

# Go Further With Food

March is National Nutrition Month. This is a great time of year to help kids understand the role of nutrition in their bodies as well as yours. This year's theme is 'Go Further With Food', which holds many different meanings. Going further with food reminds us to waste less and do our part to reduce food waste - a great lesson for kids. It also reminds us of the role that proper nutrition plays in our bodies, especially growing kids. It helps us all to go further, fueling runs, soccer games for the kids, hikes, and family bike rides. It also reminds us to find ways to stretch our food dollars and make healthier, and more economical choices by eating out less, and making more foods at home. All of these are important lessons for kids to learn.

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**GO FURTHER** *with* **FOOD**



# Fueling Active Kids at Home



## Carbohydrates for Energy

Carbohydrates are a great source of this energy because it's easier for our bodies to turn it into glucose, or fuel. Healthy carbohydrate sources include:

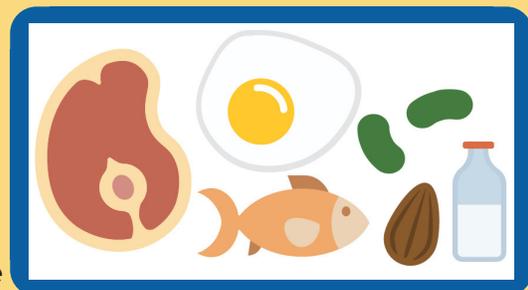
- fruits
- starchy vegetables
- grains (rice, wheat, etc)

Make sure to choose **whole grain** options of breads and pastas for added nutrients and fiber. Fiber ensures that the glucose is released more slowly into the bloodstream. This allows for steady energy throughout the day.

While some kids participating in sports may need a lot more calories - others may not. This will depend mainly on activity level. Kids aged 11-18 may need between 1800-3200 calories. Aim on the higher side for very active kids or those involved in sports.

## Fuel for Growth and Development

Calories are a measure of energy - and our bodies use this energy to fuel activity. We can find this energy in the foods we love! Adequate energy is especially important for kids because they're growing and developing everyday. Balancing their plate with a healthy balance of fruits, veggies, grains, protein and dairy will help them grow strong bones and muscles to keep them active.



## Protein for Muscles

**Protein** is made up of the building blocks of cells, and cells make up every single part of our bodies. Because kids are always growing, new cells are always being formed. Protein can be especially important right after activity. Directly after activity, muscles need protein from food to rebuild cells that have broken down with activity. Try to add protein with carbohydrate foods for after activities to refuel!



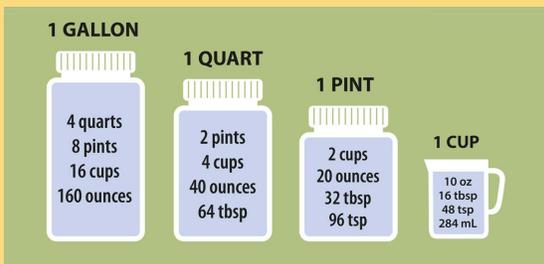
With active kids protein is important, but chances are your child is already getting enough, so bars and supplements aren't usually necessary. Lean meats, fish, eggs, dairy, legumes and nuts are great options.

# Fueling Active Kids at Home

## Hydration

Hydration is also important for each cell in our bodies. One of the most important functions of water is to cool the body. Encourage your active child to drink throughout the day and during activity, especially when it's warm outside. Make sure they have access to fluids. If the activity is under 1 hour, water is fine for rehydration. Use the below table as a guide.

Timing	Rehydration Amount
1-2 hours before event	12-22 oz cool water
10-15 minutes before event	10-20 oz cool water
During physical activity	4-6 oz cool water every 15-20 min
After physical activity	2-3 cups cool fluid/each pound lost



## Snack Inspiration

Try these ideas:

- 1 medium banana & 1-2 tablespoons of peanut butter
- low-fat fruit yogurt & 1 handful of pretzels
- turkey & cheese on whole grain wrap
- cottage cheese & whole grain crackers

## Balanced Snacking

Snacks can be a healthy way to help fuel your child. Make sure you're offering a balance of protein, and carbohydrates to supplement their regular meals. A well balanced snack can help them feel energized instead of sluggish. This will allow them to stay active throughout the day!



# 20 Healthy Snacks for Kids

Snacks play an important role in meeting kids' nutrient needs. They will usually only need 2-3 snacks daily, and should be provided at least one hour before meals.

Avoid distractions during snacks (and meals). It can help to plan and portion out snacks in advance.



- 1. Parfait:** layer vanilla or plain low-fat yogurt with fruit and dry cereal.
- 2. Toast a whole grain waffle** and top with low fat yogurt and sliced fruit or smooth nut butter
- 3. Blend low-fat milk,** frozen strawberries and a banana for thirty seconds for a delicious smoothie.
- 4. Sandwich cut-outs:** make a sandwich on whole grain bread. Cut out your favorite shape using a big cookie cutter. Eat the fun shape and the edges, too!
- 5. Mini-pizza:** toast a whole wheat english muffin, drizzle with pizza sauce and sprinkle with low-fat mozzarella cheese.
- 6. Frozen Treat:** mix equal amounts of fat-free plain or flavored yogurt with 100% fruit juice, then pour into paper cuts and freeze for a tasty treat.
- 7. Quesadilla:** sprinkle shredded cheese over a corn or whole wheat tortilla; fold in half and microwave for twenty seconds. Top with salsa.
- 8. Spread hummus on a tortilla.** Top with a slice of turkey or ham, low-fat cheese and lettuce.
- 9. Stuff a whole-grain pita pocket** with ricotta cheese and apple slices. Fold in half and microwave for twenty seconds. Add a dash of cinnamon
- 10. Microwave a cup** of tomato or vegetable soup and enjoy with whole grain crackers.
- 11. Make a mini-sandwich** with tuna or egg salad on a dinner roll
- 12. Microwave a small baked potato.** Top with reduced-fat cheese and salsa.
- 13. Spread celery sticks** with smooth nut butter or low-fat cream cheese. Top with raisins. Enjoy your "ants on a log"
- 14. Dip slices of fruit** or whole-grain graham crackers into low-fat vanilla pudding or yogurt.
- 15. Inside-out sandwich:** Spread mustard on a slice of deli turkey. Wrap around a sesame breadstick.
- 16. Rocky Road:** smear low-fat chocolate pudding on a whole-grain graham cracker, then top with a marshmallow.
- 17. Sprinkle cinnamon** on unsweetened applesauce and enjoy with a whole-grain graham cracker.
- 18. Make your own fruit roll-up** by pureeing fruit and either baking it in the oven on low or using a dehydrator.
- 19. Bake homemade granola bars** using whole-grain oats and dried fruits.
- 20. Whip up mini-muffins** using healthy ingredients, like whole grain flours and pureed fruit.

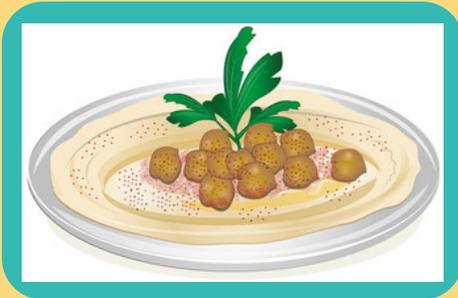
# Veggie Dips to Make at Home

## HEALTHY HUMMUS

Chickpeas give this dip a healthy dose of protein and fiber

### Ingredients

- One 16 oz can of chickpeas
- 2 cloves of garlic
- Juice from 1 lemon
- 3 tablespoons tahini (sesame paste)
- 1/4 teaspoon salt
- 1/3 cup water
- Add 1/3 cup roasted red peppers to add a different flavor



### Instructions

- Remove skins from garlic cloves
- Add all ingredients to a food processor or blender
- Blend together on high until smooth. More water may be needed
- Pick your favorite veggie to dip in and savor!
- Keeps fresh in the fridge for 5 days

## PROTEIN PACKED RANCH

Greek yogurt adds a punch of protein to this yummy dip

### Ingredients

- 2 cups low-fat plain greek yogurt
- 1 tablespoon dried parsley
- 2 teaspoons dried chive
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground pepper



### Instructions

- In a medium sized bowl, mix all ingredients together with a spatula or spoon until smooth.
- Dip in a veggie or 2 and enjoy!
- Keeps fresh in the fridge for 5 days

## HAIL HONEY MUSTARD

This dip sneaks in some healthy protein with a mix of sweet and tanginess

### Ingredients

- 1 cup low-fat plain greek yogurt
- 1/2 cup spicy brown mustard
- 2 tablespoons honey
- pinch of salt to taste



### Instructions

- In a medium sized bowl, mix all ingredients together with a spatula or spoon until smooth.
- Enjoy with your favorite veggie(s). Repeat.
- Keeps fresh in the fridge for 5 days.

# Encourage Your Child to Catch a Rainbow Everyday

By choosing a variety of healthy foods each day, we can ensure adequate intake of different vitamins in each of our foods. Vegetables and fruits come in many different beautiful hues. By choosing a different one each day, you can make sure you, and your child are getting enough vitamins. Make it a game with your child to find new fruits and veggies to try each week!



## References

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5. Ansel, K MS, RDN, Ryan, M, MS, RD, CSSD, LDN and Castle, J, MS, RDN "Gameday Nutrition Tips for Young Athletes". Retrieved from:<http://www.eatright.org/resource/fitness/sports-and-performance/tips-for-athletes/8-game-day-nutrition-tips-for-young-athletes>.



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