Pancakes, Portions and Positivity

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Childhood Nutrition? Why is it important?

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

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

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 problems\(^1\)\(^5\)
    - Diabetes, Heart Disease
  - Obesity in adulthood\(^1\)\(^5\)
    - 18.5% of children obese (13.7 million)\(^6\)
- Dietary choices contribute to obesity, along with physical inactivity
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)

### Portion Distortion

<table>
<thead>
<tr>
<th></th>
<th>THEN</th>
<th></th>
<th>NOW</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>150</td>
<td></td>
<td>350</td>
</tr>
<tr>
<td>300</td>
<td>calories</td>
<td></td>
<td>calories</td>
</tr>
<tr>
<td>400</td>
<td>calories</td>
<td></td>
<td>calories</td>
</tr>
<tr>
<td>500</td>
<td>calories</td>
<td></td>
<td>calories</td>
</tr>
<tr>
<td>700-1200</td>
<td></td>
<td>800-1100</td>
<td></td>
</tr>
</tbody>
</table>

20 Years Ago | Today | 20 Years Ago | Today
3-inch diameter | 140 calories | ??? calories | 333 calories | ??? 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
    - ¼ to ½ slice of bread
# The First Year

<table>
<thead>
<tr>
<th>Age</th>
<th>Breast Milk or Infant Formula</th>
<th>Cereal, Bread, and Starches</th>
<th>Fruits and Vegetables</th>
<th>Meats and Other Protein Foods</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birth-4 mos.</td>
<td>2-6 oz. or more per feeding (18-32 oz./day)</td>
<td>None</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td></td>
<td>8-12 feedings per day</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4-6 mos.</td>
<td>4-6 oz. or more per feeding (27-45 oz./day)</td>
<td>May begin to offer iron fortified baby cereals</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td></td>
<td>4-6 feedings per day</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6-8 mos.</td>
<td>6-8 oz. per feeding (24-32 oz./day)</td>
<td>2-3 srvgs. of iron fortified baby cereal</td>
<td>Offer plain jarred/homemade baby food</td>
<td>Offer jarred/homemade</td>
</tr>
<tr>
<td></td>
<td>3-5 feedings per day</td>
<td></td>
<td>Avoid combinations</td>
<td></td>
</tr>
<tr>
<td>8-10 mos.</td>
<td>7-8 oz. per feeding (24-32 oz./day)</td>
<td>2-3 srvgs./day</td>
<td>2-3 srvgs./day</td>
<td>Offer finely cut or pureed meats, cheese, casseroles</td>
</tr>
<tr>
<td></td>
<td>3-4 feedings per day</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10-12 mos.</td>
<td>24-32 oz./day</td>
<td>4 srvgs./day</td>
<td>4 srvgs./day</td>
<td>1-2 oz./day</td>
</tr>
<tr>
<td></td>
<td>3-4 feedings per day</td>
<td></td>
<td>Serving Size: 2-3 tbsp.</td>
<td></td>
</tr>
</tbody>
</table>
One Tablespoon
<table>
<thead>
<tr>
<th>Food Group</th>
<th>2-3 Years</th>
<th>4-12 Years</th>
<th>13 Plus</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breads, Cereal, Pasta, and Rice</td>
<td>½ slice bread</td>
<td>1 slice bread</td>
<td>1 slice bread</td>
</tr>
<tr>
<td></td>
<td>1/3 cup cereal</td>
<td>½ cup cereal</td>
<td>½ cup cereal</td>
</tr>
<tr>
<td></td>
<td>1/3 cup cooked rice/pasta</td>
<td>½ cup cooked rice/pasta</td>
<td>½ cup cooked rice/pasta</td>
</tr>
<tr>
<td></td>
<td>2/3 oz. ready to eat cereal</td>
<td>1 oz. ready to eat cereal</td>
<td>1 oz. ready to eat cereal</td>
</tr>
<tr>
<td>Fruits</td>
<td>½ piece of fruit</td>
<td>1 piece of fruit</td>
<td>1 piece of fruit</td>
</tr>
<tr>
<td></td>
<td>½ cup juice*</td>
<td>¾ cup juice</td>
<td>¾ cup juice</td>
</tr>
<tr>
<td></td>
<td>¼ cup canned fruit</td>
<td>½ cup canned fruit</td>
<td>¼ cup dried fruit</td>
</tr>
<tr>
<td>Vegetables</td>
<td>1/3 cup cooked vegetables</td>
<td>½ cup chopped raw/cooked vegetables</td>
<td>½ cup raw/cooked vegetables</td>
</tr>
<tr>
<td></td>
<td>2/3 cup finely chopped raw leafy vegetables</td>
<td>1 cup raw leafy vegetables</td>
<td>1 cup raw leafy vegetables</td>
</tr>
<tr>
<td></td>
<td>½ medium potato</td>
<td>1 medium potato</td>
<td>1 medium potato</td>
</tr>
<tr>
<td>Meats, Fish, Dried Beans, Eggs, Nuts</td>
<td>1.5-2 oz. cooked lean meat</td>
<td>2.5-3 oz. cooked lean meat</td>
<td>2.5-3 oz. cooked lean meat</td>
</tr>
<tr>
<td></td>
<td>1/3 cup cooked beans</td>
<td>½ cup cooked beans</td>
<td>½ cup cooked beans</td>
</tr>
<tr>
<td></td>
<td>½ - ¾ egg</td>
<td>1 egg</td>
<td>1 egg</td>
</tr>
<tr>
<td></td>
<td>peanut butter</td>
<td>2 tbsp peanut butter</td>
<td>2 tbsp peanut butter</td>
</tr>
<tr>
<td>Milk, Yogurt, Cheese</td>
<td>1 cup milk</td>
<td>1 cup milk</td>
<td>1 ½ cups milk, yogurt</td>
</tr>
<tr>
<td></td>
<td>6 oz. yogurt</td>
<td>8 oz. yogurt</td>
<td>1-2 oz. cheese</td>
</tr>
<tr>
<td></td>
<td>1 oz. cheese</td>
<td>1 oz. cheese</td>
<td></td>
</tr>
<tr>
<td>Food Group</td>
<td>Serving Size</td>
<td>12-23 months</td>
<td>2-3 years</td>
</tr>
<tr>
<td>----------------------------------</td>
<td>-----------------------</td>
<td>--------------</td>
<td>-----------</td>
</tr>
<tr>
<td>Milk and milk products</td>
<td><strong>1 cup equivalent</strong></td>
<td>2 cups/day (whole fat)</td>
<td>2 cups/day</td>
</tr>
<tr>
<td></td>
<td>• 1 cup milk or yogurt</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 1.5 oz. natural cheese</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 2 oz. processed cheese</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 1/3 cup shredded cheese</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meats and Other Protein Foods</td>
<td><strong>1 ounce equivalent</strong></td>
<td>1.5 oz./day</td>
<td>2 oz./day</td>
</tr>
<tr>
<td></td>
<td>• 1 oz. beef, chicken, fish</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• ¼ cup cooked beans</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 1 egg</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 1 Tbsp. peanut butter</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• ½ oz. nuts</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bread, Cereals, Starches</td>
<td><strong>1 ounce equivalent</strong></td>
<td>2 oz./day</td>
<td>3 oz./day</td>
</tr>
<tr>
<td></td>
<td>• 1 slice whole grain bread</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• ½ cup cooked cereal, rice or pasta</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 1 cup dry cereal</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## So How Many Calories?

<table>
<thead>
<tr>
<th>Gender</th>
<th>Age</th>
<th>Sedentary</th>
<th>Moderately Active</th>
<th>Active</th>
</tr>
</thead>
<tbody>
<tr>
<td>Child</td>
<td>2-3</td>
<td>1000</td>
<td>1000-1400</td>
<td>1000-1400</td>
</tr>
<tr>
<td>Female</td>
<td>4-8</td>
<td>1200</td>
<td>1400-1600</td>
<td>1400-1800</td>
</tr>
<tr>
<td></td>
<td>9-13</td>
<td>1600</td>
<td>1600-2000</td>
<td>1800-2000</td>
</tr>
<tr>
<td></td>
<td>14-18</td>
<td>1800</td>
<td>2000</td>
<td>2400</td>
</tr>
<tr>
<td>Male</td>
<td>4-8</td>
<td>1400</td>
<td>1400-1600</td>
<td>1600-2000</td>
</tr>
<tr>
<td></td>
<td>14-18</td>
<td>2200</td>
<td>2400-2800</td>
<td>2800-3200</td>
</tr>
</tbody>
</table>

**Sedentary:** only light physical activity  
**Moderately active:** + walking 1.5-3mi/day at 3-4 mph  
**Active:** + walking >3mi/day at 3-4mph
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.

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!

- Carrots
- Green beans
- Spinach
- Apple
- Orange
- Banana
- Unsweetened or natural peanut butter
- Grilled beef
- Cheese
- Baked fish
- Egg
- Oatmeal
- Whole-wheat veggie pizza
- Whole-wheat bread
- Corn
- Beans
- Yams
- White bread
- Skim milk
- Water
- Calcium for your bones
- Full of vitamins
- Helps you grow
- Full of fiber

Don’t eat this!

- Juice
- Full of sugar
- Soda
- Juice box
- Fries
- Peperoni pizza
- Whole-wheat pizza
- White rice
- Onion rings
- Spare ribs
- Double cheeseburger
- Hot dogs
- Fish sticks
- Oily
- Lots of fat
- Low in fiber

Your hand can help you measure the right amount of food to eat.

Palm of your hand: Amount of rice, cooked pasta or cereal
Your fist: 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
¼ 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

Recipe adapted by Better Homes and Gardens, New Cook Book
Thank You

Does anyone have any questions?


