



Kids in Nutrition

Encouraging the younger generation to
lead healthier, more sustainable lives!

Weekly Newsletter
kidsinnutrition.org

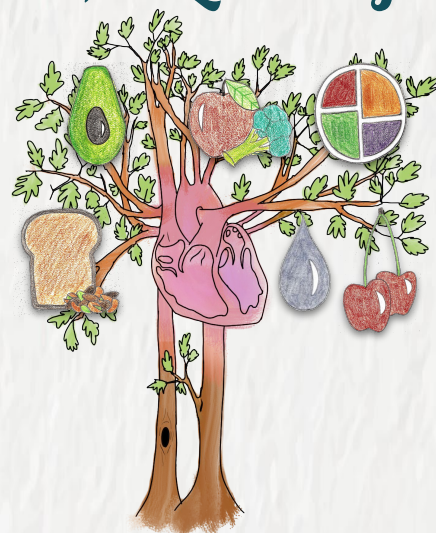
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Week 6: Moderation, Balanced Plate, & Labeling

Moderation means not eating to extremes but having a balanced amount. There are no completely off-limit foods; rather, all foods should be eaten in moderation, especially sweet treats and junk food with little nutritional value. For instance, this could mean eating a single scoop portion of ice cream in the day instead of the whole pint.

Moderation can be applied to Harvard's Healthy Eating Plate, which serves as a visual guide for creating healthy, balanced meals with the major food groups. It focuses on diet quality in addition to staying active. Unlike the USDA's MyPlate, the Healthy Eating Plate pulls from the most updated science and is not subject to political or commercial pressures from food industry lobbyists.



KIN's Healthy Heart Tree

Lesson Objectives:

- Explain what Harvard's Healthy Eating Plate is and why it is used as a guideline.
- Explain what moderation means.
- Learn how to apply moderation and the Healthy Eating Plate to make healthy dietary choices.
- Learn how to read food labels and determine more nutritious snack/food choices.

Follow these 6 easy steps from our cheat sheet to read a nutrition label!

KIN Cheat Sheet

STEP 1: Serving Size

STEP 2: Sugar

STEP 3: Saturated Fat

STEP 4: Sodium

STEP 5: Fiber

STEP 6: Protein

Nutrition Facts	
About 1 serving per container	
Serving size 4 oz (113g)	
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol <5mg	1%
Sodium 50mg	2%
Total Carbohydrate 19g	7%
Dietary Fiber <1g	3%
Total Sugars 15g	
Includes 7g Added Sugars	14%
Protein 3g	
Vitamin D 4mcg	20%
Calcium 290mg	20%
Iron 0mg	0%
Potassium 140mg	2%

* 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.

Harvard's Healthy Eating Plate

Fruits & Vegetables – ½ of your plate

Eat the rainbow for a variety of vitamins and nutrients (not including potatoes).

Whole Grains – ¼ of your plate

Pick whole, intact grains like brown rice, whole wheat pasta, and oats. Limit refined grains like white rice and white bread.

Healthy Protein – ¼ of your plate

Choose fish, poultry, beans, and nuts. Limit red meats and processed meats like bacon.

Healthy Oils – in moderation; when cooking, use healthy plant oils like olive & canola oils. Limit butter and partially hydrogenated oils with trans fats.

Water – drink water with every meal and limit juice. Avoid sugary drinks like soda.

Dairy – in moderation; choose unflavored milk, plain yogurt, and small amounts of cheese. Research on the optimal dairy intake is still inconclusive; for children consuming little to no milk, ask a doctor about calcium & vitamin D supplementation.



Weekly Challenge!

Every day, eat at least one balanced meal containing all 4 food groups with the Healthy Eating Plate proportions! As a bonus, follow the KIN cheat sheet above, and compare the nutrition labels of two similar foods to determine which one is healthier!

Week 6 Recipes: Easy, Nutritious Meal Ideas!

Breakfast: Mixed Berry Smoothie

Yield: 2 servings

Ingredients:

- 1 cup fresh spinach
- 1 cup of mixed berries (frozen or fresh)
- 1 banana
- ½ cup yogurt (or dairy-free option)
- ¼ cup of water/coconut water/dairy free milk



Instructions:

1. Blend all the ingredients together in a blender until smooth.

Lunch: Loaded Veggie Sandwich

Yield: 2 servings

Ingredients:

- 4 slices whole wheat bread
- ½ cup of hummus
- 1 avocado thinly sliced
- 1 cup fresh spinach
- 1 tomato diced
- ½ cucumber sliced
- ¼ carrot, shredded
- 2 Tbsp thinly sliced onions
- 12 olives halved



Instructions:

1. Divide the ingredients between the bread to make the sandwiches.

Dinner: Thai Peanut Zucchini Noodles

Yield: 4 servings

Ingredients:

Peanut Sauce

- 1/3 cup peanut butter (or nut butter of choice)
- 1 Tbsp soy sauce
- 1 Tbsp lime or lemon juice
- 1 Tbsp maple syrup or honey
- 2 grated garlic clove
- 1 tsp sriracha or cayenne pepper
- Water to change thickness of sauce



Vegetable and Noodles

- 2 Tbsp vegetable oil
- 2 green onions
- 1 cup of shredded carrots
- 1 cup of thinly sliced red bell pepper
- 1 cup of thinly sliced purple cabbage
- 2 cups of zucchini noodles (or replace with 2 cups whole-wheat noodles, cooked)

Instructions:

1. In a small bowl, mix together the ingredients for the peanut sauce until well combined.
2. Slowly pour in water and whisk until sauce reaches desired consistency.
3. Heat oil on a medium high heat.
4. Add carrots, bell peppers, and cabbage to the pan and cook until tender.
5. Add the zucchini noodles (or cooked whole-wheat noodles) and cook for 2 minutes until softened.
6. Fold in peanut sauce and enjoy!