN B COMPLEX: Including folate, Vitamin B Complex is essential for growth, energy, the development of a healthy nervous system and to aid digestion. **SOURCES:** tofu, eggs, nuts, dark green vegetables, dairy products, whole grain cereals, avocados, bananas and meat.

VITAMIN C: This vitamin is required for growth, tissue repair, healthy skin, and to aid iron absorption. **SOURCES:** citrus fruits, strawberries, kiwi, dark leafy vegetables, potatoes and peppers.

VITAMIN D: This vitamin is manufactured by the skin exposed to sunlight and is needed to absorb calcium and phosphorous for healthy bones and teeth. **SOURCES:** yogurt, milk, cheese, eggs, and salmon.

VITAMIN E: Needed for the maintenance of the body's cell structure, Vitamin E also helps the body to create and maintain red blood cells. **SOURCES:** vegetable oils, wheat germ, avocados, and nuts.

Did You Know?

Apple a Day: Apples and their pectins remove toxins and heavy metals from the body; pectin limits the amount of fat our bodies can store. Apples also have an element that improves the assimilation of iron in companion foods.

Refined Sugar and High Fructose Corn Syrup: These sugars wreak havoc on growing children's bodies, depleting their immune systems, and impairing their focus. Look carefully for HFCS on labels—it's everywhere! The introduction of HFCS to our country's food system parallels the obesity and childhood diabetes epidemic.

Artificial Colorings and Flavorings: Millions of children have been diagnosed with attention deficits, hyperactivity, and behavioral disorders. Studies have shown that the removal of all artificial colorings and flavorings can dramatically reduce the symptoms of attention deficit and hyperactivity disorders.

15 billion dollars a year is spent on advertising to children and they're not selling broccoli. A lot of unhealthy food is marketed to children on TV. If your children watch TV, think about having them watch non-commercial only.

Tuna: Canned tuna should be consumed infrequently. Even half a can of tuna has more than 4 1/2 times what is considered a safe level of mercury by the EPA for a 40 lb child.

Sources

First Meals: Fast, healthy, and fun foods to tempt infants and toddlers by Annabel Karmel

Lunch Lessons by Ann Cooper and Lisa M. Holmes

Whole Foods Companion by Diane Onstad

Homemade Baby Food, Pure & Simple by Connie Linardakis

www.drgreene.com

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