Promoting Healthy Nutrition in Early Care Settings

CENTER FOR EARLY LEARNING PROFESSIONALS

Professional Development ★ Technical Assistance ★ Resources

Promoting Healthy Nutrition in Early Care Settings

Learning Objectives

- Understand basic knowledge of nutrition for young children
- Understand caregiver's role in creating a positive mealtime environment
- Consider approaches to working with families to encourage healthy nutrition

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Overview

- Importance of nutrition
- Trends in childhood health and nutrition
- Healthy childhood nutrition
- The role of the caregiver
- Working with families

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Why Focus on Nutrition?

- Healthy nutrition is essential for healthy child development.
- Setting healthy eating habits at a young age sets habits for life.
- Poor nutrition can lead to obesity and other health problems.

Childhood Obesity

- Affects 13.7 million children and adolescents in the United States
- Affects about 13.9 percent of 2- to 5-year-olds
- Higher rates for children of low socio-economic status and in households with parents who have lower level of education

Source: www.cdc.gov/obesity/data/childhood.html

Impact of Childhood Obesity

- Future health risks
- Social and emotional impacts

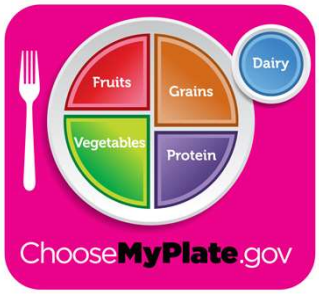
Source: www.cdc.gov/healthyweight/children/index.html

Early Care and Education Settings

- Families with children under age 6 spent an average of 2 hours per day providing primary care.
- Between 2012–2016, 72 percent of Rhode Island children under age 6 had all parents in the workforce.

Source: 2018 Rhode Island Kids Count Factbook; U.S. Bureau of Labor Statistics

Choose My Plate



Serving Size

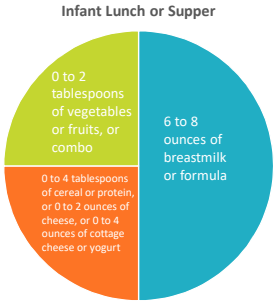
Recommended Serving Sizes

Breakfast example:

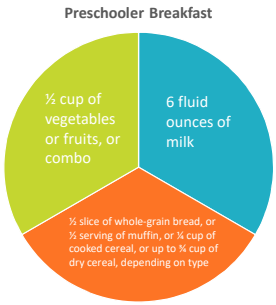
- Serving of bread:
  - Ages 1 to 5: ½ slice equals one serving
  - Ages 6 and older: 1 slice equals one serving
- Serving of fruit:
  - Ages 1 to 2: ¼ cup equals one serving
  - Ages 3 and older: ½ cup equals one serving

Building Healthy Plates

Building Healthy Plates



Building Healthy Plates



Development and Feeding Skills

AGE	MOUTH PATTERNS	HAND AND BODY SKILLS	FEEDING ABILITIES
Birth to 3 Months	• Has tongue thrust, rooting, and gag reflex • Begins to babble	• Needs head support • Brings hands to the mouth	• Coordinates the suck-swallow-breathe action while breast or bottle feeding
4 to 7 months	• Transfers food from front to back of the tongue to swallow • Opens the mouth when sees spoon approaching • Begins to control the position of food in the mouth	• Has head and neck control • Sits with support • Brings objects to the mouth • Begins to sit alone unsupported • Tries to grasp small objects such as toys and food	• Takes in a spoonful of strained/pureed/mashed foods and swallows without choking • Drinks small amoBunts from a cup (with spilling) • Begins to eat mashed foods • Eats from a spoon easily • Begins to feed self with hands
8 to 12 months	• Uses the jaw and tongue to mash food • Uses rotary chewing (diagonal movement of the jaw as food is moved to the side to center of the mouth)	• Sits alone easily • Easily grasps and/or brings small objects to the mouth, such as finger foods	• Begins to eat ground/finely chopped/diced food and small pieces of soft, cooked table food • Bites through a variety of textures • Demands to spoon-feed self

Beverages: Water

Choosing Foods

Labels

- Serving Size
- Servings Per Container
- Calories
- % Daily Value
- Macronutrients
  - Carbohydrates
  - Fat
  - Protein
- Micronutrients
  - Vitamins
  - Minerals

Sample label for Macaroni & Cheese

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

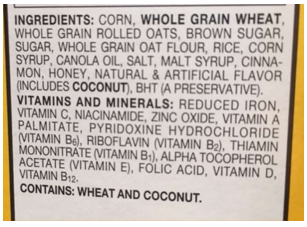
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* 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
Sat 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

Reading Ingredients & Packaging

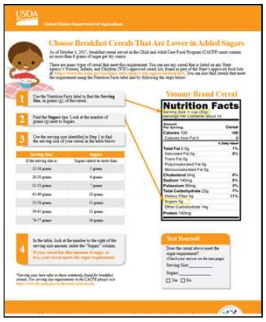
- First ingredient
- Allergens
- Statements



INGREDIENTS: CORN, **WHOLE GRAIN WHEAT**, WHOLE GRAIN ROLLED OATS, BROWN SUGAR, SUGAR, WHOLE GRAIN OAT FLOUR, RICE, CORN SYRUP, CANOLA OIL, SALT, MALT SYRUP, CINNAMON, HONEY, NATURAL & ARTIFICIAL FLAVOR (INCLUDES **COCONUT**), BHT (A PRESERVATIVE).
VITAMINS AND MINERALS: REDUCED IRON, VITAMIN C, NIACINAMIDE, ZINC OXIDE, VITAMIN A PALMITATE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B_6), RIBOFLAVIN (VITAMIN B_2), THIAMIN MONONITRATE (VITAMIN B_1), ALPHA TOCOPHEROL ACETATE (VITAMIN E), FOLIC ACID, VITAMIN D, VITAMIN B_{12}.
CONTAINS: WHEAT AND COCONUT.

Promoting Healthy Nutrition in Early Care Settings

Choosing Cereals Activity



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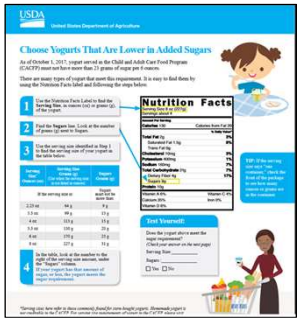
Choosing Yogurts Activity



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Serving Size: 150 grams
Sugar: 7 grams
Recommended Sugar: less than 20 grams
DOES meet guidelines

Serving Size: 150 grams
Sugar: 16 grams
Recommended Sugar: less than 20 grams
DOES meet guidelines

Serving Size: 6 oz
Sugar: 19 grams
Recommended Sugar: less than 23 grams
DOES meet guidelines

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Caregiver as a Role Model

- Model appropriate behaviors
- Create positive eating environments
- Offer healthy foods and beverages

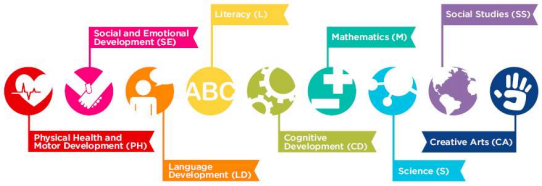
Food and You

Mealtime Behaviors

- Sit at table with children, or in close proximity
- Provide family-style meal service
- Encourage children to help themselves to all food components
- Role model

Source: nrckids.org/CFOC/Database/4.5.0.4

Nutrition and the RIELDS



Engaging Children in Nutrition

- Mealtime
- Cooking activities
- Gardening
- Books

Children Self-Regulation

Children Self-Regulation

- Infant is hungry or full?
- Toddler is hungry or full?
- Preschooler is hungry or full?

Choose Your Words

Phrases that HINDER	Phrases that HELP
Instead of…..	Try…..
Eat that for me.	*This is a kiwi fruit; it's sweet like a strawberry.*
Instead of…..	Try…..
You're such a big girl; you finished all your peas.	*Is your stomach telling you that you're full?*
Instead of…..	Try…..
No dessert until you eat your vegetables.	*We can try these vegetables again. Next time, would you like them raw?*

Video

Family Style Meals in the Child Care Setting

Working with Families

Family Engagement and Nutrition

- Garden
- Family workshops
- Cultural sharing
- Exotic fruit salad
- Family handbook, conferences, and newsletters
- Daily intake form

Healthy Celebrations

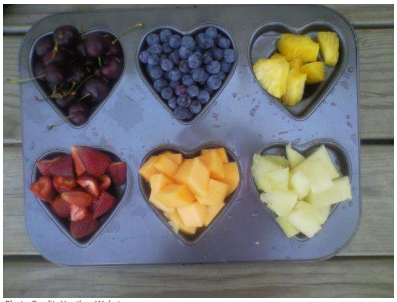


Photo Credit: Heather Webster

Check Them Out!

Let's Move: America's Move to Raise a Healthier Generation of Kids
https://letsmove.obamawhitehouse.archives.gov/

Early Childhood Learning and Knowledge Center (ECLKC) Healthy Active Living
https://eclkc.ohs.acf.hhs.gov/nutrition/article/healthy-active-living

Choose My Plate
https://www.choosemyplate.gov/

United States Department of Agriculture Child and Adult Care Food Program
https://www.fns.usda.gov/cacfp/child-day-care-centers

You Make a Difference!

Contact Information

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