

COUGAR KITCHEN

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DON'T LICK THE PLATE!

Why encouraging kids to clean their plates can backfire

NUTRITION FACTS LABEL

Look for it and use it

HEALTHY FOOD WORDSEARCH

Learning is always fun



DON'T LICK THE PLATE!

WHY ENCOURAGING KIDS TO CLEAN THEIR PLATES CAN BACKFIRE

Finish everything on your plate, is a common house hold rule. What many parents don't realize is that this rule might cause negative eating behaviors in the long run. According to a study of pre-school children and their primary meal providers, parents who insist that their child clean his or her plate may be asserting excess control that could backfire if it inhibits the development of their child's self-control around food.

To explore this hypothesis, a study was conducted in 2008. In the study, researchers surveyed the meal providers to determine how often and how insistently they would tell their child to clean their plates. Meanwhile, the children were given two differently sized bowls and asked how much of a popular presweetened cereal they would like to have for their morning snack.

The study found that preschoolers who were more often told to clean their plates were also likely to request larger portions of food when away from home. This association was significantly stronger for boys than for girls. When the researchers compared the child's selection to their mother's BMI they found that the preschool girls were selecting more cereal than other preschool girls with mothers of similar BMI; indicating that modeling behavior can have significant impacts on eating behaviors.

Micro managing children's eating habits when they're young might lead to negative eating habits later in life and in this case, overeating. Alternate approaches to consider are to provide moderate portions and smaller bowls. Also, model good behaviors, and encourage children to taste all foods at a meal before asking for additional servings.

The Nutrition Facts Label

Look for It and Use It!

Information you need to make healthy choices throughout your day



Found on food and beverage packages



Use it to compare and choose foods!



Check the serving size and servings per container. The nutrition information listed on the Nutrition Facts label is usually based on one serving of the food.

Packages can—and often do—contain more than one serving!

If you eat multiple servings, you're getting “multiples” on calories and nutrients, too.

2SERVINGS=CALORIES&NUTRIENT SX2

Size up Servings

Consider the Calories

Calories from food provide the energy your body needs to function and grow. Balance the number of calories you eat and drink with the number of calories you burn during physical activity. Curious about calorie needs? Check out www.choosemyplate.gov/MyPlatePlan.



TIP: 100 calories per serving of an individual food is considered a moderate amount and **400 calories** or more per serving of an individual food is considered high in calories.

Nutrition Facts

4 servings per container
Serving size 1 1/2 cup (208g)

Amount per serving
Calories 240

	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Use %DV

% Daily Value (%DV) is the percentage of the Daily Value (reference amounts of nutrients to consume or not to exceed each day for adults and children 4 years of age and older) and shows how much a nutrient in a serving of the food contributes to a total daily diet. **Use %DV to see how a food's nutrients stack up and choose foods that are higher in nutrients to get more of and lower in nutrients to get less of.**

Choose Nutrients Wisely

Nutrients To Get More Of

Compare and choose foods to get **100% DV** of these on most days:

- Dietary Fiber
- Iron
- Vitamin D
- Calcium
- Potassium

Nutrients To Get Less Of

Compare and choose foods to get **less than 100% DV** of these each day:

- Saturated Fat
- Sodium
- Added Sugars
- Trans Fat (Note: Trans fat has no %DV, so use grams as a guide)

Eat a variety of foods to get the nutrients your body needs, including:

- Fruits and vegetables
- Whole grains
- Dairy products
- Lean meats and poultry
- Eggs
- Seafood
- Beans and peas
- Soy products
- Unsalted nuts and seeds

Nutrition Facts
Read the Label





Healthy Food

B	A	K	A	P	R	I	C	O	T	S	K	U	C
R	R	B	R	L	C	O	D	N	L	L	S	M	H
E	T	R	A	E	R	L	N	A	U	I	N	T	E
A	I	O	S	M	A	T	S	I	P	V	M	W	R
D	C	C	P	O	N	R	Q	L	O	P	O	E	R
O	H	O	B	N	B	G	U	Y	V	N	L	U	Y
P	O	L	E	C	E	B	A	N	A	N	A	E	T
S	L	L	R	B	R	F	S	F	M	C	V	S	O
A	E	I	R	X	R	P	H	L	I	R	O	E	M
L	S	M	Y	N	Y	D	D	O	L	A	C	C	A
M	Y	O	G	U	R	T	I	Q	K	B	A	H	T
O	A	H	S	P	I	N	A	C	H	P	D	E	O
N	X	F	I	G	A	R	L	I	C	A	O	E	V
M	D	C	P	L	S	H	E	L	L	F	I	S	H
I	N	C	A	N	T	A	L	O	U	P	E	E	Q
P	E	A	N	U	T	S	M	G	I	N	G	E	R

MILK	AVOCADO	ARTICHOLES
YOGURT	CANTALOUPE	GINGER
APPLE	RASPBERRY	SPINACH
BANANA	TOMATO	SQUASH
BROCOLLI	CRANBERRY	GARLIC
CHERRY	LEMON	PEANUTS
CHEESE	LIME	SHELLFISH
BREAD	FIG	SALMON
APRICOTS	ONION	CRAB

