

**How To Inspire Healthy Eating Habits In Children**

National Institutes of Health  
Parenting Seminar  
November 5, 2009  
Ann Gerber, RD, LD

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**Topics for Today**

- 🍏 Eating and growth challenges for today's children
- 🍏 Meeting and beating those challenges -- Guidelines for healthy living
- 🍏 Some special topics:
  - 🍏 Picky eaters
  - 🍏 Keeping ahead of the holidays

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**Contemporary Eating Environment**

- 🍏 Increased time demands in families (dual parent employment)
- 🍏 Loss of family meal
- 🍏 Increased television viewing during meals
- 🍏 Increased use of child care
- 🍏 Increased dining out occasions
- 🍏 Increased availability of food and portions
- 🍏 Electronic distractions

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## “Eating Rules” and Nutrition Attitudes and Beliefs

- 🍏 Low/No Carbs/Quality Carbs????
- 🍏 Low Protein/High Protein
- 🍏 Healthy Meals must be cooked or HOT
- 🍏 Snacking leads to weight gain
- 🍏 Eating out is BAD
- 🍏 You must CLEAN your plate
- 🍏 You need a lot of time to be healthy
- 🍏 Are you transferring a dieting obsession or your pickiness about food to your children?

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## Toxic Environment Portion Growth

- 🍏 How things have changed....
- 🍏 6.5 ounces soda in 1985=85 calories
- 🍏 20 ounce soda today=250 calories



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## Our Nation Grows...

- 🍏 11.3% of children 2-19 y.o. >97th%
- 🍏 16% of children > 95th%
- 🍏 31.9% of children > 85th%
- 🍏 2015 Prediction:23% of children 6-11; 24% of adolescents;40% of young adults>20 y.o. will be obese
- 🍏 Pay attention to annual physicals

Source: National Health and Nutrition Examination Surveys (NHANES 1980-2004)

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## Food is Fuel

- 🍏 All Foods are composed of six nutrients
- 🍏 Carbohydrates
- 🍏 Protein
- 🍏 Fat
- 🍏 Vitamins
- 🍏 Minerals
- 🍏 Water



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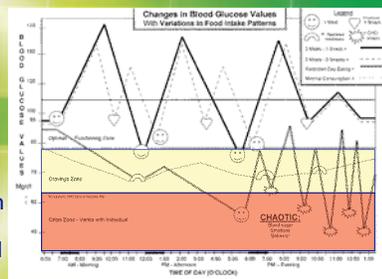
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## The Fuel Choice is Yours...

- 🍏 Meal skipping... not a good idea
- 🍏 Children benefit from eating routines and structure



Source: Sondra Kronberg, M.S., R.D., C.D.N.

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## What Do Our Children Eat?

- 🍏 Breakfast
- 🍏 School lunch or brown bag
- 🍏 After school snack
- 🍏 Dinner at home or on the run
- 🍏 Before bed snack

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## Breakfast Eaters....

- 🍏 Eat a more Nutrient Rich diet
- 🍏 Boost test scores
- 🍏 Improves school attendance
- 🍏 Behave better
- 🍏 More likely to be better weight managers
- 🍏 May reduce risk of heart disease

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## Maintaining a Healthy Body

- 🍏 All Foods Fit (No “Good” or “Bad” foods)
- 🍏 Guidelines according to the Food Guide Pyramid
- 🍏 Personalized (Calorie needs based on gender, age and activity level)
- 🍏 Proportion
- 🍏 Portion distortion
- 🍏 Movement Matters
- 🍏 Sleep is a Must

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## Know Your Child’s Energy Needs at Different Ages

USDA United States Department of Agriculture MyPyramid.gov

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Search MyPyramid.gov

Subjects

- MyPyramid Basics
  - Read the Pyramid
  - File & Resources
  - Print Manuals
  - Get a Question?
- Interactive Tools
  - MyPyramid Plan
  - Menu Planner
  - MyPyramid Tracker
  - Child Care Calculator
- Multimedia
  - Podcasts
  - PSAs

MyPyramid Plan

Eat these amounts from each food group daily. This plan is a 1800 calorie food pattern. It is based on average needs for someone like you: 28-34 year old female, 4 feet 9 inches tall, 85 pounds, physically active more than 60 minutes a day. Your food needs will depend on your rate of growth and other factors. See a health care provider who can track your height and weight over time to identify your specific needs.

Grains*	6 ounces	1 cup
Vegetables*	2.5 cups	1 cup
Fruits	1.5 cups	1 cup
Milk	3 cups	1 cup
Meat & Beans	5 ounces	1 cup

Click the food groups above to learn more.

\*Miss Half Your Daily Needs

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## What Should Students Eat?

- 🍏 Food Guide Pyramid gives you a guideline
- 🍏 Assuming 1800 kcal consumption:
  - 🍏 6 grains/day
  - 🍏 4 cups fruits and vegetables
  - 🍏 3 cups dairy
  - 🍏 5 oz. beans or meats
  - 🍏 5 t. oils
  - 🍏 ~200 discretionary calories



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## A Meal Plan Based on 1800 Calorie Matrix

- 🍏 Breakfast:
  - 🍏 2 pcs. Whole Wheat Toast with 2 t. butter
  - 🍏 1 egg
  - 🍏 1 c. strawberries
  - 🍏 8 oz. Nonfat milk
- 🍏 Lunch:
  - 🍏 Turkey Sandwich with, lettuce, tomato, and mustard
  - 🍏 Baby carrots and two clementines
  - 🍏 A carton of Milk



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## 1800 Calories cont....

- 🍏 Mid afternoon snack: Honey Crisp Apple, String Cheese
- 🍏 Dinner: 3 oz. chicken breast, 1/2 c. whole wheat couscous, 1c. broccoli sautéed in e.v.o.o. (1t.)
- 🍏 200 free choice, 3 Oreos? Ice Cream?

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## Dairy

- 🍏 Critical Bone Building Years
- 🍏 Milk (flavored is fine), yogurt, and cheese
- 🍏 Vitamin D recommendations



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## Redesign your Plate

- 🍏 Eat the Rainbow
- 🍏 3/4 plant based foods, 1/4 protein



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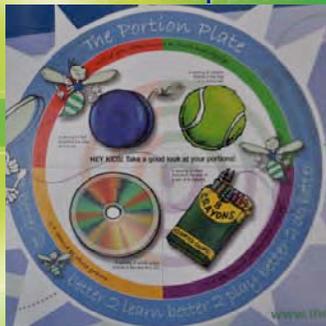
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## Portion Proportion



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## Environmental Controls Can Make Your Job Easier



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## Nutrient Rich Foods?

- 🍏 Choosing More Nutrient Rich Foods allows you to reap the benefits of having many more vitamins, minerals, fiber for gastric motility and heart health



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## What Your Children Drink Matters

- 🍏 Water is a Winner!
- 🍏 Low-Fat or Fat-Free Milk
- 🍏 Flavored waters



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## What Your Children Drink Matters

- 🍏 Soda/fountain drinks and fruit drinks
- 🍏 Energy drinks: Not the best choice
  - 🍏 2x the amount of caffeine as soda
  - 🍏 Boost your heart rate and blood pressure
  - 🍏 Dehydrate your body
  - 🍏 Prevent sleep
- 🍏 For more energy, eat a healthy diet, get enough physical activity and plenty of sleep (elementary school children need ~10 hours each night)




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## What Your Children Drink Matters

### Do you need a Sports Drink?

Sports drinks are targeted for those who compete in strenuous activity >90 minutes



weather (excessive heat and sweat rate)  
 unsure of length of competition/game



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## Special Topic: Picky Eaters

- 🍏 Some reasons --
  - 🍏 Behavioral / Control
    - 🍏 Food, in some families, has become a form of control, Adults to children and children to adults
  - 🍏 Genetic
    - 🍏 Some have degrees of sensitivity to certain vegetables
    - 🍏 Research at NIH has advanced our knowledge
  - 🍏 Lack of historical variety
    - 🍏 Busy lifestyles have made it hard to creatively expand the palates of children
    - 🍏 Without such expansion, children's taste preferences can get into hard to break out of ruts

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### Tips For Parents of Picky Eaters

- 🍏 Keep meal times relaxing
- 🍏 Ignore negative behavior when possible
- 🍏 Never bribe, reward or punish with food  
Keep food “neutral”
- 🍏 Introduce NEW food with familiar favorites
- 🍏 Kids can help GROW, MENU PLAN, SHOP, COOK, and EAT
- 🍏 Avoid power struggles and food battles
- 🍏 Remain CALM!

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### Palate Expanders

- 🍏 Food preferences can be learned by repeated exposures. It may take 7-20 exposures to a new item before children are willing to eat and enjoy it.
- 🍏 Vary Sizes, Shapes, and Textures
- 🍏 Try theme dinners and use a lot of eye appeal
- 🍏 Introduce new foods in tiny portions and serve to child when they are hungriest

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### Meals go best when parents maintain a Division of Responsibility in feeding/eating

- 🍏 Adults are responsible for food and beverages served
- 🍏 Children decide whether they eat it or not
- 🍏 They also decide how much to eat
- 🍏 Model good behaviors

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## Family Meals

- Family mealtimes foster family togetherness and builds unity. Developing a sense of identity and togetherness helps children feel safe and secure
- Family meals help prevent behavior problems such as illegal substance abuse, cigarette smoking, and eating disorders, and pregnancy
- Family meals improve children's nutritional intake. More nutrient rich food consumption and lower fat and sugar intake
- A time to focus on learning and laughter by sharing funny stories or learning new views on current events

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## Welcome to National Eating Season!!!

- Season begins Halloween 2009 and ends Super Bowl XLIV
- What do we do with all the extra candy?
- What about all the holiday parties and family gatherings?



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## Welcome to National Eating Season!!!

- Give away? Ration? Eat until gone? Educate? Ideas?
- Keep an eye on the "extras" -- food and beverage
- Don't let cold weather slow your daily physical activities

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## Physical Activity is Vital for Health and Well Being

- 🍏 More energy, better muscle tone, decreased sickness, reduces stress
- 🍏 Increased strength (body, heart, bones and alertness)
- 🍏 Happier, builds self-confidence and positive attitude
- 🍏 Helps you look, feel and perform your BEST!



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## Physical Activity Stimulates the Brain

- 🍏 Increases blood flow to the brain
- 🍏 Decreases impulsivity
- 🍏 Decreases anxiety
- 🍏 Increases motivation to learn
- 🍏 Increases overall executive function
- 🍏 6% of schools have physical activity 5x/wk....Why?

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## The Ultimate Goal:

- 🍏 PLAN ahead to make your children's engine prrrr! Pack Nutrient Rich snacks or MINI-MEALS if necessary.
- 🍏 Family Meals as often as possible
- 🍏 Keeping Portions in Proportion
- 🍏 Movement Matters
- 🍏 Get adequate Sleep

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**Resources**

- 🍎 [www.mypyramid.gov](http://www.mypyramid.gov)
- 🍎 [www.eatright.org](http://www.eatright.org)
- 🍎 [www.wellnessontherun.com](http://www.wellnessontherun.com)
- 🍎 [www.nih.gov](http://www.nih.gov)
- 🍎 [www.cdc.gov](http://www.cdc.gov)
- 🍎 [www.aap.org](http://www.aap.org)
- 🍎 [www.fda.gov](http://www.fda.gov)
- 🍎 [www.foodallergy.org](http://www.foodallergy.org)
- 🍎 [www.celiac.org](http://www.celiac.org)
- 🍎 [www.mealmakeovermoms.com](http://www.mealmakeovermoms.com)

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10  
tips

MyPyramid

Nutrition Education Series

# be a healthy role model for children

## 10 tips for setting good examples

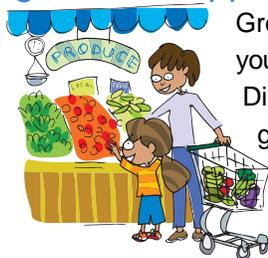


You are the most important influence on your child. You can do many things to help your children develop healthy eating habits for life. Offering a variety of foods helps children get the nutrients they need from every food group. They will also be more likely to try new foods and to like more foods. When children develop a taste for many types of foods, it's easier to plan family meals. Cook together, eat together, talk together, and make mealtime a family time!

### 1 show by example

Eat fruits, vegetables, and whole grains with meals or as snacks. Let your child see that you like to munch on raw vegetables.

### 2 go food shopping together



Grocery shopping can teach your child about food and nutrition. Discuss where fruits, vegetables, grains, milk, and meats come from. Let your children make healthy choices.

### 3 get creative in the kitchen

Cut food into fun and easy shapes with cookie cutters. Name a food your child helps make. Serve "Janie's Salad" or "Jackie's Sweet Potatoes" for dinner. Encourage your child to invent new snacks. Make your own trail mixes from dry whole-grain, low-sugar cereal and dried fruit.

### 4 offer the same foods for everyone

Stop being a "short-order cook" by making different dishes to please children. It's easier to plan family meals when everyone eats the same foods.



### 5 reward with attention, not food

Show your love with hugs and kisses. Comfort with hugs and talks. Choose not to offer sweets as rewards. It lets your child think sweets or dessert foods are better than other foods. When meals are not eaten, kids do not need "extras"—such as candy or cookies—as replacement foods.

### 6 focus on each other at the table

Talk about fun and happy things at mealtime. Turn off the television. Take phone calls later. Try to make meals a stress-free time.

### 7 listen to your child

If your child says he or she is hungry, offer a small, healthy snack—even if it is not a scheduled time to eat. Offer choices. Ask "Which would you like for dinner: broccoli or cauliflower?" instead of "Do you want broccoli for dinner?"

### 8 limit screen time

Allow no more than 2 hours of TV a day, as recommended by the American Academy of Pediatrics. Get up and move during commercials. Get some physical activity and avoid the marketing.

### 9 encourage physical activity

Make physical activity fun for the whole family. Involve your children in the planning. Walk, run, and play with your child—instead of sitting on the sidelines. Set an example by being physically active and using safety gear, like bike helmets.



### 10 be a good food role model

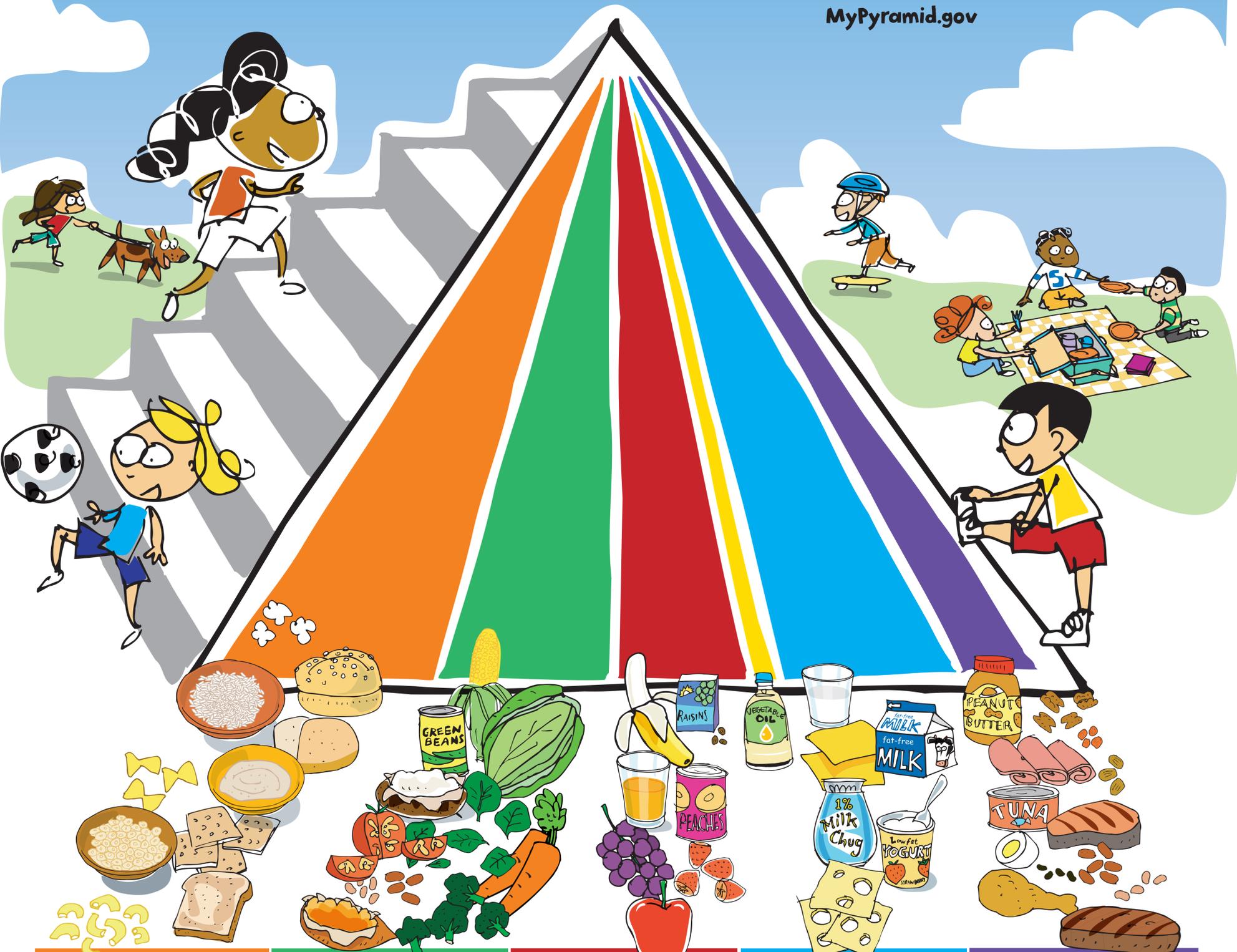
Try new foods yourself. Describe its taste, texture, and smell. Offer one new food at a time. Serve something your child likes along with the new food. Offer new foods at the beginning of a meal, when your child is very hungry. Avoid lecturing or forcing your child to eat.

# MyPyramid

For Kids

Eat Right. Exercise. Have Fun.

MyPyramid.gov



## Grains

Make half your grains whole

Start smart with breakfast. Look for whole-grain cereals.

Just because bread is brown doesn't mean it's whole-grain. Search the ingredients list to make sure the first word is "whole" (like "whole wheat").

## Vegetables

Vary your veggies

Color your plate with all kinds of great-tasting veggies.

What's green and orange and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.

## Fruits

Focus on fruits

Fruits are nature's treats – sweet and delicious.

Go easy on juice and make sure it's 100%.

## Milk

Get your calcium-rich foods

Move to the milk group to get your calcium. Calcium builds strong bones.

Look at the carton or container to make sure your milk, yogurt, or cheese is lowfat or fat-free.

## Meat & Beans

Go lean with protein

Eat lean or lowfat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled – not fried.

It's nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.

For an 1,800-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

Eat 6 oz. every day; at least half should be whole

Eat 2 1/2 cups every day

Eat 1 1/2 cups every day

Get 3 cups every day; for kids ages 2 to 8, it's 2 cups

Eat 5 oz. every day

**Oils** Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.

**Find your balance between food and fun**

- Move more. Aim for at least 60 minutes everyday, or most days.
- Walk, dance, bike, rollerblade – it all counts. How great is that!

**Fats and sugars – know your limits**

- Get your fat facts and sugar smarts from the Nutrition Facts label.
- Limit solid fats as well as foods that contain them.
- Choose food and beverages low in added sugars and other caloric sweeteners.



U.S. Department of Agriculture  
Food and Nutrition Service  
September 2005  
FNS-381



USDA is an equal opportunity provider and employer.

## Packing a Healthy Lunch

A healthy lunch should provide at least 1/3 of the day's nutrient needs. Serving sizes should vary according to the age and activity of each child.

### A complete lunch should include

- A protein source (beef, poultry, tofu, beans, fish, eggs, nuts).
- Vegetables and/or fruit (2 items).
- Whole grain (whole wheat or multigrain bread) -or- cooked pasta, rice, or noodles -or- wheat tortilla or pita.
- Dairy product (milk, yogurt, cheese).

### Tips for packers

- Use something crisp, something chewy, something with color.
- To reduce waste, invest in reusable plastic containers that are cleaned each day.
- Use insulated bags, ice packs, and thermos bottles to keep cold foods cold and hot foods hot.
- Use frozen juice packs (100% juice) to keep food cold. Juice will unthaw in time for lunch.
- Remember to pack child-sized utensils and cups - whatever is needed for the child to be able to eat the foods you have packed.
- Insert a note in your child's lunch box that say "I love you, You're a super star, or Have a great day!"

### Keeping lunches safe

Keep children's food safe by following these simple guidelines:

- Make sure to wash hands with soap and running water before preparing food.
- Always prepare food using clean equipment and a clean, sanitized work area.
- Use clean containers or plastic bags.
- Chill foods to be kept cold before packing with a freezer pack.
- Add a freezer pack to keep foods cold until lunch. Use commercial gel packs, ice cubes in a leakproof container, or frozen juice box.
- Remember that during field trips, lunches may be kept in a hot vehicle and a freezer pack will not keep foods cold enough. Pack non-perishable items if possible.
- Be aware of choking hazards for young children.

### Examples of foods that must be kept cold

- Sliced meat sandwich
- Tuna, egg, or chicken salad
- Milk, soft cheeses, yogurt
- Cooked vegetables or fruits
- Cut melons
- Most other perishables from the refrigerator

### Examples of foods that don't need to stay cold

- Cookies, crackers, or chips
- Breaks and cereals
- Fresh fruit in peel
- Canned fruit or vegetables
- Canned pudding or applesauce
- Peanut butter and jelly sandwiches
- Hard cheeses

### Creative Lunch Ideas

- Baked pita chips with apple yogurt dip
  - Thin carrot sticks
  - Kiwi slices or mango slices
  - Low-fat or skim milk
  - Cheese stick
- 

- Chopped egg sandwiches on whole wheat bread
  - Raw zucchini sticks
  - Fresh melon cubes & cottage cheese
  - Low-fat or skim milk
- 

- Black bean salad
  - Tortilla chips
  - Orange slices
  - Cheese cubes
  - Milk or V-8 juice
- 

- Wrap (whole wheat tortilla, turkey slice, cream cheese, lettuce, onion & cucumber)
  - Yogurt with fresh strawberries & blueberries
  - Carrot sticks
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- Ham & swiss sandwich on whole wheat break w/ lettuce & tomato
  - Fruit kabob
  - Ants on a log - celery with peanut butter & raisins
  - Low-fat or skim milk
- 

- Tuna salad on a small bagel
  - Grated carrot, pineapple & raisin salad
  - Fresh fruit salad w/ yogurt
  - Low-fat or skim milk
- 

- Pumpkin bread w/ low-fat cream cheese
  - Hard boiled egg
  - Watermelon slices
  - Broccoli "trees"
  - Low-fat or skim milk
- 

- Pita bread w/ hummus
- Cucumber chips
- Apple slices
- Trail mix with nuts, seeds & cereal
- Low-fat or skim milk

# 8 Healthy Lunch Box Ideas

[www.HealthCastle.com](http://www.HealthCastle.com)

Written by **Gloria Tsang, RD**  
Published in Aug 2006; Updated in

Aug 2007

With children heading back to school soon, we are getting a lot of questions from readers who want healthy lunch box ideas that kids will actually eat. I'm sure every parent can imagine the look on little John or Jill's face if they opened their lunch box to see stalks of fresh asparagus or some other boring healthy options. You can, however, provide a healthy lunch for your child in a way that doesn't make them want to slam the lunch box lid closed. It's time to get creative!

## 8 healthy lunch box ideas

1. Kids simply love variations and surprise. Instead of using the same white bread everyday, try using various kinds of bread, like whole wheat, multi-grain, **omega 3**, or **flax bread**. Of course, you don't need to use traditional bread at all to make healthy sandwiches for lunch. You can use bagels, dinner rolls, or fajita wraps too! If possible, choose **whole grains** for a rich source of **fiber**, vitamins, and **antioxidants**.
2. Instead of using **processed luncheon meat** every day, try creating a healthy lunch idea by using leftover meat from the night before. For instance, try chopping up leftover chicken to make a chicken salad sandwich. You can make practically any kind of sandwich with leftover meat dishes. A teriyaki chicken breast, steak sandwich, or a grilled salmon fillet sandwich can be delicious!
3. Kids love making their own foods, so a burrito or a pita pocket they make themselves can be a fun and healthy lunch option. Prepare shredded vegetables, meat, and sauce, and let the kids assemble their own lunch at school. You control what goes in it and they choose what they like!
4. Kids love dip! Prepare diced or julienned produce to go along with a small container of dipping sauce. Or simply pack easy-to-carry fruit and vegetables like bananas, baby carrots, cherry tomatoes, and grapes. Low fat yogurt and sour cream, hummus, and tzatziki are all healthy dip choices.
5. You can pack processed fruit in the lunch box as a healthy dessert option. Canned fruit cups in water and dried fruit are not as fresh, but they are still healthy and nutritious. Re-package these canned fruits into fancy take-out boxes, like those from Japanese restaurants, for fun and visual appeal!
6. Try preparing healthy trail mix as a snack. Mix **nuts**, crunchy **whole grain cereals**, and dried fruits such as raisins, apricots and prunes. Just make sure to control the portion sizes!
7. Try kiddie-size **yogurts**. They provide a good source of protein and calcium. If possible, choose a brand with active live bacterial cultures (**probiotics**) to maximize its health benefits.
8. Water and milk are the best beverage choices for kids. Another healthy lunch box choice is **soy milk** in a tetra pack. If you pack a juice box on occasion, make sure to use 100 percent **fruit juice**. If possible, avoid sugary drinks like fruit drink, fruit punch, and soft drinks.



Most kids like snacks. That's great! Think of snacks as mini-meals that help provide nutrients and food energy your child needs to grow, play, and learn.

Provided by

NIBBLES FOR HEALTH 22 Nutrition Newsletters for Parents of Young Children, USDA, Food and Nutrition Service

- ☺ Your child has a small stomach. So he or she probably eats less at meals than you do.
- ☺ Smart snacks can help your child eat and drink enough during the day. In fact, most young children do best when they eat four to six times a day.
- ☺ Keep food group snacks handy: for example, raw vegetables, fruit, juice, milk, cheese, yogurt, bread, peanut butter, and hard-cooked eggs.
- ☺ Let snacks fill in the gaps. If your child misses juice for breakfast, offer fruit at snack time.
- ☺ Time snacks carefully – two to three hours before meals. That way your child will be hungry for lunch or supper.
- ☺ Offer snacks to satisfy hunger. Skip the urge to offer a snack to quiet tears, calm your child, or reward behavior. That can lead to emotional overeating later on.
- ☺ Keep snacks small. If your child is still hungry, he or she can ask for more. Let your child decide what's enough.
- ☺ Encourage tooth brushing after snacking – especially after eating bread, crackers, and sweet foods.
- ☺ Snack wisely yourself! Do you snack when you feel stressed or bored – or just when you're hungry? What foods do you snack on? Remember, your child learns snack habits by watching you. Be a great role model!
- ☺ Go easy on snacks with added sugars.
- ☺ Offer milk, juice, or water as snack drinks. Soft drinks and fruit drinks can crowd out foods your child needs to grow and stay healthy.
- ☺ Make food group foods the usual snacks. A little candy occasionally is okay.

Sometimes kids say they're hungry when they really want attention. Take a little time with your child – talk or do something fun. Your child will let you know if he or she really is hungry.

# Why Snacks? (con't)

Provided by

NIBBLES FOR HEALTH 22 Nutrition Newsletters for Parents of Young Children, USDA, Food and Nutrition Service

Quick snacks:

- Whole fruit, sliced into finger foods
- Berries
- Raw, cut-up vegetables
- Graham crackers
- String cheese
- Cheese and crackers
- Bagel and peanut butter
- Frozen yogurt

Easy-to-make snacks:

- Milk shake-ups: Pour milk, juice, and ice in a covered container. Shake!
- Fruit juice pops: Freeze fruit juice in small paper cups or ice cube trays.
- Crunchy banana: Peel bananas. Roll them in peanut butter or yogurt, and crushed cereal. Freeze!
- Peanut butter logs: Fill celery with peanut butter.
- Cinnamon toast: Toast whole wheat bread. Spread a little margarine or butter on top. Sprinkle with cinnamon sugar.



## Resources



Mealttime.org: Free Recipes & Tips for Getting Kids To Try New Foods  
<http://www.mealttime.org/default.aspx?id=306>

American Obesity Association: Childhood Obesity  
<http://www.obesity.org/subs/childhood/prevention.shtml>

American Heart Association: Table: Dietary Recommendations for Children Daily Estimated Calories and Recommended Servings  
<http://www.americanheart.org/presenter.jhtml?identifier=3033999>

Children's Hospital and Health System: Food Allergies  
<http://www.chw.org/display/PPF/DocID/1546/router.asp>

KeepKidsHealthy.com: Eating Disorders  
<http://www.keepkidshealthy.com/adolescent/adolescentproblems/eatingdisorders.html>

For kids:

UDSA: My Pyramid Plan "Blast off!"  
<http://mypyramid.gov/>

The President's Challenge: Physical Activity and Fitness Awards Program  
<http://presidentschallenge.org/>



Betty Crocker Kids Cook! (Spiral-bound)  
by Betty Crocker

Healthy Food For Healthy Kids : An A-Z of Nutritional Know-How for the Well-Fed Family  
by Bridget Swinney

The American Dietetic Association Guide to Healthy Eating for Kids : How Your Children Can Eat Smart from Five to Twelve  
by Jodie Shield

Poor Eaters: Helping Children Who Refuse to Eat  
by Edward, M.D. Goldson

Dr. Paula's Good Nutrition Guide for Babies, Toddlers, and Preschoolers: Answers to Parent's Most Common Questions Plus Help for Coping with Fussy Eaters  
by Paula M. Elbirt, M.D

To read to kids:

Mrs. Piggle-Wiggle's Bad Table-Manners Cure (Mrs. Piggle-Wiggle Adventure)  
by Betty Bard MacDonald

It's a Spoon, Not a Shovel  
by Caralyn Buehner, Mark Buehner

Food! by Cookie Monster  
by Mike Pantuso

This seminar was presented by  
**Ann Gerber, RD, LD**

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Ann Gerber is a licensed and registered dietitian with more than twenty years of experience helping people of all ages optimize their health with good nutrition and exercise. Ann has been in private practice working with pediatricians, internists, cardiologists, psychiatrists, therapists and endocrinologists and, prior to that, counseled patients in disease prevention and management at both the Children's National Medical Center (Washington, DC) and the Sunnyvale Medical Clinic (Sunnyvale, CA). She has taught nutrition classes to clinical staff at the University of Virginia (Charlottesville, VA) and at Lowell General Hospital (near Boston).

Ann specializes in nutritional and wellness consultations for athletes, weight and eating disorder management for adults and children and coordinates medical therapies for hyperlipidemias, diabetes and cardiovascular disease. She works with her clients to develop individualized, goal oriented lifestyle behaviors that meet their personal and physiological needs and works closely with specialists as needed. She reviews each patient's health and nutritional history, tracks updated body mass index (BMI) information with each visit and utilizes in-office resting metabolic rate (RMR) tests to assess metabolism improvements as part of regular progress reviews to assist each patient's progress towards sustainable, optimal health. Ann also works with parents to help them manage the nutritional challenges young children and teens may experience such as being overweight or underweight, eating disorders, food allergies and intolerances.

Ann holds a Bachelor of Science degree in Dietetics from Purdue University's Coordinated Program, including hospital, administrative and community based clinical internships. She also interned Bristol Myers, USPNG in Nutritional Research.

She has additional certificates in pediatric, adolescent and adult weight management and maintains an office in Bethesda.

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