



Nutrition and Physical Activity Self-Assessment for Child Care

MEATS, FATS, AND GRAINS

Here's Why...

Adults often make assumptions that children will only eat chicken nuggets and french fries. While they do like these items, try challenging their taste buds with healthier alternatives! Studies show that children who are offered many types of food are more likely to make good choices. Plan menus to have lots of variety including: whole grains, beans, baked chicken, turkey, or fish. Be creative and don't give up!



Choices You Make for Your Facility

- 🍓 Make your own french fries! Be creative: slice or chop any type of potato, toss in a little oil, and salt and bake!
- 🍓 When serving commercially prepared foods, like french fries and fried chicken, bake rather than fry. Also, be aware that these items were fried prior to freezing and contain lots of additional fat regardless of how you prepare them.
- 🍓 Use alternatives to higher fat meats; lean ground turkey or beef, turkey bacon, sausage, and hot dogs. Kids won't be able to tell the difference!
- 🍓 Soups are an easy way to incorporate lean meats such as turkey and baked chicken (and you can even add beans!). Don't have time? Try low-sodium canned soups.
- 🍓 Serve whole grain bread products (whole wheat toast and English muffins) and cereals (Cheerios® and Wheat Chex®) for breakfast instead of biscuits and muffins, which have a lot of added sugar and fat and little fiber.
- 🍓 Try serving fresh fruit, whole grain crackers, and cheese cubes for a snack instead of prepackaged cookies and snack bars.

Checklist

- We offer fried meats like chicken nuggets and fish sticks once a week or less.
- We offer fried or pre-fried potatoes like french fries or tater tots once a week or less.
- We offer high-fat meats like sausage, bacon, hot dogs, and bologna once a week or less.
- We offer beans or lean meats like baked or broiled chicken, turkey or fish at least once a day.
- We offer high-fiber foods such as whole wheat bread, brown rice, Cheerios®, and oatmeal at least twice a day.
- We offer sweets, high-fat and high-salt foods like cookies and chips once a week or less.



Getting Support From the Parents

- 🍓 Ask parents to bring their child's favorite baked chicken and potato recipes. Create a recipe book for families!
- 🍓 Tell parents that you're trying to serve less fried foods, less high sugar, fat or salt foods and more whole grains.
- 🍓 Send a list home to parents of "new foods" that were offered to their child. Encourage them to try these new foods at home also!

For more information, please visit:

http://www.cspinet.org/nutritionpolicy/healthy_school_snacks.pdf

<http://betterkidcare.psu.edu/101snacksWeb.pdf>

<http://www.nfsmi.org/Information/Newsletters/meme2007-04.pdf>

<http://www.nfsmi.org/Information/Newsletters/meme2007-05.pdf>

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Getting the Kids on Board

- 🍓 Encourage staff to talk to children about what they are eating and how they enjoy non-fried foods.
- 🍓 Instead of frozen pizza, have children make mini pizzas on whole wheat English muffins. Have a topping bar that includes cheese, different vegetables, beans, cooked chicken, and turkey pepperoni.
- 🍓 Children eat with their eyes! Serve foods that have different colors and textures.
- 🍓 Ask kids to share a favorite healthy food from their own culture.

