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Summary: Newsletter Outcomes and Key Messages

Newsletter Topics	Actionable Outcomes	Key Messages for Parents
<p>1. A Closer Look at MyPyramid</p>	<ul style="list-style-type: none"> • Use MyPyramid as a daily guide for eating and physical activity. • Plan a day's meals and snacks with the recommended amounts of foods from each food group. 	<ul style="list-style-type: none"> • You can use MyPyramid to plan a day's worth of meals, snacks, and physical activity for your family.
<p>2. How Much Is Enough?</p>	<ul style="list-style-type: none"> • Plan a day's meals and snacks with the recommended amounts of foods from each food group. 	<ul style="list-style-type: none"> • You need enough from each food group to get a variety of nutrient-packed foods. Eating a variety of food helps your child grow and stay healthy. • The recommended amounts in MyPyramid for Kids can help you plan the right amount of food for your child.
<p>3. <i>Healthful Eating...Food Labels Help!</i></p>	<ul style="list-style-type: none"> • Offer sensible amounts of food for their child and family during the day. • Use food labels to make healthful food choices for their family. • Find out the nutrients and calories in one Serving Size of a food listed on the Nutrition Facts label. • Compare foods to see if they are high or low in different nutrients. • Know what to expect about the healthful meals and snacks served to their child in the child care setting. • Work with child care staff to help their child eat in a healthful way and enjoy all kinds of food. 	<ul style="list-style-type: none"> • You can use food labels to find the foods that help keep your family healthy. • Nutrition Facts can help you choose foods to: <ol style="list-style-type: none"> 1. Limit solid fat, and 2. Get enough fiber, vitamin A, vitamin C, calcium, and iron.
<p>4. <i>Child Care, What Will My Child Eat?</i></p>	<ul style="list-style-type: none"> • Know what to expect about the healthful meals and snacks served to their child in the child care setting. • Work with child care staff to help their child eat in a healthful way and enjoy all kinds of food. 	<ul style="list-style-type: none"> • The Child and Adult Care Food Program (CACFP) in your child care center helps make child feeding easy and nutritious. • You can help your child eat and enjoy all kinds of foods served in the child care setting.



Newsletter Topics	Actionable Outcomes	Key Messages for Parents
<p>5. <i>Why Breakfast?</i></p>	<ul style="list-style-type: none"> • Know why breakfast is important for children and families. • Make healthful breakfasts for their child and family without much effort. 	<ul style="list-style-type: none"> • Eating breakfast helps your child feel good, learn, have energy, and stay healthy. It is good for you, too! • You can make a healthful breakfast without much time or effort.
<p>6. <i>For Growing Bones... Which Milk?</i></p>	<ul style="list-style-type: none"> • Know how milk helps their child grow and stay healthy. • Choose among the different types of milk for nutrients and calories. • Know how to slowly switch to lowfat or fat-free milk. 	<ul style="list-style-type: none"> • Nutrients in any type of milk help your child grow and stay healthy. They are important for you, too. • After age 2, your child can drink lowfat and fat-free milk. Switch to lowfat or fat-free milk for your whole family. • If you drink milk, your child will, too.
<p>7. <i>Enjoying the Family Meal</i></p> <p>8. <i>Healthful Choices For Vegetarian Families</i></p>	<ul style="list-style-type: none"> • Know the value of family meals for parenting and teaching their child to be a good eater. • Try easy ways to enjoy family meals in their daily routine. • Use MyPyramid and food labels to plan and choose family foods for vegetarian meals and snacks. • Fit calcium- and iron-rich foods into vegetarian meals and snacks. 	<ul style="list-style-type: none"> • It does not take much effort to fit in family meals. Make them a pleasant part of your family's day. • Helping with family meals helps your child feel important. • Vegetarian meals and snacks can provide all the nutrients and calories your child and family need. Just plan carefully. MyPyramid can help. • Make sure your family eats enough foods with calcium and iron if your family eats vegetarian meals and snacks.



Newsletter Topics	Actionable Outcomes	Key Messages for Parents
<p>9. <i>Family Food Shopping: Spend Less, Get More</i></p>	<ul style="list-style-type: none">• Spend less on food and get more for their dollar.• Shop wisely to save time, energy, and money.• Know where to go for food assistance, if they need it.	<ul style="list-style-type: none">• Healthful eating can cost less than you may think. Just shop wisely.• Smart shopping can save you time, energy, and money.• Food programs in your community offer food assistance, if you need help.
<p>10. <i>Family Meals – Fast, Healthful!</i></p>	<ul style="list-style-type: none">• Use timesaving ways to plan, shop, and prepare healthful family meals.• Involve their child with simple kitchen tasks.	<ul style="list-style-type: none">• Timesaving tips can help you prepare an easy and healthful family meal, with less stress.• Your child can help you get ready for family meals.
<p>11. <i>Let's Eat Out! Healthful Fast Foods</i></p> <p>12. <i>Let's Eat Out! Making Meals Pleasant</i></p>	<ul style="list-style-type: none">• Buy fast food meals and snacks for their child and themselves with less fat, added sugars, and calories; more vegetables, fruits, and calcium-rich foods.• Order sensible amounts of fast food to avoid overeating.• Make restaurant meals pleasant for their child and family.	<ul style="list-style-type: none">• You have many choices when your family eats out. Order sensible portions. Choose fast foods with less fat, added sugars, and calories. Try to order more vegetables and fruits and more calcium-rich foods.• Supersizing fast foods may lead to overeating. Order so you eat sensible portions—not too much.• Eating in a restaurant gives you a chance to teach your child how to act away from home.• Use some simple strategies to help you and your child enjoy eating out.



Newsletter Topics	Actionable Outcomes	Key Messages for Parents
<p>13. Handling a “Choosy” Eater</p>	<ul style="list-style-type: none"> • Recognize that choosy eating is normal for young children. • Know effective ways to handle a choosy eater. 	<ul style="list-style-type: none"> • Young children often get choosy about eating. It is a normal, child-size step to growing up. Be patient. • You can handle choosy eating in a positive way. That helps your child grow up with good food habits.
<p>14. Together... Let's Try New Foods!</p>	<ul style="list-style-type: none"> • Know that children have more choices for healthful eating as they grow up when they enjoy more kinds of foods. • Make trying foods, including fruits and vegetables, fun for their child and family. 	<ul style="list-style-type: none"> • Trying new foods helps your child become a good eater. • You can make food-trying fun.
<p>15. Teaching Good Food Habits</p>	<ul style="list-style-type: none"> • Nurture good food habits and avoid struggles over food. • Create a nurturing and safe place to eat. • Be a good role model for healthful eating. 	<ul style="list-style-type: none"> • Good food habits can help your child live a healthy, satisfying life. • You can help your child learn good food habits. Make eating a pleasant and safe experience. • You are the best role model for healthful eating. Your child watches you!
<p>16. Trying, Sharing, Enjoying Different Foods</p>	<ul style="list-style-type: none"> • Respect similarities and differences in what different families eat and enjoy. • Share their family foods with other children and families. 	<ul style="list-style-type: none"> • You can make or talk about your family's foods in your child's day care setting. • Most children are proud to let their friends and teachers know about foods they like. They also learn to eat new foods when they try foods from other families. • Your family foods may be different from or similar to foods other families enjoy. All kinds of foods fit in MyPyramid.



Newsletter Topics	Actionable Outcomes	Key Messages for Parents
17. <i>Is My Child's Appetite Normal?</i>	<ul style="list-style-type: none">• Know that preschool age children have smaller appetites.• Let their child decide how much to eat and listen to hunger cues.• Know how to avoid overfeeding.	<ul style="list-style-type: none">• It is normal for young children to have a smaller appetite during the preschool years.• Your child will eat the right amount if you let him or her decide how much to eat.• Eating too much during the preschool years can become a lifelong problem. You can help your child eat the right amount.
18. <i>Watching My Child Grow!</i>	<ul style="list-style-type: none">• Accept their child's growth pattern as individual.• Keep track of their child's growth pattern.• Talk to a health care professional if concerned about their child's growth.	<ul style="list-style-type: none">• You can keep track of your child's growth together.• Your child is probably growing like someone else in the family did — maybe like you.• Measuring should be part of your child's checkups. Talk to your child's health care professional about any concerns.
19. <i>Juice or Fruit Drinks?</i>	<ul style="list-style-type: none">• Know that 100% fruit juice is a healthful beverage choice for their child and family.• Compare the nutrients and calories in 100% juice and fruit-flavored drinks.• Offer up to 1/2 to 3/4 cup 100% juice depending on age, gender, and activity level.	<ul style="list-style-type: none">• Juice is an easy way for your child and family to enjoy and get nutrients from fruit.• You can use Nutrition Facts on food labels to compare 100% juice with fruit drinks and flavored soda.• Drinking a lot of 100% juice may give your child more calories than he or she needs.



Newsletter Topics	Actionable Outcomes	Key Messages for Parents
<p>20. <i>Easy Weekend Lunch Ideas</i></p>	<ul style="list-style-type: none"> • Make a healthful, fun lunch for most children. • Share ideas for quick, easy, and healthful lunches for their child and family. 	<ul style="list-style-type: none"> • You can use MyPyramid as your guide for planning easy, healthful, and tasty lunches for your child. • A healthful lunch for your child can be quick to fix. Your child can help, too.
<p>21. <i>Why Snacks?!</i></p>	<ul style="list-style-type: none"> • Know the benefits of food group snacks. • Help their child snack smart. 	<ul style="list-style-type: none"> • Snacks provide nutrients and energy your child needs to grow and stay healthy. • You can fit snacking into a healthful way of eating. • Your child learns snack habits by watching you.
<p>22. <i>Fats and Oils in Foods: How Much for Kids?</i></p>	<ul style="list-style-type: none"> • Know why their child and family need some fats and oils, but not too much, from foods. • Plan and prepare family foods with less solid fat. 	<ul style="list-style-type: none"> • Your child needs to eat some fats and oils to be healthy. • Learning a habit of lowfat eating is healthful. • There are many ways to plan and prepare family foods with less solid fat. • Solid fats are solid at room temperature and include stick margarine, butter, and fat in meat.
<p>23. <i>Iron in Foods: Does My Child Get Enough?</i></p>	<ul style="list-style-type: none"> • Know why their child and family need to consume enough foods with iron. • Keep adult iron pills away from their child. • Fit foods with iron into family meals and snacks. 	<ul style="list-style-type: none"> • You and your child need enough iron-rich foods to stay healthy. You can fit them into a healthy way of eating. • Adult iron pills can be harmful to your child. Keep them out of reach!



Newsletter Topics	Actionable Outcomes	Key Messages for Parents
24. <i>Keeping Your Child's Healthy Smile!</i>	<ul style="list-style-type: none">• Know why healthy teeth are important for their child's development.• Help their child learn good tooth-brushing habits.• Encourage their family to follow good dental care habits.	<ul style="list-style-type: none">• Healthy teeth help your child grow up healthy.• You can make good tooth-brushing a learning activity to do together.• Good dental care starts early. Make it a family habit.
25. <i>Feeding Another Baby Sister or Brother</i>	<ul style="list-style-type: none">• Know that feeding the next child may differ from feeding their preschooler.• Give attention to both the baby and preschooler at mealtime.• Keep feeding time relaxed with a baby too.	<ul style="list-style-type: none">• Each of your children is different, so feeding them may be different, too. It is okay to change your approach.• Each child needs your attention at meal and snack time.• With a baby there is more going on at mealtime. You can still keep mealtime calm and pleasant.
26. <i>Food Allergies or Just Food Fussiness?</i>	<ul style="list-style-type: none">• Recognize common symptoms of food allergies.• Get proper health care for diagnosing and handling a food allergy.• Help their child handle a food allergy and eat in a healthful way.	<ul style="list-style-type: none">• It is your responsibility to watch for symptoms of food allergies.• If you suspect a food allergy, have your child checked by your health care provider.• Handling your child's food allergy takes careful planning and food preparation. You can do it.



Newsletter Topics	Actionable Outcomes	Key Messages for Parents
<p>27. <i>Milk for Kids With Lactose Intolerance</i></p>	<ul style="list-style-type: none">• Understand what lactose intolerance is.• Help a child with lactose intolerance enjoy and get the benefits of milk.	<ul style="list-style-type: none">• If your child is lactose intolerant, you may be able to fit milk products in. That is true for you, too.• You can relax if your child is lactose intolerant. He or she is not allergic to milk.• Talking to a health care professional can help you deal with lactose intolerance.
<p>28. <i>Does My Child Have a Weight Problem?</i></p>	<ul style="list-style-type: none">• Help their child have a healthy weight.• Seek help from a health care professional if they suspect a weight problem.• Skip the urge to withhold food from their growing child.	<ul style="list-style-type: none">• A healthy attitude about eating helps your child have a healthy weight throughout life.• You can help your child learn to enjoy food and eat in a healthful way.• Weight loss is not healthy for a growing child. It is not wise to withhold food either.• If you suspect a weight problem, get help from your child's health care professional.
<p>29. <i>Supplements...Do Kids Need Them?</i></p>	<ul style="list-style-type: none">• Know that food can provide all the nutrients most children need.• Talk to a health care professional before offering a supplement to their child.• Use Supplement Facts labels to pick and use supplements safely.• Be careful with any recommended supplements for their child.	<ul style="list-style-type: none">• Meals and snacks can provide all the vitamins and minerals most children need.• Talk to your child's health care professional before offering a supplement. If a supplement is advised, be very careful about the amount.• The Supplement Facts label can help you pick and use a supplement safely.



Newsletter Topics	Actionable Outcomes	Key Messages for Parents
<p>30. <i>The ABC's of Hand Washing</i></p>	<ul style="list-style-type: none"> • Be a role model for good hand washing habits. • Help their child learn good hand washing habits. 	<ul style="list-style-type: none"> • Proper hand washing can keep your family from getting sick. • It is fun and easy to teach your child good hand washing habits. • You are the best role model for good hand washing.
<p>31. <i>Let's Cook Together</i></p>	<ul style="list-style-type: none"> • Make kitchen time a chance for parenting. • Know how kitchen tasks can help their child develop and learn. • Share kitchen safety rules with children and families. • Pick kitchen tasks that match their child's abilities. 	<ul style="list-style-type: none"> • Cooking teaches your child many things. It is also a special way to spend time together. • Pick kitchen tasks that match your child's abilities. Messes are okay – they are part of learning. • It is your responsibility to help your child stay safe in the kitchen.
<p>32. <i>Fight BAC! Keep Family Food Safe</i></p>	<ul style="list-style-type: none"> • Follow the four keys for food safety: clean, cook, separate, and chill. • Handle family food in ways that keep it safe. 	<ul style="list-style-type: none"> • You can keep food safe for your child and family. Handle food carefully. • Keep food clean. Cook it to a safe temperature. Separate cooked and uncooked food. Store meat, poultry, fish, and eggs in a cold place. • Teach your child habits for food safety.
<p>33. <i>Grow a Family Garden!</i></p>	<ul style="list-style-type: none"> • Make the family garden a chance for parenting. • Get what they need to help their child grow a family garden. 	<ul style="list-style-type: none"> • Growing a family garden teaches your child to care for living things. Most children are proud of things they grow. • A family garden is a chance for you to be active, relax, and spend time with your child and family.



Newsletter Topics	Actionable Outcomes	Key Messages for Parents
34. <i>Pack a Family Picnic!</i>	<ul style="list-style-type: none">• Plan a family picnic with food from a variety of food groups.• Keep family picnic foods safe.• Include active fun in family picnics.	<ul style="list-style-type: none">• You can turn a family picnic into active family fun.• Pack a family picnic with a variety of foods from each of the food groups.• A few simple tips can help you keep picnic food safe.
35. <i>Enjoy Moving as a Family</i>	<ul style="list-style-type: none">• Know the benefits of active living.• Raise a child who enjoys moving.• Get their own family moving more, including themselves.	<ul style="list-style-type: none">• Moving more is healthy! It gives you energy, helps you keep your weight healthy, and helps lower the chances of some health problems later.• Try to fit at least 60 minutes of physical activity into your child's day. Do this on most, preferably all, days of the week. Try to fit at least 30 minutes of moderate-intensity physical activity into most, preferably all, of your days of the week, too.• You can encourage your whole family to move more and sit less. Everyday activities can help.• If you move more, your child will, too.
36. <i>Child's Play!</i>	<ul style="list-style-type: none">• Realize the many ways that active play helps their child learn and stay healthy.• Surround their child with active fun.	<ul style="list-style-type: none">• Active play is the "work" of childhood.• Make your home and surroundings safe and ready for active play.• Try to fit at least 60 minutes of physical activity into most, preferably all, of your child's days.



Newsletter Topics	Actionable Outcomes	Key Messages for Parents
<p>37. <i>Let's Move...Cold Weather Fun!</i></p>	<ul style="list-style-type: none"> • Enjoy the family fun of moving more in cold weather. • Help their child play safely outdoors in cold weather. • Active play is fun for children and families. Play inside or out in cold weather. 	<ul style="list-style-type: none"> • You need to help your child play safely outdoors in cold weather. • Try to fit at least 60 minutes of physical activity into most, preferably all, of your child's days. Try to fit at least 30 minutes of moderate-intensity physical activity into most, preferably all, of your days of the week, too.
<p>38. <i>Let's Move... Warm Weather Fun!</i></p>	<ul style="list-style-type: none"> • Enjoy the family fun of moving more in warm weather. • Help their child play safely outdoors in warm weather. 	<ul style="list-style-type: none"> • Active play is fun for children and families. Play outside in warm weather. • You need to help your child play safely outdoors in warm weather. • Try to fit at least 60 minutes of physical activity into most, preferably all, of your child's days. Try to fit at least 30 minutes of moderate-intensity physical activity into most, preferably all, of your days of the week, too.
<p>39. <i>Getting Nutrition Information for Your Family</i></p>	<ul style="list-style-type: none"> • Get smart, sensible nutrition information for feeding children and families. • Use warning signs to identify nutrition information that may be wrong or harmful. 	<ul style="list-style-type: none"> • To feed your family, get nutrition advice from a nutrition expert you can trust. • Use simple warning signs to judge what you read and hear about healthful eating. • You have many reliable sources of nutrition information. Many are in your own community.



Newsletter Topics

40. *MyPyramid Amounts of Food—for You*

Actionable Outcomes

- Visualize amounts of foods recommended on MyPyramid poster. Use MyPyramid as a daily guide for choosing foods for meals and snacks for the family.
- State amounts of food recommended from each food group based on calorie levels.

Key Messages for Parents

- Use common objects to remember what counts as a recommended food group amount.
- MyPyramid is your daily guide for making food choices. It can help you choose foods for a day's worth of meals and snacks for your family.
- Know the recommended amounts from MyPyramid to plan the right amount of food for your child.
- What you and your child eat over several days, not just one day, is what counts.