

**Preparing
for a
Lifetime**
It's Everyone's Responsibility

GRANDPARENT

TOOLKIT



NUTRITION FOR AGES 13-18



GRANDPARENTS AS ROLE MODELS FOR THEIR TEEN GRANDCHILD

Grandparents influence their grandchildren's diet by modeling eating behaviors and creating norms for the foods offered and mealtime structure.

The goal of these educational slides is to:

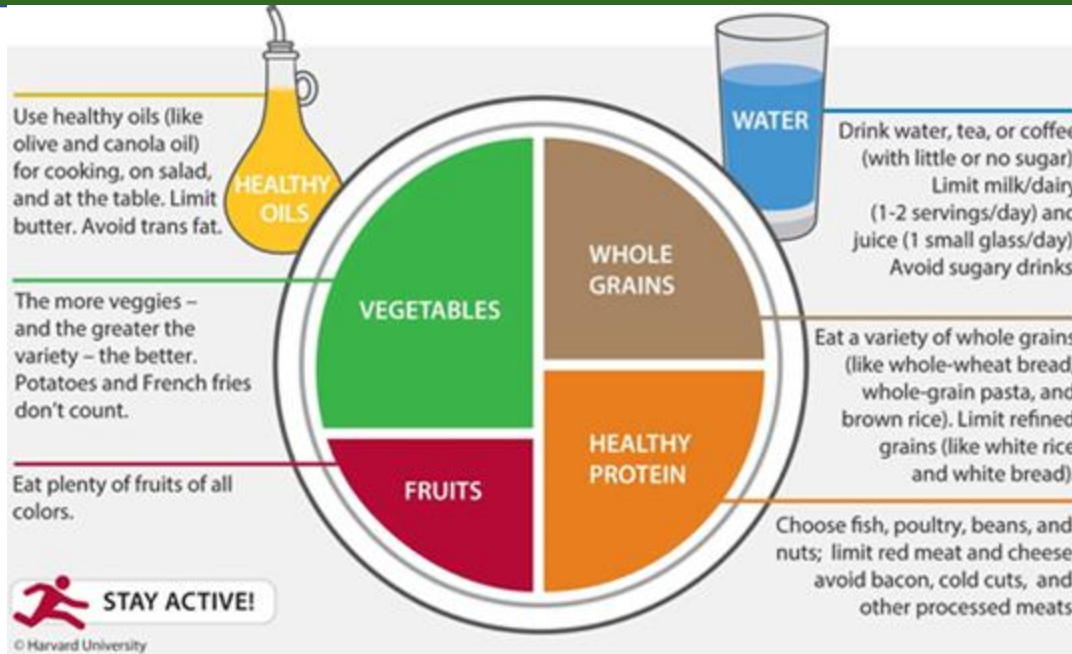
- Share up to date nutritional knowledge
- Identify how you may be able to change or work toward creating the best food environment for your family

GRANDPARENTS AS ROLE MODELS


Your teenage grandchild still depends on you and benefits from having structure around family meals. Meals create connection and you can influence with healthy food and food choices.

- Encourage your teen grandchild to take responsibility in eating 3 meals with healthy snacks as needed during the day.
- Outside the home, allow teens to make independent choices on how much to eat, what to eat, and how to get the food that they need.
- Encourage and include them in food management for the household: meal planning, grocery shopping, meal preparation, and food safety.
- Build trust that your teen is growing up and able to make sound decisions about what they eat and their dietary health.

A HEALTHY EATING PLATE



 Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu 

To have a balanced diet people of all ages should eat all the food groups

- Vegetables
- Fruits
- Grains
- Dairy
- Protein foods
- Vegetable oils

Plate Portions:

- $\frac{1}{4}$ of the plate is for protein
- $\frac{1}{4}$ of the plate for starches and grains
- $\frac{1}{2}$ of the plate is for fruits and vegetables

Note: None of these foods should overlap or be piled high.

Dairy

Milk, Yogurt, Cheese



Milk

Yogurt



Cheese



Chocolate Milk



String Cheese



Cottage Cheese



Vegetables



Broccoli



Asparagus



Bell Peppers



Corn



Avocado



Carrots



Spinach



Fruits



Strawberries



Apple



Banana



Blueberries



Orange Juice



Watermelon



Grapes

Grains

Bread, Cereal, Pasta



Tortillas



Cereal



Rice



Bread



Pasta



Popcorn



Crackers



Bagel

Protein

Meat, Beans, Nuts



Tuna



Eggs



Hamburger



Nuts



Chicken



Tofu



Beans



MAINTAINING A BALANCED RELATIONSHIP TO FOOD AND EATING FOR TEENS

Eating a variety of foods is key for growth, energy, and health.

- It is recommended that fruits and vegetables take up half of your plate at meals.
- Choose mostly whole grains.
- Include protein from lean meats or protein rich vegetarian foods at meals.
- When eating dairy, choose fat free or low-fat options.
- Fat is necessary for the body to function and grow. Focus on unsaturated fats and healthy fats.
- Sodium/Salt should be limited.

EAT THE RAINBOW

Different colors of fruits and vegetables contain different vitamins and minerals. Choosing a wide variety of colors will benefit your grandchild's health. And yours too!



HOW TO READ A NUTRITIONAL LABEL

How to read a nutritional label? Match the information below with the respective number

1. Check the Serving size and servings per container.
2. Calories refer to how much energy you are eating in one serving size.
3. Nutrients listed along with %Daily Value to help determine if one serving is high or low in that Nutrient (not to consume or exceed each day).
4. **Fats. Some products might contain good fats, but these are not required to be in food labels.

**New labels have included % Daily Value of “Added sugars”.

1. Serving Information → 4 servings per container
Serving size 1 cup (227g)

2. Calories → Amount per serving
Calories 280

3. Nutrients →

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

4. Quick Guide to percent Daily Value (%DV)
• 5% or less is **low**
• 20% or more is **high**

*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.

HOW MANY CALORIES DOES YOUR TEENAGE GRANDCHILD NEED?

- Everybody is different and the number of calories needed depends on many factors such as individual genes, age, activity level and where they are in their physical growth and development.
- Maintaining a balanced relationship with food and nutrition means learning the skills to manage and understand how much and what type of foods to eat and what beverages to drink.
- What makes a healthy, family friendly meal varies from one family to another – there is no one size fits all!

HOW MANY CALORIES DOES YOUR TEENAGE GRANDCHILD NEED?

Growth Spurt






For adolescents, growth spurts increase appetite because they are experiencing important changes in their bodies

Ages for growth spurts:

- For girls, between the ages of 8-13 years old, there is a significant growth spurt when puberty occurs. Puberty could last 2-5 years.
- For boys, between the ages of 10-15 years old, there is a significant growth spurt when puberty occurs. Puberty could last 2-5 years.
- When girls turn 15 and boys 16-17 years old, their puberty period and physical maturity will stop.

2000 CALORIES A DAILY EXAMPLE

Food Group Amounts for 2,000 Calories a Day for Ages 14+ Years

 <p>Fruits</p>	 <p>Vegetables</p>	 <p>Grains</p>	 <p>Protein</p>	 <p>Dairy</p>
<p>2 cups</p> <p>Focus on whole fruits</p> <p>Focus on whole fruits that are fresh, frozen, canned, or dried.</p>	<p>2½ cups</p> <p>Vary your veggies</p> <p>Choose a variety of colorful fresh, frozen, and canned vegetables—make sure to include dark green, red, and orange choices.</p>	<p>6 ounces</p> <p>Make half your grains whole grains</p> <p>Find whole-grain foods by reading the Nutrition Facts label and ingredients list.</p>	<p>5½ ounces</p> <p>Vary your protein routine</p> <p>Mix up your protein foods to include seafood; beans, peas, and lentils; unsalted nuts and seeds; soy products; eggs; and lean meats and poultry.</p>	<p>3 cups</p> <p>Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions)</p> <p>Look for ways to include dairy or fortified soy alternatives at meals and snacks throughout the day.</p>

PORTION SIZES

Think about portion sizes in relation to household items or utilizing your hand to reinforce the idea of portion size in each of your meals.

The Palm = 3 oz.

The palm of your hand can be used to estimate protein intake. 1 palm is equivalent to a 3 oz. serving of protein. Examples of what you could measure a 3 oz. serving include pork, poultry, beef, fish, and chicken.



A Cupped Hand = 1/2 cup

1 hand cupped is equivalent to a 1/2 cup serving. You can use this tool for measuring food items such as pastas, potatoes, nuts, and even ice cream.



Fist = 1 cup

A fist is a great way of measuring carbohydrates. You can use this tool when measuring the intake of rice, cereals, salads, fruits, or popcorn.




PORTION SIZES


Another way to measure daily portions is to think about sizes of household items or utilizing your hand to reinforce the idea of portion size in each of your meals.

Other At Home Ways of Measuring:


There are many other resources you can use to measure aside from your hand or an actual measuring cup.




A deck of cards =
3 oz serving of protein




A softball = 2 cups



A baseball = 1 cup



A tennis ball =
1/2 cup



A golf ball =
2 tablespoons

Tip of Thumb = 1 Tablespoon

The tip of a thumb is equivalent to a serving of 1 tablespoon. This tool is used when measuring fat intake such as mayonnaise, cheese, salad dressings, creams, and peanut butter.



The Thumb Nail – 1 Teaspoon

The nail of the thumb is about 1 teaspoon serving of oils or fats. This can be used to measure salad dressings, olive oil, or butter.



INFLUENCE BY OTHERS

Your grandchild is becoming independent but also impacted and influenced by those around them.

During **Family Food Management** with your teen, talk about the divided plate concept and food portions:

- $\frac{1}{4}$ of the plate is for protein
- $\frac{1}{4}$ of the plate for starches and grains
- $\frac{1}{2}$ of the plate is for fruits and vegetables

Reminder: Family Food Management for the household is meal planning, grocery shopping, meal preparation, and food safety.

INFLUENCE BY OTHERS

- Teens may encounter pressure to meet unrealistic and harmful societal expectations around beauty, body build, shape, and weight.
- Eating disordered behaviors impact physical health as well as mental health and well-being.

Support your teen by encouraging a positive and healthy body image as well as being responsive to their emotional wellbeing.

If you feel concerned about your grandchild's eating habits, talk to their pediatrician.

Weight Conscious World

Symptoms of Eating Disorders

- Preoccupation with weight, food, calories, carbohydrates, fat, and dieting.
- Refusal to eat or restriction of certain foods.
- Skipping meals.
- Appears uncomfortable eating around others.
- Extreme concern with body size and shape.
- Noticeable fluctuations in weight, both up and down.
- Difficulties concentrating.
- Dizziness, especially when standing.
- Dental problems, such as enamel erosion, cavities, and tooth sensitivity.

If you're concerned about your grandchild's eating habits, talk to their pediatrician.

Weight Conscious World

Picky eating becomes a concern when it interferes with your teen's:

- social life
- emotional well-being
- nutritional needs

Tips when working with picky eaters at older ages:

- Your grandchild may be navigating the world differently
- Avoid guilt or shaming
- Reframe the language of “picky eating”
- Create a positive eating environment
- Involve your grandchild in the family food management through shopping, preparation, and cooking.
- Build on the food your grandchild already eats.

If you're concerned about your grandchild's eating habits, talk to their pediatrician.

Weight Conscious World

It's important to remember that young children and teens, unless recommended by their provider, should not be put on a diet.

- Your grandchild is still growing and needs to be meeting their nutritional needs.
- Model balanced eating habits through offering nutritious meals and snacks.
- Do not control how much your grandchild eats rather let your teen practice the natural skill of food regulation.
- Plan regular exercise and help support their normal growth and development.
- Allow eating “unhealthy” foods in moderation rather than prohibit them.

If you are concerned about your grandchild's weight, talk to their pediatrician.

If you're concerned about your grandchild's eating habits, talk to their pediatrician.

OTHER THINGS TO THINK ABOUT: DINE IN/TAKE OUT

- Encourage your teen to decide when they are full.
- If your teen says they are full and still has food on their plate, it's ok. They can save this portion for another time.
- Don't force your teen to eat more or 'clean their plate.'
- If your teen isn't usually hungry at meals, encourage snacks of vegetables or a fruit. Remove access to sweet treats between mealtimes.
- It's ok to encourage smaller portions during meal-times and let the teen determine how full they are after eating a smaller portion.

OTHER THINGS TO THINK ABOUT: DINE IN/TAKE OUT

- Add more salads, other vegetables, and fruit, especially at the start of a meal. This can help control hunger and give a sense of fullness without overeating.
- Try not to rush through your meals. Eat slowly and chew well. Encourage time to notice feeling full before more is taken.
- Be aware that most restaurant portions are much larger than you need. Discuss sharing meals between family members or enjoying leftovers for another meal before you order.

DID YOU KNOW?

Many growing teenagers need more of these nutrients

- **Calcium:** to build strong bones and teeth.
- **Vitamin D:** to keep bones healthy & support immune system
- **Potassium:** for heart health and muscle function
- **Fiber:** to help stay regular and feel full
- **Protein:** to power you up and help you grow strong.
- **Iron:** to help you grow and maximize iron absorption by eating foods high in vitamin C, like citrus fruits.



FOOD SWAPS



Food swaps are simple food changes you can make to increase the amount of nutrient dense foods in your family's diet.

Example of Food Swaps:

Whole grains vs processed/refined grains:
Swap: White bread **for** whole wheat bread.

Drinks: Many drinks have more than the recommended serving of sugar per day.
Swap: Soda **for** water with orange slices.

Fats: Healthy fats from whole foods are essential for health.
Swap: Fried chicken **for** grilled chicken breast (without skin)

Family Food Management

Limit these foods that are high in salt or look for low-sodium versions:

- Processed meats, like deli meats (including turkey), sausages, and pepperoni
- Sauces, dressings, and condiments
- Instant flavored foods, like flavored rice and noodles



Family Food Management

Preparing meals with or for your grandchildren:

- Try cooking fresh or frozen chicken, lean meats, or seafood instead of buying deli meats or sausages.
- Go for fresh vegetables, frozen vegetables without sauce, or canned vegetables with lower sodium.
- If you use canned foods, rinse them before eating or cooking with them to wash away some of the salt.
- Use condiments and spreads that are unsalted or lower in sodium — and if you use regular spreads, use less.
- Don't add salt to the water when you cook pasta or rice.
- Try different herbs and spices to flavor your food.



If you're too busy to cook every night, start by making dinner just 1 night a week or let your teen prepare a meal they like with your supervision.

Family Food Management - On the Go

Busy teens need quick and healthy snacks

- Apple with 1-2 TBS peanut butter
- Parfait made from plain yogurt, fruit, nuts and drizzle of honey
- Hard-boiled egg with carrot sticks and hummus
- Whole grain frozen waffle or toast with peanut butter and sliced banana
- Cottage cheese with fruit or veggies (ex: peaches, pineapple or tomatoes)
- Granola bar and small handful of almonds
- Whole grain cracker (ex: Triscuit) with deli meat and cheese
- Fresh fruit and string cheese



Family Food Management - On the Go

What your grandchild drinks can be just as important as what they eat. When shopping for family food management, help your teen seek beverages that limit added sugars and large amounts of caffeine.

- Make water easy to obtain. Invest in a reusable bottle for your teen that they can carry with them, is easily refillable and can customize to make their own.
- While plain water is the recommended beverage, encourage them to try adding fresh citrus or berries to flavor.
- Make water, low-fat or fat-free dairy milk, or unsweetened seltzer water go-to options. 100% juice is good in moderation.



OTHER TIPS: SUGAR AND SWEETS



- Don't stock soda or other sweetened drinks at home!
- Eat fresh, frozen, dried or canned fruits. Choose fruit canned in water or natural juice.
- Compare food labels and choose products with the lowest amounts of added sugars and fructose.
- Add fruit. Instead of adding sugar to cereal or oatmeal, try fresh fruit or dried fruit.
- Cut the serving back. When baking cookies, brownies or cakes, cut the sugar called for in your recipe by one-third to one-half.

Family Food Management

HEALTHY EATING ON A BUDGET

- Meat can be expensive. Get protein from beans, seeds, eggs, etc.
- Reduce waste by starting with smaller servings. Determine fullness and then go back for seconds.
- Purchase in-season fresh produce. Also include frozen or canned fruits or veggies.
- Use the food bank in your community.

Family Food Management – Distance to the Grocery Store



- Stock up on canned and frozen fruits and veggies.
- Chose whole wheat or whole grain products.
- When choosing pantry or non-perishable foods, look for products with fewer ingredients.
- Choose water or powdered milk products.

Family Food Management – Extending Produce Shelf Life



- Keep your produce whole.
- Don't wash berries until right before eating .
- For longer shelf life, know what foods to refrigerate:
 - **Do refrigerate:** Apples, apricots, cantaloupe, figs, honeydew.
 - **Don't refrigerate:** Avocados, bananas, nectarines, peaches, pears, plums.

TIME IT RIGHT WITH PERISHABLE FOODS

EAT FIRST (WITHIN 1-3 DAYS)	EAT SECOND (WITHIN 4-6 DAYS)	EAT THIRD (WITHIN 6-8 DAYS)	EAT LAST (LONGEST LASTING)
Artichokes	Arugula	Apricots	Apples
Asparagus	Cucumbers	Bell peppers	Beets
Avocados	Eggplant	Blueberries	Cabbage
Bananas	Grapes	Brussel Sprouts	Carrots
Basil	Lettuce	Cauliflower	Celery
Broccoli	Lime	Grapefruit	Garlic
Cherries	Zucchini	Leeks	Onions
Corn		Lemons	Potatoes
Dill		Mint	Winter squash
Green beans		Oranges	
Mushrooms		Oregano	
Mustard greens		Parsley	
Strawberries		Peaches	
Watercress		Pears	
		Plum	
		Spinach	
		Tomatoes	
		Watermelon	

Family Food Management: Simple & Balanced Meal Ideas

- **Breakfast for dinner**
 - Include eggs, whole grain toast, fruit, and milk or Greek yogurt for a complete meal.
 - Consider adding chopped veggies to your eggs (ex: peppers, onions, spinach, tomatoes).
- **Grocery store grab and go**
 - Rotisserie chicken, frozen veggies or bagged salad are available at most grocery stores.
 - Round out the meal with instant wild rice, frozen whole wheat roll, or microwave baked sweet potato.



Family Food Management: Simple & Balanced Meal Ideas

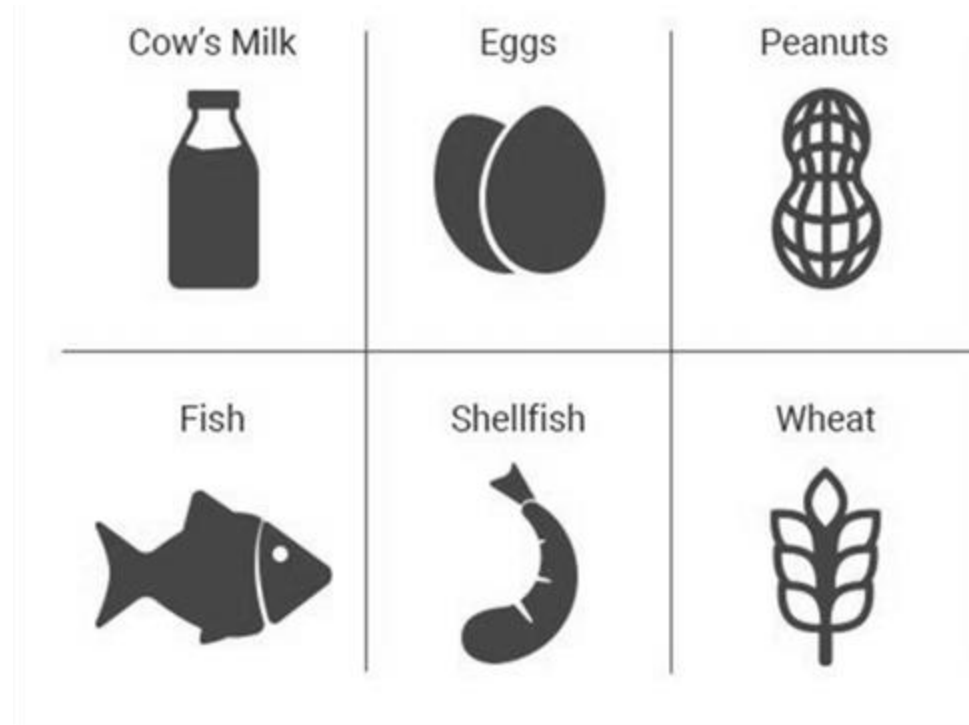
- **Sheet pan meal with veggies, potato and protein**
 - PROS: Mostly hands-off and EASY to clean up.
 - PROS: Avoid boredom by using different combinations of veggies, meats and seasonings.
 - Let your teen Google 'sheet pan meals' for ideas. Start simple with veggies and seasonings you're both familiar with.
- **Choose soups and chilis with protein, veggies and whole grains**
 - PROS: Soups and chilis freeze well! Make a double batch and freeze the rest.
 - PROS: Soups and Chilis can be budget friendly and healthy! Beans and whole grains such as brown rice or lentils are inexpensive and delicious additions to soups and chilis.



FOOD ALLERGIES AND FOOD INTOLERANCES

Food allergies occur when the immune system reacts to a specific food.

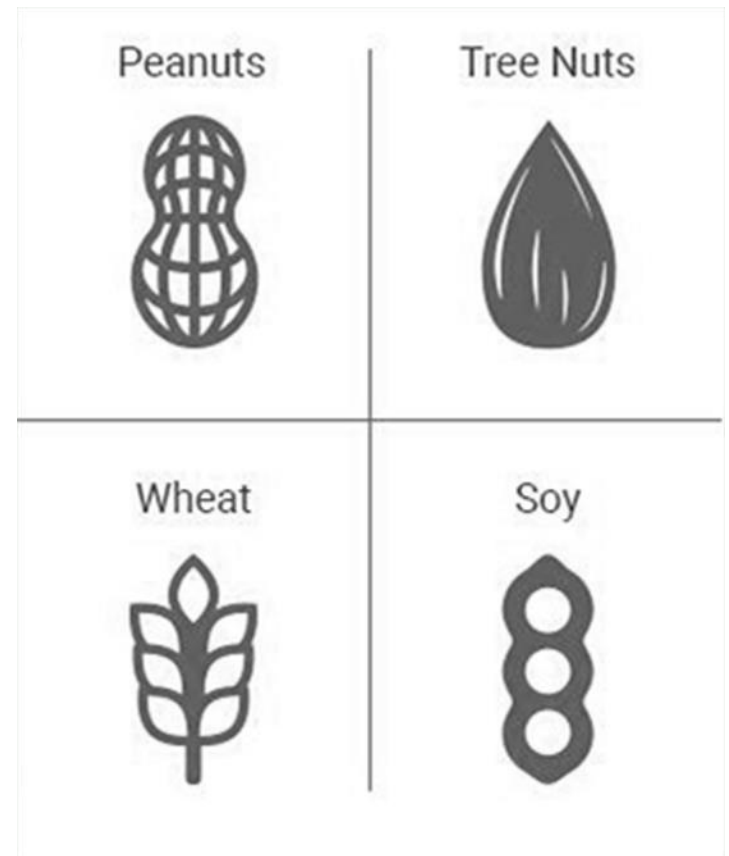
Food intolerances occur when it is difficult to digest foods.



FOOD ALLERGIES

Foods that are most common to trigger an allergy reaction are:

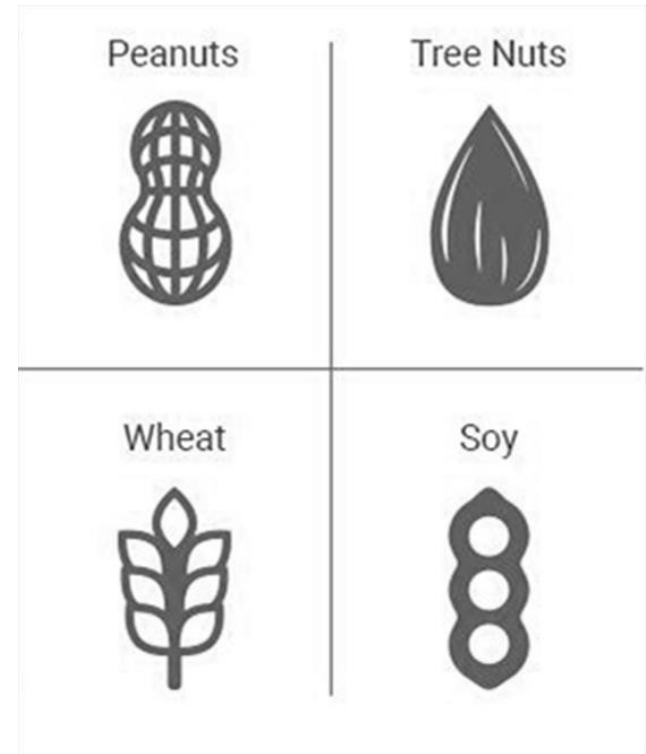
- Cow's milk products
- Eggs
- Wheat
- Nuts and peanuts
- Soy
- Shellfish
- Fish



FOOD ALLERGIES

Symptoms:

- Eczema
- Hives, itchy skin
- Vomiting
- Swelling of lips, tongue, mouth
- Tight, itchy throat
- Difficulty breathing/wheezing
- Cramps, Diarrhea



FOOD ALLERGIES & INTOLERANCE

What to do if you suspect an intolerance or allergy:

- If your grandchild has a minor reaction to a food, like vomiting, diarrhea, or stomach discomfort, quit offering the food and make an appointment with the doctor.
- If your grandchild has a serious reaction like difficulty breathing, tightness of throat or swelling of the mouth, call 911.

PHYSICAL ACTIVITY

During the teenage years, physical activity remains very important.

- 60 minutes of moderate to vigorous physical activity every day.
- Recommend engagement in an aerobic activity to strengthen bones and muscles.



Aerobic Activities	Strengthen Muscle and Bone Activities
Walking to school or a pet	Jumping
Playing on the playground	Weight bearing activity
PE in school	Squats
Favorite sports: soccer, football	Step ups (walking up the stairs)
Swimming	Lunges
Dancing	Pushups on an incline (kitchen countertop)
Bicycle riding	
Skateboarding	

PHYSICAL ACTIVITY

Easy ways to incorporate physical activity:

- Go for a walk with your grandchild
- Dance with your grandchild
- Add physical games to family gatherings
- Do housework with your grandchild



If you aren't as active as your grandchild, find fun or helpful ways they can be active around the house:

- Carrying loads (groceries, laundry)
- Mowing the yard
- Jump rope or jumping jacks challenge
- Dance
- Utilizing the stairs
- Morning stretch

What activities can you think of?



Grandparents Raising their Grandchildren

No matter how much you love your grandkids, raising them comes with many challenges as well as rewards. These guidelines and resources available by request can help you succeed at parenting the second time around.

If you would like more information on a certain subject or want to participate in our Oklahoma Grandparenting Toolkit Program, please feel free to contact us at: 405.426.8085 or MCH@health.ok.gov

