

# GROWING LEAPS AND BOUNDS®

SERIES: 12 OF 12



A GUIDE TO HEALTHY FEEDING AND PHYSICAL ACTIVITY FROM INFANCY TO PRESCHOOL YEARS

## YOUR CHILD: STARTING HEALTHY AND STAYING HEALTHY

Your five-year-old enjoys so many different things and can't wait to tell you all about them! Her growth is slow and steady now. You probably won't see big growth spurts over the next few years. Don't be surprised if her appetite slides a bit; she needs less food when she's growing more slowly.

### Until Your Next Well-Child Visit...

- Choose nutritious beverages like fat-free or lowfat milk and water. Limit juice.
- Encourage daily activities like walking, running, biking, and swimming that you can enjoy together for years to come.
- Create a healthy mealtime environment – no television, smart food choices, and at least one daily family meal.



## 10 STRATEGIES FOR RAISING A HEALTHY FAMILY

Raising a healthy family isn't always easy. Work, chores, and extracurricular activities sometimes come before exercising and eating healthfully. Just remember what your priorities are over the long run, and you and your family will physically and emotionally benefit from following a healthy lifestyle.

- 1 Help your child maintain a slow and steady weight gain of about five to seven pounds per year during the childhood and preteen growth years. More rapid weight gain may mean your child is eating more than he needs and not getting enough physical activity. Talk to your child's doctor if you are concerned about your child's growth rate.
- 2 Cut the fat: Choose lean meats, poultry, and fish. Select fat-free or lowfat dairy products. Limit foods high in fat like fried foods and cream sauces.
- 3 Enjoy family meals at home. When you eat at home, you have more control over what is being served.
- 4 Include whole-grain foods whenever possible, for a total of at least two and one-half daily servings. Try whole-grain cereal, whole-grain breads, and cooked whole grains like oatmeal, brown rice, and whole-wheat pasta.
- 5 Include three daily servings of fat-free or lowfat milk, yogurt, or other calcium-rich beverages or foods.
- 6 Eat breakfast every day. People who eat breakfast have healthier diets and are better able to concentrate during the morning hours.
- 7 Limit grazing and nibbling. Calories without nutrition can add up all too quickly.
- 8 Continue to add activity to your daily routine. Walk rather than drive. Take the stairs. Walk the kids home from school.
- 9 Encourage your child's involvement in activities that can be enjoyed into adulthood, like walking, running, swimming, dancing, and bicycle riding.
- 10 Reward good behavior with physical activity like a trip to the beach, bowling, or miniature golf.

For more information on lifetime eating habits, refer to the Dietary Guidelines for Americans, [www.health.gov/dietaryguidelines](http://www.health.gov/dietaryguidelines).





## DRINK UP! ACTIVE CHILDREN NEED PLENTY OF BEVERAGES.

To help your child get enough milk, serve it at meals. Water should be the beverage of choice at other times, and especially when eating out.



### HEALTHY BEVERAGES

- Fat-free or lowfat milk (3 cups per day)
- 100% juice (limit to 4 to 6 ounces per day)
- Water
- Seltzer, unsweetened

### LOW-NUTRITION BEVERAGES

- Sports drinks
- Soft drinks
- Juice drinks, punch
- Caffeinated drinks

## MANAGING SNACK ATTACKS

Your five-year-old still needs two or maybe three snacks per day. Her stomach does not hold enough for her to eat just three meals. With just a bit of planning, you'll serve snacks that are healthy and tasty!

- Offer foods that your child needs extra servings of:

### DAIRY PRODUCTS

- Fat-free or lowfat milk
- Hot cocoa made with fat-free or lowfat milk
- Lowfat cheese

### FRUIT

- Fruit slush from frozen berries
- Fruit salad
- Fruit kebab

### VEGETABLES

- Vegetable soup
- Baked potato
- Celery with peanut butter



### WHOLE GRAINS

- Whole-grain crackers
- Whole-grain cereal with milk



### PROTEIN

- Yogurt
- Cheese
- Peanut butter
- Sliced turkey breast

- Ask what snacks are served at your child's day care, school, or after-school program. If necessary, offer suggestions for healthier options.
- Serve water or fat-free or lowfat milk in place of soft drinks or fruit juice.
- Limit snacks that are high in fat and sugar.
- Put kid-friendly snacks within reach – kids like to get their own food. For example, designate the bottom drawer in the refrigerator as "Kids Only."

## A FEW WORDS ABOUT FEEDING SAFETY

Food allergies are becoming more and more common, but not any less dangerous. At this age, if your child has a food allergy, she should know which foods to avoid.

However, it's very likely that one of your child's classmates or neighborhood friends has a food allergy. Whenever you are feeding children in your home or need to bring a snack to school, check with the parents and teachers to make sure there aren't any children allergic to foods like peanuts, tree nuts, milk, eggs, soy, or wheat.

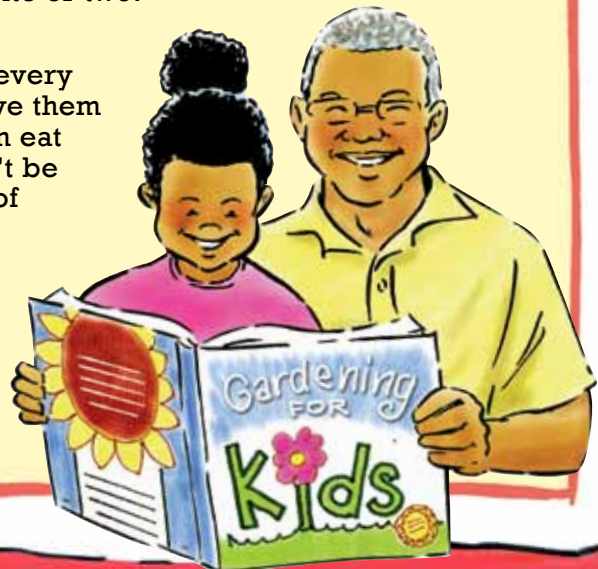


### FROM THE DANNON INSTITUTE

Celebrate Healthy Eating is an education program on food and nutrition for young children. The Celebrate Healthy Eating website is filled with tips, recipes, information, and activities for parents and their children. To find out more, visit [www.celebratehealthyeating.org](http://www.celebratehealthyeating.org).

## HELPFUL HINTS

- Be sure to add different types of foods and flavors to your family menu and encourage your child to try a bite or two. Five-year-olds enjoy trying new foods.
- Continue to offer a variety of vegetables every day at lunch and at dinner, and try to serve them at snack times on occasion. Many children eat only small portions of vegetables, so don't be surprised about or critical of the amount of vegetables your child eats.
- Read books together that include stories about food, gardens, cooking, growing vegetables and fruits, or healthy eating. They may spark your child's curiosity and interest in trying different foods.



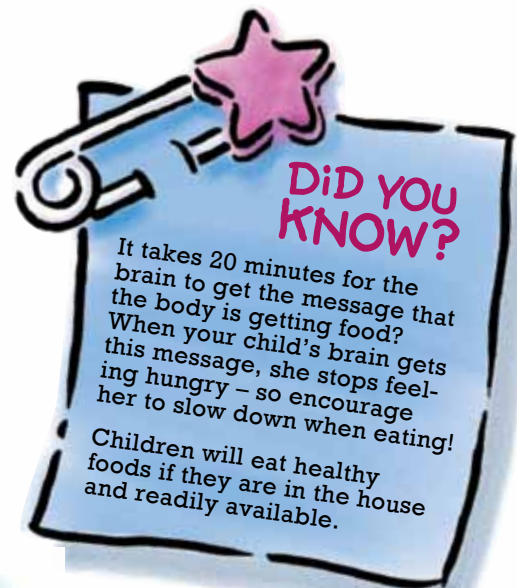


## ACTIVITY HAS BECOME A REGULAR PART OF YOUR CHILD'S DAY. SHE LOVES PLAYING WITH HER FRIENDS.

She may ask to take lessons or participate in sports like dance, gymnastics, swimming, soccer, or T-ball. Family activities like walking, swimming, and bicycling are special, too, and set an example that physical activity is important for everyone.

Her coordination and physical skills continue to develop and improve. She loves being on wheels, whether on her bike, scooter, or rollerblades. Skipping, running, and hopping are much more fun than walking. You may need to remind her to slow down! And bring out the jump ropes and hula hoops!

- Continue to make physical activity a part of your child's daily routine, just like brushing teeth and getting dressed.
- Find out how much physical activity your child gets when she is at school or visiting friends. Encourage additional activity in the afternoons and on weekends.
- Practice ball skills – throwing, bouncing, and running and kicking the ball.
- Be specific when praising your child's accomplishments:  
 "You are balancing so well on that scooter!"  
 "You threw the ball all the way to me!"  
 "I like the way that you are steering your bicycle!"
- Ask your child which activity she wants to do; give her a choice of two different activities if she has trouble making up her mind.
- Play outside whenever possible. Dress appropriately for the weather.
- Enjoy activities together that do not require complicated skills, like walking, hiking, and playing at a local park. Take a break to watch a youth baseball or basketball game.
- Turn off the television, computer, and video games. Children who spend less time in front of a screen or monitor are more likely to be active.



## HOW TO READ A FOOD LABEL

Food package labels are filled with helpful information and guidance for choosing healthy foods. The challenge is focusing on the areas of the label that are most useful to you and your family. Here are a few key areas to concentrate on:

- Serving size – Serving size lists the typical serving of a particular food. Read carefully. Sometimes a “single-serving” package actually contains two or three servings.
- Calories – This represents the number of calories in a suggested serving. Daily calorie needs depend on age, activity, and gender; labels are based on a diet of 2,000 calories per day. Kids typically need less.
- Fat – Fat is listed as a total amount, along with saturated fat, trans fat, and cholesterol. Trans fats are found primarily in processed foods.
- Saturated fats, trans fats, and cholesterol – All contribute to heart disease. It is wise to choose foods that have little saturated fat and cholesterol and no trans fats. Compare labels to find these heart-healthy food choices.
- Fiber – Most adults and children do not get enough fiber in their diet. Foods that supply at least 10 percent daily value (DV) for fiber are considered good choices.



Always talk with your baby's doctor when you have questions about your baby's growth, development, and overall health. Ask which situations should prompt an immediate phone call, a visit to the office, or a trip to the emergency room.

The Dannon Institute is a non-profit foundation dedicated to promoting research, education, and communication about the link between nutrition and good health. "Growing Leaps and Bounds™" was created to help build a solid foundation of healthy eating and activity for your child, now and for the future. The Dannon Institute is supported by The Dannon Company, Inc.

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