



Building MyBody

Third-grade nutrition education newsletter

Lesson 8

Making delicious decisions

Your child learned about a five-step decision-making process in class. Here are the five steps and the questions that will help your child make healthy food choices:

1. What is the problem?
2. What are my choices?
3. Why would I select or not select each choice?
4. How important are the consequences of each choice?
5. What is the best choice?

What can you do to help your kids make healthier drink choices?

Your children take their lead from you and watch what you do. If they see you making the healthy choices below, they are more likely to do the same.

- Choose water as a drink instead of sweetened drinks, like soda or sports drinks. Serve water with meals.
- Keep cold drinks in the refrigerator so you don't have to wait to quench your thirst.
- Kick water up a notch. Add slices of lemon or lime or even watermelon in the summer. Add a little 100 percent fruit juice to water.

Think before you drink

We don't realize how much sugar is in many of our drinks. Your children learned in class how many teaspoons of sugar are in these drinks:

20-ounce bottle, lemon-lime soda = 16 tsp
12-ounce can of cola = 10 tsp
20-ounce bottle, sports drink = 9 tsp
half-pint carton, low-fat chocolate milk = 6 tsp
half-pint carton, skim milk = 3 tsp
16-ounce bottle, milk = 6 tsp
12-ounce bottle, tomato juice = 2 tsp
bottle, water = 0 tsp

The sugar in plain milk and tomato juice is naturally occurring. It is the added sugars found in soda, flavored milks, and sports drinks that we want to avoid. Drinks like milk and tomato juice also provide nutrition for our bodies, unlike sodas.



Variety and balance

Your children learned about variety, balance and moderation in class.

Variety means eating different foods in each food group—grains, fruits, vegetables, protein foods, dairy—each day. Variety also can be important when we plan how we are going to be active each day.

Balance means choosing the right amount of food from each food group. Focus on whole grains, fruits, vegetables, low-fat milk and lean meat or beans.

Go to <http://myplate.gov> for more information on the food groups.

What can you do with your kids to include more variety and balance?

- Put a picture of MyPlate on your refrigerator. You and your children can use it to plan a variety of foods each day.
- Keep a list of activities you can do as a family on the refrigerator to remind everyone to balance their day with activity.
- Choose foods with less added sugar and saturated (solid) fat. Start by choosing drinks with less added sugar, using the tips listed above.

Recipe

Fiesta Scoop

Recipe developed by Donna Haley and Jill Lane, Nutrition Program Associates, Northeast Region

Adults: Here's a tasty way to get your child to eat beans. Wash your hands, scrubbing for 20 seconds, or as long as it takes to sing the ABCs.

Kids: Fill the scoops with the bean, salsa and cheese mixture.

Ingredients:

- 1 large bag baked whole corn tortilla scoops
- 16 ounces fat-free refried beans
- 24 ounces mild salsa
- 1 cup shredded low-fat cheese

How to make it:

1. Wash all surfaces and hands.
2. Mix beans and salsa in a bowl. Blend in the cheese.*
3. Fill baked whole corn tortilla scoops with bean, salsa and cheese mixture.
4. Refrigerate leftovers immediately.

*Note: Can be served cold or warmed in the microwave.



Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition Line at 1-888-515-0016. Need help stretching your food dollars? Contact your local resource center or go online to mydss.mo.gov/food-assistance