

Pancakes, Portions and Positivity

Deborah Salvatore, MS, RDN, CDN
Doctor of Clinical Nutrition Program
Rutgers School of Health Professions



01 Childhood Nutrition?

Why is it important?

02 Portions

How do I know how much
my child should eat?
Plate method

03 Picky Eating

It's common
Staying Positive
Keep it simple
Get kids involved

04 Wrap it up- Pancakes

Compromise
Have fun!

Childhood Nutrition

- Essential for proper growth and development
- Childhood obesity is a big problem in our country
 - Leads to other health problems¹⁻⁵
 - Diabetes, Heart Disease
 - Obesity in adulthood¹⁻⁵
 - 18.5% of children obese (13.7 million)⁶
- Dietary choices contribute to obesity, along with physical inactivity



APPETITE

- Several things could contribute to **over** consumption of calories and therefore, increase the risk for your child becoming overweight.
 - Increasing/large portion sizes
 - Frequent fast food intake
 - Consumption of sweet beverages
 - Soda, juice, sports or energy drinks
 - Decreased consumption of vegetables



Blueberry Muffin



Dunkin' Donuts: 5 oz., 480 calories (Left)
 USDA: 2 oz., 190 calories (Right)

20 Years Ago	Today	20 Years Ago	Today
			
3-inch diameter 140 calories	??? calories	333 calories	??? calories

PORTION DISTORTION	
THEN	NOW
 150 calories	 350 calories
 300 calories	 1000 calories
 300 calories	 700-1200 calories
 400-500 calories	 900-1200 calories
 300 calories	 800-1100 calories

20 Years Ago	Today	Difference	20 Years Ago	Today	Difference
 233 Calories	 500 Calories	257 More Calories	 85 Calories	 250 Calories	165 More Calories
 300 Calories	 650 Calories	350 More Calories	 250 Calories	 540 Calories	290 More Calories
 360 Calories	 925 Calories	525 More Calories	 270 Calories	 630 Calories	360 More Calories

Portions



- It's not uncommon for parents to put an adult-size portion on their child's plate, and then worry that their child isn't eating enough because he/she can't finish it.
- A young child's portions should be about a *quarter* to *half* of a normal (not supersized) adult portion.
 - Average toddler-sized meal:
 - One ounce of meat
 - 2 tablespoons of vegetables
 - 2 tablespoons of fruits
 - 1/4 to 1/2 slice of bread

The First Year

Age	Breast Milk or Infant Formula	Cereal, Bread, and Starches	Fruits and Vegetables	Meats and Other Protein Foods
Birth-4 mos.	2-6 oz. or more per feeding (18-32 oz./day) 8-12 feedings per day	None	None	None
4-6 mos.	4-6 oz. or more per feeding (27-45 oz./day) 4-6 feedings per day	May begin to offer iron fortified baby cereals	None	None
			Serving Size = 1-2 tbsp.	
6-8 mos.	6-8 oz. per feeding (24-32 oz./day) 3-5 feedings per day	2-3 srvgs. of iron fortified baby cereal	Offer plain jarred/homemade baby food Avoid combinations	Offer jarred/homemade
8-10 mos.	7-8 oz. per feeding (24-32 oz./day) 3-4 feedings per day	2-3 srvgs./day	2-3 srvgs./day	Offer finely cut or pureed meats, cheese, casseroles
10-12 mos.	24-32 oz./day 3-4 feedings per day	4 srvgs./day	4 srvgs./day Serving Size: 2-3 tbsp.	1-2 oz./day

One Tablespoon



1 tablespoon (15 ml) =

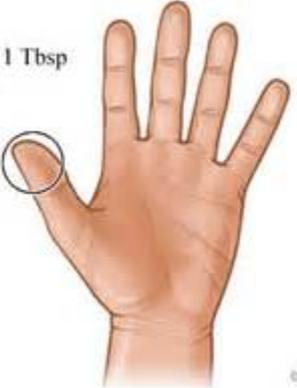


1 poker chip



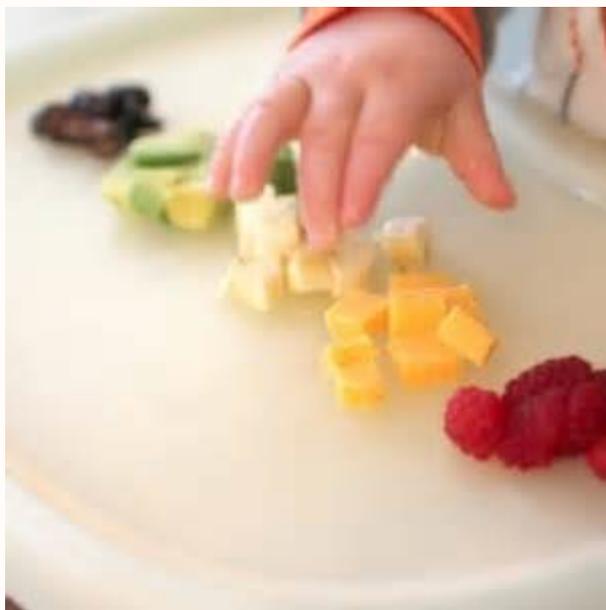
thumb

Serving size: 1 Tbsp



© Healthline, Incorporated





Download from
Dreamstime.com



34089110
Tatyana Kostyagina / Dreamstime.com

Serving Sizes after the First Year

Food Group	2-3 Years	4-12 Years	13 Plus
Breads, Cereal, Pasta, and Rice	<ul style="list-style-type: none"> ½ slice bread ⅓ cup cereal ⅓ cup cooked rice/pasta ⅔ oz. ready to eat cereal 	<ul style="list-style-type: none"> 1 slice bread ½ cup cereal ½ cup cooked rice/pasta 1 oz. ready to eat cereal 	<ul style="list-style-type: none"> 1 slice bread ½ cup cereal ½ cup cooked rice/pasta 1 oz. ready to eat cereal
Fruits	<ul style="list-style-type: none"> ½ piece of fruit ½ cup juice* ¼ cup canned fruit 	<ul style="list-style-type: none"> 1 piece of fruit ¾ cup juice ½ cup canned fruit ¼ cup dried fruit 	<ul style="list-style-type: none"> 1 piece of fruit ¾ cup juice ½ cup canned fruit ¼ cup dried fruit
Vegetables	<ul style="list-style-type: none"> ⅓ cup cooked vegetables ⅔ cup finely chopped raw leafy vegetables ½ medium potato 	<ul style="list-style-type: none"> ½ cup chopped raw/cooked vegetables 1 cup raw leafy vegetables 1 medium potato 	<ul style="list-style-type: none"> ½ cup raw/cooked vegetables 1 cup raw leafy vegetables 1 medium potato
Meats, Fish, Dried Beans, Eggs, Nuts	<ul style="list-style-type: none"> 1.5-2 oz. cooked lean meat ⅓ cup cooked beans ½ - ¾ egg peanut butter 	<ul style="list-style-type: none"> 2.5-3 oz. cooked lean meat ½ cup cooked beans 1 egg 2 tsp peanut butter 	<ul style="list-style-type: none"> 2.5-3 oz. cooked lean meat ½ cup cooked beans 1 egg 2 tsp peanut butter
Milk, Yogurt, Cheese	<ul style="list-style-type: none"> 1 cup milk 6 oz. yogurt 1 oz. cheese 	<ul style="list-style-type: none"> 1 cup milk 8 oz. yogurt 1 oz. cheese 	<ul style="list-style-type: none"> 1 ½ cups milk, yogurt 1-2 oz. cheese

Meal Planning

Food Group	Serving Size	12- 23 months	2-3 years	4-8 years
Milk and milk products	<u>1 cup equivalent</u> <ul style="list-style-type: none">• 1 cup milk or yogurt• 1.5 oz. natural cheese• 2 oz. processed cheese• 1/3 cup shredded cheese	2 cups/day (whole fat)	2 cups/day	2 cups/day
Meats and Other Protein Foods	<u>1 ounce equivalent</u> <ul style="list-style-type: none">• 1 oz. beef, chicken, fish• ¼ cup cooked beans• 1 egg• 1 Tbsp. peanut butter• ½ oz. nuts	1.5 oz./day	2 oz./day	3-4 oz./day
Bread, Cereals, Starches	<u>1 ounce equivalent</u> <ul style="list-style-type: none">• 1 slice whole grain bread• ½ cup cooked cereal, rice or pasta• 1 cup dry cereal	2 oz./day	3 oz./day	4-5 oz./day

So How Many Calories?

Gender	Age	Sedentary	Moderately Active	Active
Child	2-3	1000	1000-1400	1000-1400
Female	4-8	1200	1400-1600	1400-1800
	9-13	1600	1600-2000	1800-2000
	14-18	1800	2000	2400
Male	4-8	1400	1400-1600	1600-2000
	9-13	1800	1800-2000	2000-2600
	14-18	2200	2400-2800	2800-3200

Sedentary: only light physical activity

Moderately active: + walking 1.5-3mi/day at 3-4 mph

Active: + walking >3mi/day at 3-4mph

My Plate Planner FOR CHILDREN AND TEENS

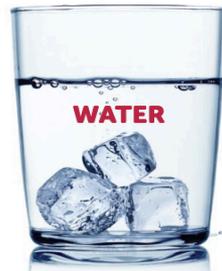


SKIM OR
1% MILK

The plate method is a simple way to learn healthy portion sizes.

Just split the plate into three parts: the largest part is for fruits and vegetables.

Note to adults planning meals for young children: Use a smaller plate or serve smaller portions if you don't have different plate sizes.



WATER

YOUR HAND CAN HELP YOU MEASURE THE RIGHT AMOUNT OF FOOD TO EAT.

Use your hand to measure out portions.



Palm of your hand
Amount of lean protein



Your fist
Amount of rice, cooked pasta or cereal



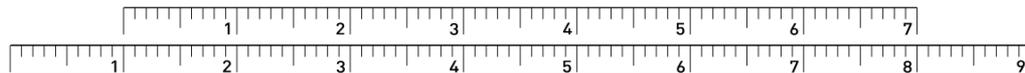
Your thumb
Amount of cheese



Tip of your thumb
Amount of peanut butter



Note to adults preparing meals for young children: Use the size of your child's hand to guide their portion sizes.



How to Choose Healthy Foods

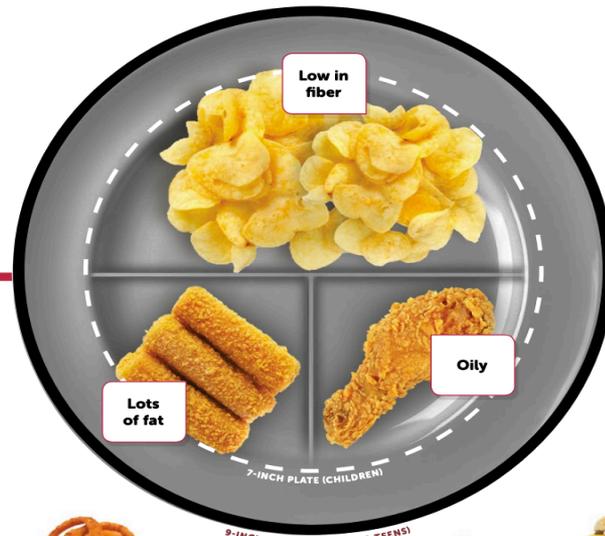
Eat this!



Calcium for your bones



Don't eat this!



Full of sugar



Palm of your hand
Amount of lean protein



Your fist
Amount of rice, cooked pasta or cereal

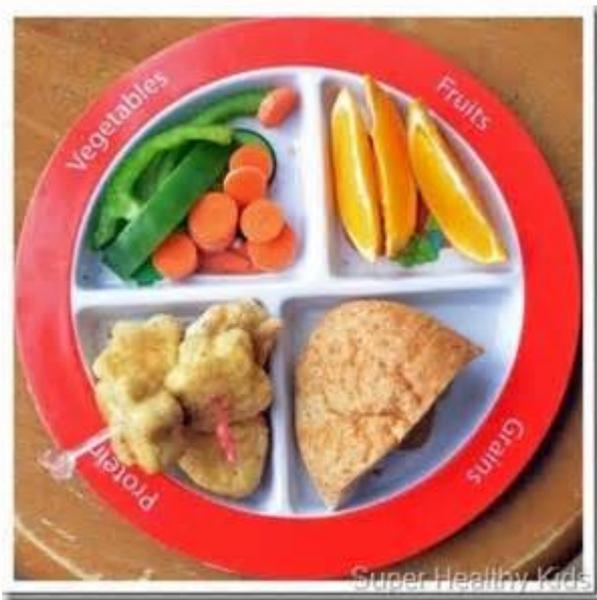
YOUR HAND CAN HELP YOU MEASURE THE RIGHT AMOUNT OF FOOD TO EAT.

Your thumb
Amount of cheese



Tip of your thumb
Amount of peanut butter





Picky Eating = Normal



Pickiness is COMMON, especially with toddlers



Remember:

- Smaller appetite because growth slows down after one year
- Showing independence
- Rapid change and discovery
 - More fun to smash banana than eat it

Provide emotional balance at mealtime by:

- Discussing the day's events
- Working as a team to prepare and clean up
- Relaxing away from distractions
 - Phone, TV, etc.
- Laughing and enjoying a meal as a family

The Problem



- 1) The "Play" Boy
- 2) Big Eyes
- 3) Doctor No
- 4) "I'm not hungry"
- 5) Junk-Food Junkie
- 6) Juice addict
- 7) The trader
- 8) The Food Jag

The Solution

- 1) End of meal → clear table. Refuse snacks until next meal
- 2) Offer smaller serving sizes, allow seconds
- 3) Don't prepare separate or elaborate meal, don't force, offer simple alternatives. If refuses meals, wait until next meal.
- 4) Restrict heavy snacks in the afternoon. Early dinnertime.
- 5) Offer healthful alternatives: raisins, oatmeal cookies, dried fruit, fruit smoothies.
- 6) Cut back gradually, dilute.
- 7) Avoid battles, no food as reward
- 8) Ignore, allow child to eat food he wants, continue to offer other foods with it. If it doesn't pass within a few weeks seek advice

Picky Eating: Techniques for Improvement

- Wean from bottle at 12 months to improve appetite
- Serve beverages 1 hour before meals
- Schedule 3 meals at same time daily
- Limit snacks if child has a poor appetite
- Keep time limit for meals 20-30 minutes
- Allow 10 minutes for snacks
- End the meal if child exhibits poor table behavior or refuses to eat
- Limit excessive sugar as it decreases appetite
- Provide smaller, more manageable portions
- Serve a variety of foods to stimulate interest



Table Time Tips

- **Expect good behavior**

- Ignore tantrums/whining
- Eat only at table
- “No, thanks” and “Yes, please”
- Don’t be a short order cook



- **Teach social skills**

- Eat together as family
- Seat baby with family
- Have fun conversations
- Turn off TV/distractions



- **Make meals kid friendly**

- Be patient with messes
- Provide safe, comfortable seating
- Let your child help in kitchen
- Use child sized plates and cups





Change takes time!!! Take small steps...Remember...



Respect your child's appetite
Stick to a routine: **CONSISTENCY IS KEY!!!**



Be patient with new foods

- Touch/smell new foods, tiny bits, try again
- Encourage: talk about color, shape, aroma, texture; don't focus on taste



Make it fun

- Use of dips, shapes, breakfast for dinner, rainbow
- Have child help with shopping/cooking
- Offer healthy choices/variety too

Bringing It All Together

It's just like following a recipe

Make it fun



Make it healthy



Stay positive





Pancakes

- 1 cup whole wheat flour
- 1 tablespoon sugar
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 beaten egg
- 1 cup milk
- 2 tablespoon cooking oil

Toppings for the kiddos: berries, whipped cream, maple syrup

Additions: chia seeds, shredded carrots, fresh fruit



Thank You

Does anyone have any questions?



References

1. Olshansky SJ, Passaro DJ, Hershow RC, et al. A potential decline in life expectancy in the United States in the 21st century. *N Engl J Med*. 2005;352(17):1138-1145.
2. Borrell LN, Samuel L. Body mass index categories and mortality risk in US adults: the effect of overweight and obesity on advancing death. *Am J Public Health*. 2014;104(3):512-519.
3. United States Department of Health and Human Services, National Institutes of Health. Managing Overweight and Obesity in Adults. Systemic Evidence Review from the Obesity Expert Panel. 2013. <https://www.nhlbi.nih.gov/sites/default/files/media/docs/obesity-evidence-review.pdf>. Accessed May 18, 2020.
4. Jensen MD, Ryan DH, Apovian CM, et al, for the American College of Cardiology/American Heart Association Task Force on Practice Guidelines; Obesity Society. 2013 AHA/ACC/TOS guideline for the management of overweight and obesity in adults: a report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines and The Obesity Society. *J Am Coll Cardiol*. 2014;63(25 Pt B):2985-3023. doi: 10.1016/j.jacc.2013.11.004.
5. Bass R, Eneli I. Severe childhood obesity: an under-recognized and growing health problem. *Postgrad Med J*. 2015;91(1081):639-45. doi: 10.1136/postgradmedj-2014-133033.
6. Hales C, Carroll M, Fryar C, Ogden C. Prevalence of Obesity Among Adults and Youth: United States, 2015-2016. United States Department of Health and Human Services (NCHS) data brief, no 288. Hyattsville, MD: National Center for Health Statistics. 2017.