

Jamison: Patient Education and Wellness

HANDOUT 9.9: DIETARY WELLNESS PROTOCOL FOR THE YOUNG

Kids food guide pyramid

http://www.keepkidshealthy.com/nutrition/kids_food_guide_pyramid.html

Nutrition guidelines

Toddlers <http://www.keepkidshealthy.com/toddler/toddlernutrition.html>

Preschool <http://www.keepkidshealthy.com/preschool/preschoolnutrition.html>

School age <http://www.keepkidshealthy.com/schoolage/schoolagenutrition.html>

Adolescents <http://www.keepkidshealthy.com/adolescent/adolescentnutrition.html>

DIETARY AIMS

Monitor and adapt energy intake to meet desirable weight for age

See

<http://www.keepkidshealthy.com/welcome/bmicalculator.html>

http://www.keepkidshealthy.com/nutrition/calorie_requirements.html

Start to replace full-cream dairy products with skim milk products after the age of 5 years

See

http://www.keepkidshealthy.com/nutrition/whole_milk_vs_lowfat.html

three or four serves of dairy products each day

two or more servings of meat or iron-rich foods

See

http://www.keepkidshealthy.com/nutrition/iron_requirements.html

Eat complex carbohydrates rather than refined products

See

http://www.keepkidshealthy.com/nutrition/whole_grains.html

six or more servings of bread and cereals

three or more servings of vegetables

two or more servings of fruit

Increase daily fibre intake by 1 g per year

starting at 8 g by the age of 3

Select nutrient-dense foods

[illegible]

Limit sugar-rich high-fat foods*

Avoid highly salted foods*

Encourage fresh rather than processed food*

Eat olive oil and limit processed spreadable vegetable oils and butter

See <http://www.webmd.com/video/truth-about-trans-fats>

Eat breakfast

See <http://www.keepkidshealthy.com/nutrition/breakfast.html>

<http://www.webmd.com/diet/slideshow-best-and-worst-fast-food-breakfasts>

Avoid alcohol

See <http://www.mayoclinic.com/health/alcohol/QZ00049>

Insert details of present activity	Insert date at which intended activity will be achieved	Insert progress report on new exercise behaviour

Serving size is smaller in younger and larger in older children, varying from:

0.5–2 slices bread

1/6–3/4 cup of vegetables or fruit

1–3oz of meat

1/2–1 cup of milk

*Fast foods & ‘junk’ foods

<http://www.webmd.com/video/fast-food-survival-eat-healthy>

<http://www.webmd.com/food-recipes/healthtool-fast-food-choices>

http://pediatrics.about.com/od/nutrition/a/0308_junk_food.htm

*Snacking & eating out

http://www.keepkidshealthy.com/nutrition/healthy_snacks.html

http://www.bam.gov/sub_foodnutrition/index.html - for Kids

<http://www.webmd.com/diet/features/healthy-restaurant-lunches>

http://www.keepkidshealthy.com/nutrition/food_labels.html

A HANDOUT For PARENTS OF TEENAGERS

Teens and Nutrition <http://www.ama-assn.org/ama/pub/physician-resources/public-health/promoting-healthy-lifestyles/adolescent-health/promoting-adolescent-healthy-lifestyles/patient-handouts.shtml>

Eating disorders:

<http://familydoctor.org/online/famdocen/home/children/teens/eating/277.html>

<http://familydoctor.org/online/famdocen/home/common/mentalhealth/eating/063.html>

http://kidshealth.org/PageManager.jsp?dn=familydoctor&lic=44&article_set=20576