

Just the Basics

Lesson 4: Save a Seat for Suppertime

Kids a Cookin'
& Movin'

Fruit.....Vegetables

Focus on fruit. Eat a variety of fruits—fresh, frozen, canned or dried—rather than fruit juice for most of your fruit choices. Eat at least 2 cups or about 4 servings of fruit each day—that's 1 small banana, 1 large orange and 1/2 cup dried apricots or peaches.

Vary your veggies. Eat more dark green veggies, such as broccoli, kale and other dark leafy greens; orange veggies, such as carrots, sweet potatoes, pumpkin and winter squash; and beans and peas, such as pinto beans, kidney beans, black beans garbanzo beans, split peas and lentils several times a week. Eat at least 2 1/2 cups or about 5 servings of veggies each day.



Make it easy to eat more:

- Wash a fresh one and take a bite!
- Open canned fruit and it's ready to eat.
- Open a box of dried fruit or 100% juice
- Put fresh, frozen or canned vegetables in the microwave for lunch or dinner.
- Have a garden for easy picking.

How can we eat more fruits and veggies?

- Think "fruit and veggie" for every meal and in-between snack.
- Put a chart on the refrigerator and keep track of how many fruits and veggies you eat each day.
- Have a bowl of fresh, washed fruit out on the counter where you will see them so you remember to eat them!
- Add veggies to pizzas, sandwiches and sauces or make a smoothie with different kinds of fruit and yogurt.
- Eat at least 1 vitamin A serving - cantaloupe, carrots, spinach and sweet potatoes—every day.
- Eat at least 1 vitamin C serving - grapefruit, oranges, leafy greens or green pepper—every day.
- Eat at least 1 that is high in folate such as oranges or OJ, greens, spinach or other leafy greens.

Produced by the Family Nutrition Program within Family and Consumer Sciences, Kansas State University Agricultural Experiment Station and Cooperative Extension Service. K-State Research and Extension is an equal opportunity employer and provider.

This material was funded by USDA's Food Stamp Program through a contract by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

Nutrition Facts Label

Why "read" the Nutrition Facts Label?

- helps you make smarter choices at the supermarket.
- tells you what is in the food.

Pay attention to the serving size, including how many servings there are in the food package, and compare it to how much YOU actually eat!

The label tells you how many calories, or the amount of energy, from a serving of food.

Nutrients such as fat, cholesterol, sodium, dietary fiber, vitamin A, vitamin C, calcium and iron are listed next.

The % of Daily Value tells whether the nutrients in a serving of food contribute a lot or a little to total daily diet.

The Nutrition Facts Label is filled with lots of information—READ it before you EAT it!

Nutrition Facts

Serving Size 1 biscuit w/ meat (123g)
Servings Per Container 10

Amount Per Serving

Calories 180 Calories from Fat 60

% Daily Value*

Total Fat 7g **10%**

Saturated Fat 3.5g **17%**

Cholesterol 35mg **12%**

Sodium 700mg **29%**

Total Carbohydrate 17g **6%**

Dietary Fiber less than 1g **4%**

Sugars 4g

Protein 13g

Vitamin A 6% • Vitamin C 8%

Calcium 8% • Iron 10%

*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 |
| Saturated 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 |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



Mealtime - Family Time

Eating together as a family is important and families who eat dinner together regularly are more likely to have stronger, happier family relationships. Kids will learn skills, values and traditions—adults are the role model.

Kids who eat meals with family include more fruits and vegetables and less fried foods, soda and saturated fat compared to children who do not eat regularly with their families. They also have a higher intake of calcium, iron, fiber and vitamins.

Shop for groceries, set the table, fix a simple recipe, and clean up—do it together.

When the family is ready to eat, turn off the TV, let the answering machine take the calls, and remember to enjoy the food and the company.