



# A Parent's Guide to Healthier Eating for Kids

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## Introduction from Phil, The Supermarket Guru

Hi. I'm Phil Lempert, the Supermarket Guru and I've teamed up with Save-A-Lot food stores, ConAgra Foods, and the American Diabetes Association (ADA), to help you and your family eat your way to better health. Save-A-Lot and the ADA have created the new Smart Selections program to help shoppers find healthier food products and recipes, which can make it easier for you to live a healthier and overall better life through a better diet.

The information in this guide is designed to educate you and to share with the younger members of your family. You might be surprised, but many kids and teens are excited to learn about food, cooking and nutrition and even love to help out in the kitchen. Getting kids involved is one of the best ways to create healthy eating habits and a sense of comfort and ease in the kitchen. Cooking should be fun!

We know that you want to eat healthier while still getting the best value. We are learning more and more about how the food choices we make every day can affect our health, and we need to acknowledge that as individuals we are all personally responsible for our health and the health of our families. That's why we're here — to help!

Use this guide to help you and your family make better choices when shopping at Save-A-Lot, preparing food at home, grabbing a snack on the go and even eating out.

Remember healthy eating is not a fad; it is a plan to stick with for life.

It's time to head to the aisles, celebrate food, and enjoy!

## Phil Lempert

Listen to your body.



Plan what you eat.

Eat colorful foods.

Chew thoroughly.

Don't overeat.

## What is Healthy Eating?

Have you ever really stopped to think “What is healthy eating?” or “What is best for my body?” Sometimes we forget that what we eat affects our mood, how we look and our overall well-being. You might be surprised how much you already know!

It is very important to consider how certain foods make you feel — not only when you are eating or smelling them — but also after you have eaten a meal or a snack. Listen to your body since it can tell you a lot, including whether or not those foods are good for you.

### Some Basic Healthy Eating Tips

- Plan WHAT and WHEN you are going to eat ahead of time. Don't forget to set a time to prepare and enjoy food. This includes preparation of foods, cooking, and sitting down to enjoy your meal. This schedule will help you eat regularly and avoid eating when you are not hungry or are just bored.
- Make sure your plate is filled with colorful foods. Be sure to include fruits and vegetables with every meal.
- Eating is not a race! Chew each bite thoroughly, eat slowly and enjoy your food at every meal.
- Stop eating when you feel full.
- Learn about portion sizes and portion control. Eating too much of any food — even healthy foods — can lead to weight gain.

Also, think about how the food you and your family enjoy is prepared. If you are currently using butter or oil for cooking, consider using healthier alternatives, like non-stick cooking spray that can help you cut back on fat and calorie-laden ingredients.

Putting a little time and energy into planning and preparing meals can help you create healthier dishes and better-for-them versions of your family's favorite meals.

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# Introduction to Food Groups

The foods we eat are split into different food groups based on the United States Department of Agriculture's (USDA) MyPyramid. MyPyramid reminds us to eat recommended amounts of fruits, vegetables, grains, low-fat dairy, and meat and beans every day. These food groups ensure that the right 'building blocks' for a healthy body are being consumed. These foods are needed to build strong bones, and they provide energy for work, school, sports and other activities.

Think Variety,  
Balance &  
Moderation!

## Group 1: Grains

**Serving Size:** 6 oz: 1 oz. is about 1 slice of bread, 1 cup of breakfast cereal or a ½ cup of cooked rice or pasta.

Grains come from plants like wheat, corn, rice and oats and are used to make foods like bread, pasta, cereal, tortillas, crackers, oatmeal and even popcorn. MyPyramid suggests that half our grain intake be from whole grains. Whole grains include brown and wild rice, buckwheat, spelt, bulgur, oats, popcorn and whole-wheat flour.

Tip: Be sure to read the label to see if it's made with a whole grain. Foods labeled with the words 'multi-grain,' 'stone-ground,' '100% wheat,' 'cracked wheat,' 'seven-grain,' or 'bran' are usually not whole-grain products.



## Group 2: Vegetables

**Serving Size:** 2½ cups/day

Eat a variety of vegetables. Look for color and include orange vegetables such as carrots and sweet potatoes and dark-green veggies like broccoli and spinach. Choose vegetables that are either fresh, frozen or canned.

## Group 3: Fruit

**Serving Size:** 2 cups/day

Eat a variety of fruit. Look for colorful, nutrient-packed fruits like strawberries, raspberries, oranges, apples, bananas, grapes, peaches, pears, plums, raisins, cantaloupe and blueberries.

Tip: Fresh, frozen and canned fruits are all great options! Look for 'no added sugar' on the label to make sure you're not consuming more calories than needed. Key words to look for and avoid include the following: sugar, high fructose corn syrup, honey, fructose, glucose, corn syrup, sucrose, molasses and palm sugar.



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## Introduction to Food Groups, cont.



### Group 4: Dairy, including Milk

**Serving Size:** About 3 cups/day, 2 cups for children ages 2-8

Check out your grocery store's selection of low-fat or fat-free milks, cheeses and yogurts. If you can't consume milk or dairy products due to lactose intolerance, look for items that are labeled lactose-free.

### Group 5: Meat & Beans

**Serving Size:** 5½ oz. /day

Low fat, lean cuts of meat and poultry (no skin) and fish (bake, broil or grill) are great options to feed your family and will ensure they are getting enough good protein in their diets. Beans are also a great source of plant-based protein. Try chickpeas, nuts, seeds, or black, kidney or pinto beans in your next meal. This food group also includes peanut butter and eggs, which are great staples to have on hand for a quick meal or snack.



### Oils, Sugar, Sweets & Treats

**Serving Size:** Very limited quantities

When food preparation calls for oils, canola, corn, soy, sunflower, olive, or cottonseed oil are good options. In small amounts, these oils contain mostly unsaturated fats, so in moderation, these oils are fine to use in food preparation and dressings.

Discretionary calories, sugars and other sweet treats are considered 'extras' in our diet. When it comes to candy, soda and desserts, moderation is the name of the game.



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Visit [www.mypyramid.gov](http://www.mypyramid.gov) to find out more about the basic food groups and find menu plans to help your family get all of the right nutrients each day.

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# Calories, Nutrition Facts Labels & Portion Sizes

## Calories

We have all heard the term calories, but what actually makes up a calorie?

A calorie is a unit of measurement (like inches) that we use to measure how much energy is in the food we eat. We need the energy provided by calories to do all of our daily activities. All foods and most drinks (except for water) contain calories.

Every person's body is different. Think about the different shapes and sizes of your family and friends. Because we're all different, that means we each require a different amount of calories. The number of calories a parent needs is often very different from what a child needs, and a person's activity level also plays an important role in finding a person's ideal caloric intake.

On average, a diet consisting of 1,600 to 2,500 calories every day is the recommended range for most school-age kids. While our bodies do a pretty good job of knowing how many calories we need, sometimes we can overeat, and those excess calories are then stored as fat.

Here's a simple formula to share with your family. Remember, to maintain your current weight, the goal is to balance the amount of calories you consume with those you expend in the form of exercise.

$$\begin{array}{l} \text{Calories IN} \dots\dots\dots (\text{Meals, Snacks, Drinks, Sweets}) \\ - \text{Calories OUT} \dots\dots\dots (\text{Exercise, Playing with Friends,} \\ \text{Walking the Dog, Doing Chores}) \\ = \text{Weight Maintenance} \end{array}$$

We must eat a certain amount of food to balance our weight; if we eat too much food and do not move around enough, we will gain weight. If we eat less food and move the same or more, we will lose weight.

Eating more food than our bodies require can lead to health problems associated with weight gain; therefore, there are times we may need to modify our diets. Foods that have a lot of energy (calories) and not a lot of nutrition can be considered 'empty,' such as sugary sodas, juices with added sugar, candy and fast food. All are easy to consume, so you may not realize just how many 'empty' calories you and your family are consuming. It's best to try to limit these foods and eat more whole vegetables and fruit. And it's important to speak to your doctor if you are concerned or believe you are overweight.

Calories measure energy in food.

Balance calories with exercise.

1,600 to 2,500 calories for kids is ideal.

Avoid sugary and fatty foods.

Eat more veggies and fruit.



# Nutrition Facts: Label Reading 101

All foods that come in a box, bag or other type of packaging have a Nutrition Facts label. The label tells us important things about our food, like how many calories (energy) each serving has, the size of one serving or portion, how many servings are in the package, the different nutrients and vitamins, and the ingredients that were used to make the food. Teaching your family how to properly read a Nutrition Facts label empowers them to make smarter choices at the grocery store, and to learn more about the food they eat.

**Servings:** Servings are the recommended amount of food you should consume, such as 2 cookies, 1 cup of milk, or 15 chips. All of the information on the Nutrition Facts label relates to that specific serving size.

**Servings/container:** This tells you how many people you could share this one package with; for example, if there are 10 servings in a bag of cookies and 1 serving is 1 cookie, you can have 1 cookie and share the bag with nine of your friends!

**Vitamins:** Percentages are based on recommended allowances for a 2,000 calorie diet. The %DV will help you determine if the serving of food is high or low in a nutrient.

**Ingredients:** Here you'll find the full list of different ingredients that went into making the food. Ingredients are listed based on those used in the greatest amount to those used the least.

**Cholesterol** is a soft, fat-like, waxy substance and an important part of a healthy body because it's used for producing cell membranes and some hormones and serves other needed bodily functions. But too much LDL or "bad" cholesterol in the blood is a major risk for coronary heart disease (which may lead to heart attack) and for stroke. (Source: AHA) Try to limit your family members' intake of cholesterol to no more than 300mg/day if they have normal cholesterol ranges.

**Sodium** is a mineral typically found in table salt that the body uses to keep its fluids in balance and is used in many processed foods. Too much sodium can lead to high blood pressure and heart disease. The 2005 Dietary Guidelines for Americans recommend both children and adults get less than 2,300 mg of sodium (about a teaspoon of salt) each day.

Here are some important things to look for when reading a label:

**Grams** are a unit of measurement commonly used to weigh 'dry' food ingredients.

**Fats** should make up less than 35% of the total calories you and your family consume each day. There are several types of fat, which are listed below.

**Saturated Fat:** Mostly found in meat and animal products, like butter, cheese and milk (not skim), palm and coconut oil, saturated fat should be consumed in moderation, especially if there's a risk of heart disease in your family.

**Trans Fats:** These 'bad' fats are commonly found in baked and fried foods. Read ingredient lists and watch for the words 'partially hydrogenated' or 'hydrogenated' on the label. They should be easy to spot since trans fats percentages are listed clearly in the Nutrition Facts label.

**Unsaturated Fat:** Found in plant foods and fish, these fats are good for your heart. Foods like olive oil, tuna, salmon, and canola oil all contain unsaturated fats.

**Carbohydrates** are sugars and starches found in breads, cereals, fruits and vegetables and provide fuel for the body. Choose complex carbohydrates whenever possible – these include 100% whole grain breads, rice, pasta and fiber-rich fruits and vegetables. Avoid simple carbohydrates like products made with refined white flour and simple sugars, which can lead to obesity, high blood pressure and heart disease. It's recommended that children get at least 130 grams of carbohydrates per day, or about 45 to 60% of their total daily calories.

**Sugar** is a simple carbohydrate that comes from sugar cane and sugar beet. A diet rich in sugar has been linked to increased incidence of type 2 diabetes, tooth decay and obesity. USDA's MyPyramid recommends kids and adults get no more than 6-10% of their daily calories from added sugar.

**Fiber** helps you feel full, promotes healthy digestion and aids in excreting excess dietary cholesterol from the body. We generally need about 25-30 grams of fiber per day. If you are choosing between two snacks or brands with otherwise similar nutrition, it's wise to choose the one with more fiber.

<b>Nutrition Facts</b>	
Serving Size 1 piece (24g)	
Servings Per Container 12	
Amount Per Serving	
Calories 70	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 170mg	7%
Total Carbohydrate less than 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 6g	
Vitamin A 4%	Vitamin C 0%
Calcium 15%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Sat Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g



# Portion Sizes

So how do we know HOW MUCH food we need every day? Figuring this out takes a little bit of math. Here is a basic guide to portion size based on the five food groups. So grab your family and friends and some measuring cups from the kitchen so you can see just what serving or portion sizes really look like!

## Grains:



Total daily servings: 6 oz. (or more) — The weight of one music CD or movie or videogame DVD is about 1 oz

- 1 slice of wheat toast or bread is about equal to 1 oz.
- 1 cup of cooked pasta is about equal to 2 oz.
- ½ cup of cooked brown rice is about equal to 1 oz.
- 3 cups of popped popcorn is about equal to 1 oz.

Read the Nutrition Facts label to see how many ounces are in one serving!

## Vegetables:



Total daily servings: 2½ cups (or more)

- ½ cup is about equal to 1 rounded handful
- 1 large baked sweet potato is about equal to 1 cup
- 1 large ear of corn is about equal to 1 cup
- 3 spears of broccoli are about equal to 1 cup
- 1 cup of chopped lettuce is about equal to ½ cup serving
- 6 baby carrots are about equal to ½ cup serving

## Fruits:



Total daily servings: 2 cups (or more)

- 1 small apple or ½ large apple is about equal to 1 cup serving
- 1 large orange is about equal to 1 cup
- 1 large plum is about equal to ½ cup
- 15 grapes (try them frozen as dessert or a sweet cold treat!) is about ½ cup
- 1 small box of raisins is about equal to ½ cup
- 1 medium wedge of cantaloupe or watermelon is about equal to ½ cup
- 1 cup of 100% orange juice = 1 cup

Remember fresh fruit is delicious and nutritious and limit dried and ‘candied’ fruit as it is easy to eat a lot of, but often has a lot of sugar and calories.

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## Portion Sizes, cont.

### Milk:



Total daily servings: About 3 cups every day (2-8 year-olds only need 2 cups)

1 cup of low-fat milk is 8 oz.

½ cup of low-fat or fat-free cottage cheese is about equal to ¼ cup

1 snack sized low-fat or fat-free yogurt is about equal to ½ cup

2 ounces of low-fat or fat-free American cheese is about equal to 1 cup

1½ oz. of low-fat or fat-free cheddar cheese is about equal to 1 cup

### Meat & Beans:



Total daily serving: 5½ oz.

1 oz. of nuts or seeds is about a 2 oz. serving

1 hardboiled egg is about equal to a 1 oz. serving

1 tablespoon of peanut butter (or other nut butter) is about a 1 oz. serving

1 small half chicken breast/1 small lean hamburger is about 3 oz.

¼ cup of pinto beans is about a 1 oz. serving

### A few other handy tips:



The size of a deck of cards is equivalent to about 3 oz. of meat, poultry or fish



A baseball-sized portion is about 1 cup



A computer mouse-sized portion is about ½ cup

Follow portion size recommendations on the Nutrition Facts label and if you are making food for a meal or snack and if you forget, just grab this sheet to help guide you!

(Equivalence information based on USDA dietary guidelines)

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# Diabetes

It's likely we all know someone in our family or a friend who has been diagnosed with diabetes. But what is diabetes?

In the United States, there are nearly 24 million children and adults living with diabetes — a disease in which the body does not produce or properly use insulin, which is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life.

There are two main types of diabetes: Type 1 and Type 2.

- Type 1 diabetes results from the body's failure to produce insulin. It is estimated that 5-10% of Americans who are diagnosed with diabetes have Type 1 diabetes.
- Type 2 diabetes results from insulin resistance, which is a condition in which the body fails to properly use insulin, combined with relative insulin deficiency. Most Americans who are diagnosed with diabetes have Type 2 diabetes.

No one really knows what causes diabetes, but genes, obesity or a lack of exercise seem to be the main culprits. When diabetes is not controlled or someone does not know they have it, they might feel tired, thirsty, experience problems with their eyes or feet, and feel the urge to urinate often. Living with diabetes can also put you at risk for a host of other health issues, like heart disease, stroke, high blood pressure, blindness and kidney disease. Controlling diabetes through a proper diet helps reduce the risk of developing other conditions.

If you or someone you love has diabetes, you probably already know that careful planning is absolutely necessary to maintain proper blood glucose levels. So what does healthy eating mean for people working to manage diabetes? Put simply, it means lots of variety and reasonable portion sizes. Pick foods rich in fiber like fruits, vegetables whole grains, low-fat dairy and lean meat and beans. These foods have vitamins such as C, D, or A, and minerals such as iron, calcium and potassium.

The American Diabetes Association offers a great tip for planning meals, called "Creating Your Plate." Here's how it works: Imagine your plate with a line dividing the two sides evenly. Then imagine another line dividing the one side into two equal halves. That makes one large section and two smaller, equal-sized sections on your plate.

- Fill the large side with non-starchy fruits and vegetables – which can be fresh, canned or frozen – like spinach, carrots, broccoli, or okra.
- Next, in one of the smaller sections, add starchy foods like whole-grain breads, sweet potatoes, brown rice, whole-wheat pasta or tortillas.
- Then in the last small section, place your lean meat, skinless poultry, seafood or meat substitute, like chicken, fish, tofu or lean cuts of beef or pork.

It's an easy way to control your portions and make sure your plate is full of the right foods for your diet. And if you're in the mood for something sweet, there are also plenty of low-sugar and sugar-free treats.

For more information, please visit the American Diabetes Association Web site at [www.diabetes.org](http://www.diabetes.org).

Source: American Diabetes Association

24 million Americans have diabetes.

Diabetes is a disease in which the body does not produce or properly use insulin.

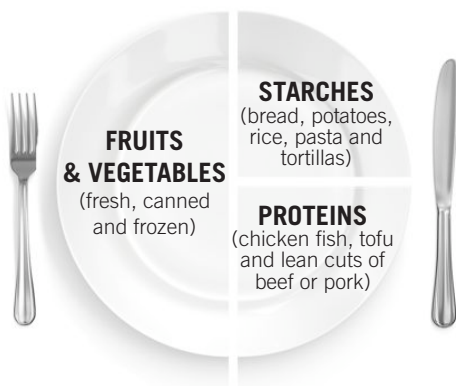
Insulin is a hormone.

A glucometer tests your blood sugar.



There are 2 kinds: Type 1 and Type 2.

Controlling diabetes is critical.



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## Your Heart & Keeping it Healthy

Preventing and managing heart disease is an important topic. It's important to know how making the right food choices at the grocery store can lead to heart-healthy eating.

According to the American Heart Association, cardiovascular disease — or as it's commonly referred to, heart disease — affects more than 80 million Americans. You might also be surprised to learn that heart disease is the leading cause of death among women.

However, another fact you should know is that simple lifestyle changes can decrease your risk of cardiovascular disease, including coronary heart disease and stroke. Improving your diet, exercising regularly, quitting smoking, and effectively dealing with stress are just a few things you can do to live a heart-healthy lifestyle.

Carefully reading nutrition labels and following the American Dietetic Association's recommendation to limit foods that are high in saturated fat — such as red meat, which can increase LDL or “bad” cholesterol levels — are two great things you can do to eat heart-healthy. Instead of eating red meats, poultry or shellfish (which can be high in cholesterol) every day, look to include more plant-based proteins such as soyfoods, beans, or barley; fresh or frozen fish, such as salmon or tuna; poultry; and low-fat dairy foods in your diet. When cooking foods at home, try a cooking spray or use olive or canola oil instead of butter, margarine or shortening.



**Tip:** Invest in a reusable water bottle. They come in many styles, sizes and colors and can help you keep track of the amount of water you drink every day. Most people need on average 8-10 glasses (no larger than eight ounces for elementary, 12 ounces for middle- and high-school students) of fluids each day.

### The American Heart Association recommends the following guidelines for a heart-healthy diet:

- Keep your intake of total fat and cholesterol to a minimum. Look for low-fat foods, which contain 3 grams or less of fat, and low-cholesterol foods with 20 mg or less and less than 2 grams saturated fat.
- Eat at least 25 to 30 grams of dietary fiber each day. Look for whole grains, fruits, vegetables and legumes, like lentils and beans.
- Limit sodium. Some people — African Americans, middle-aged and older adults, and people with high blood pressure — need even less.
- Drink alcohol in moderation. That means no more than one drink per day for women, no more than two for men.

If you have further questions about what it means to live a heart-healthy lifestyle, be sure to visit the American Dietetic Association Web site at [www.eatright.org](http://www.eatright.org) or the American Heart Association Website at [www.aha.org](http://www.aha.org).

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