



# Kindergarten



## Newsletter

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## TINY TUMMIES, BIG IMPACT: MEETING NUTRITIONAL NEEDS FOR YOUNG CHILDREN

### WHAT'S INSIDE?

Tiny Tummies,  
Big Impact:  
Meeting  
Nutritional  
Needs for  
Young  
Children. P1

Tips on  
meeting  
nutritional  
needs for  
young  
children. P2

MyPlate +  
Facts. P3

Recipes! P4

### March is National Nutrition Month!

Helping a child to create healthy habits now will allow them to make good nutritional decisions when they are older and may help prevent health conditions such as cavities, iron deficiency, Type 2 diabetes, high blood pressure, and heart disease now and in the future.

Good nutrition has countless benefits like increased mood and improved focus in the classroom.

Unfortunately, much of today's junk food is marketed toward kids. About 40% of a child's caloric intake comes from sugary or fatty junk food, but too many "empty" calories can lead to poor health.

We can begin to change this statistic by celebrating National Nutrition Month as a fresh start to healthier habits! It might be tricky to encourage kids to eat their fruits and vegetables, but these tips and recipes can be your first step to starting your child's nutritional journey!

# Tips on meeting nutritional needs for young children



1. Offer a variety of fruits, vegetables, whole grains, and proteins to cover essential nutrients.
2. Choose whole grains, like whole-wheat bread, pasta, oatmeal, popcorn, quinoa, or brown or wild rice.
3. Serve age-appropriate portions to meet their energy needs without overfeeding.
4. Promote eating regular meals and snacks throughout the day.



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8. Reduce intake of added sugars and processed foods, focusing on whole, nutrient-dense options.
9. Consult with a pediatrician or nutritionist for advice and address any specific concerns.



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5. Limit sugar-filled beverages and stick to water as your main hydration source.
6. Be a positive food role model by demonstrating healthy eating habits
7. Get kids involved in meal preparation to spark their curiosity and improve their knowledge of food.



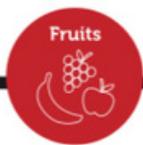
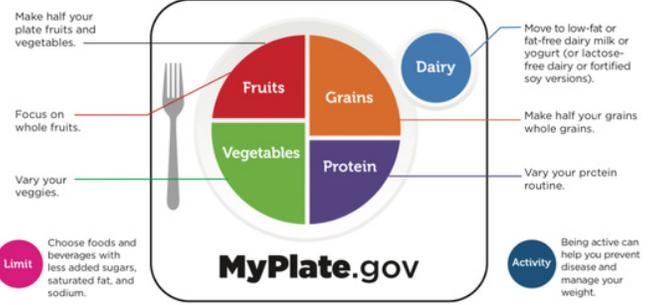
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# MyPlate + Facts

## Start simple with MyPlate

Healthy eating is important at every life stage, with benefits that add up over time, bite by bite. Small changes matter.



Focus on whole fruits like fresh, frozen, canned, or dried.

Buy fruits to have them available to add to your meal or eat as a snack. If you buy juice, select 100% fruit juice.



Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps.

Fresh, frozen, and canned count, too. Look for "reduced sodium" or "no-salt-added" on the label.



Choose whole-grain versions of common foods such as bread, pasta, and tortillas.

Not sure if it's whole grain? Check the ingredients list for the words "whole" or "whole grain."



Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds.

Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.



Choose low-fat (1% or fat-free (skim) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories.

Lactose intolerant? Try lactose-free milk or a fortified soy beverage.

### Daily Food Group Targets — Based on a 2,000 Calorie Plan

Visit [MyPlate.gov/MyPlatePlan](https://www.myplate.gov/MyPlatePlan) for a personalized plan.

#### 2 cups

1 cup counts as:

- 1 small apple
- 1 large banana
- 1 cup grapes
- 1 cup sliced mango
- ½ cup raisins
- 1 cup 100% fruit juice

#### 2½ cups

1 cup counts as:

- 2 cups raw spinach
- 1 cup cooked collard, kale, or turnip greens
- 1 small avocado
- 1 large sweet potato
- 1 cup cooked beans, peas, or lentils
- 1 cup cut cauliflower

#### 6 ounces

1 ounce counts as:

- 1 slice of bread
- ½ cup cooked oatmeal
- 1 small tortilla
- ½ cup cooked brown rice
- ½ cup cooked couscous
- ½ cup cooked grits

#### 5½ ounces

1 ounce counts as:

- 1 ounce cooked lean chicken, pork, or beef
- 1 ounce tuna fish
- ¼ cup cooked beans, peas, or lentils
- 1 Tbsp peanut butter
- 2 Tbsp hummus
- 1 egg

#### 3 cups

1 cup counts as:

- 1 cup dairy milk or yogurt
- 1 cup lactose-free dairy milk or yogurt
- 1 cup fortified soy milk or yogurt
- 1½ ounces hard cheese
- 1 cup kefir



Choose foods and beverages with less added sugars, saturated fat, and sodium.

Limit:

- Added sugars to <50 grams a day.
- Saturated fat to <22 grams a day.
- Sodium to <2,300 milligrams a day.



Activity

Don't forget physical activity!

Being active can help you prevent disease and manage your weight.

Kids ≥ 60 min/day    Adults ≥ 150 min/week



VIDEOS, BOOKS,  
LESSONS,  
ACTIVITIES, ETC.



SCAN ME

Pick your Goals by taking the MyPlate Quiz

<https://www.myplate.gov/myplate-quiz>

## DOWNLOAD APP

KEY FEATURES OF THIS APP INCLUDE:



# HEALTHY FOOD RECIPES FOR CHILDREN!

**Tortilla Pizza**– Get your kids involved in creating their own personal pizzas topped with any vegetables and proteins of their choice!

Serves: 4

**Ingredients:**

4 tortillas (flour or whole wheat)

1 cup pizza sauce of choice (or homemade)

1 cup shredded mozzarella cheese

1 cup pizza toppings of choice (pepperoni, olives, broccoli, etc.)

**Directions:**

1. Preheat oven to 400 degrees F.
2. Place tortillas on baking sheets. Top with sauce and spread to edges, then add desired toppings.
3. Bake for 8–10 minutes or until warmed enough. Slice and enjoy.

For more information, visit <https://www.yummytoddlerfood.com/quick-tortilla-pizzas/>



**Frozen Yogurt Bark**– A quick recipe that incorporates fruits and dairy into “dessert”.

Serves: 10–12

**Ingredients:**

2 cups whole milk vanilla yogurt OR vanilla Greek yogurt

½ cup diced strawberries

¼ cup blueberries

¼ cup granola

**Directions:**

1. Line a baking sheet with wax or parchment paper. Then pour the yogurt and spread evenly.
2. Top with fruits of choice and granola.
3. Place in the freezer until the yogurt is firm, about 3 hours, and slice.

For more information, visit <https://feelgoodfoodie.net/recipe/frozen-yogurt-bark/#wprm-recipe-container-40676>

**Watermelon Juice**– A sweet, refreshing way to have your child (or yourself) stay hydrated!

Serves: 4

**Ingredients:**

1 (6 pound) seedless watermelon  
¼ cup lime juice

**Directions:**

1. Cut watermelon in half. Scoop out flesh and reserve.
2. Blend watermelon and lime juice until smooth, about 30 seconds.
3. Pour the mixture through a strainer, pressing to release juices. Discard solids.

For more information, visit <https://www.eatingwell.com/recipe/278514/watermelon-juice/>



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