

LEAP

Learning, Eating, and Activity for Preschoolers



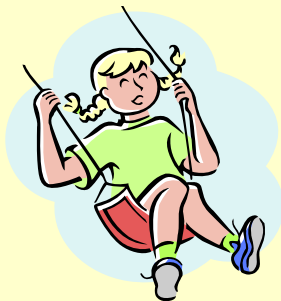
February 2008 — Let's Learn About Fat
(Credit: Wayne & Lewis County TNCEP)

Parents often are concerned about higher-fat foods for their children. It is clear that what our children eat while growing up can determine their health in adult life. Helping children learn to choose low fat snacks and make smart choices at mealtime will help them build a life long pattern of eating smart.

Your Child Needs Some Fat From Food

Trying to cut way back on fat may seem like a good idea. But your child needs some fat to be healthy:

- for energy to play, learn, and grow.
- to grow properly.
- to use vitamins from food.
- to add flavor to foods.



Eat Less Saturated Fat

Choose to limit foods with saturated fat. Eating a lot of saturated fat increases the chance of heart disease later in your lives. Saturated fats are solid at room temperature. Butter, stick margarine, and fat in meat are examples.

Eating lots of any fat, saturated or not, can add up to too many calories. Weight gain over time may lead to diabetes at an early age. Choose mostly lean and low-fat food to help your child and you keep your healthy weight.

Do you have an infant or toddler under age two? If so, low-fat eating isn't advised before age two. Little ones need more fat for brain development.

Be Flexible!

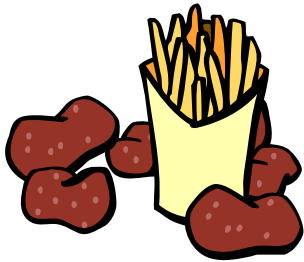
It's okay to eat foods with more fat sometimes. Enjoy a small bowl of ice cream or small order of fries occasionally. Then choose foods with less saturated fat for the next meal or the next day.

Yogurt Sundae

2 cups of nonfat vanilla flavored yogurt
3 bananas
1/2 cup coarsely crushed cereal
1/2 cup chopped nuts



Divide yogurt between 5 serving bowls. Slice the bananas and place in a bowl. Place crushed cereal in a bowl. Place chopped nuts in a bowl. Have the kids top their yogurt with bananas, cereal and nuts. Enjoy! Serves 5



Fats

Fruits, vegetables, and grain products are naturally low in fat. But many popular items are prepared with fat, like french-fried potatoes, making them higher fat choices.

One baked potato = 120 calories and a trace of fat

Fourteen french fries = 225 calories and 11 grams of fat

Prepare Family Foods With Less Fat

- Limit foods high in saturated fat (bacon, sausage, other high-fat processed meats).

- Keep low-fat snacks in your kitchen: raw vegetables, fruit, pretzels, and bagels.



- Make grain products, vegetables, and fruits part of family meals and snacks.

- Buy mostly fat-free or low-fat milk or yogurt, and low-fat cheese.



- Make cooked dry beans, fish, lean meats, and chicken the center of the meal.

- Use less fat when you cook.

- Limit creamy sauces and salad dressings.

Low-Fat Snack Ideas

- ◆ Raw vegetables, such as celery, carrots, cauliflower, broccoli, green pepper, green beans, cucumbers, mushrooms or zucchini. May be served with a low-fat dip.
- ◆ Fresh fruit in season, cut in slices or halves, such as apples, oranges, bananas, peaches, grapefruit, grapes, melons, pears, plums or strawberries.
- ◆ Low-fat quick breads and muffins, such as pumpkin, zucchini, banana or bran.
- ◆ Non-sugared cereals, snack mixes made with popcorn and whole grain cereal.
- ◆ Unsweetened fruit juices.



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