



KidFood

Nutrition Matters

Healthy Eating for Today's Kids

February 2006

How my Child Grows!

Every child grows at their own rate.
Here are some averages.

Growth of an average boy

- Birth - 8 pounds
- 12 months - 23 pounds
- 2 years - 28 pounds
- 3 years - 31 pounds

Growth of an average girl

- Birth - 8 pounds
- 12 months - 21 pounds
- 2 years - 27 pounds
- 3 years - 31 pounds

Your health care provider will measure your child's height and weight often, every 6 to 12 months. These regular checkups with your health care provider are important. **You need a series of measurements to know that your child is growing in a normal pattern.**

Keep your appointments!

Your child's measurements will be plotted on a standard growth chart. Your child's growth can be compared to the average growth of other children.

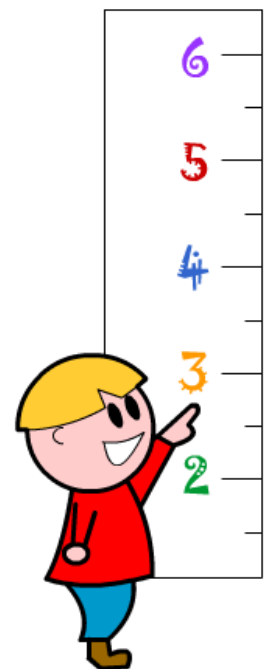
- Children gain an average of $4\frac{1}{2}$ to $6\frac{1}{2}$ pounds each year between the ages of 2 and 5.
- Children grow an average of $2\frac{1}{2}$ to $3\frac{1}{2}$ inches each

year between the ages of 2 and 5.

However, it's more important that your child's growth is monitored and compared to his own growth pattern. Your child should grow in a consistent pattern. Even if your child's weight or length falls at the top or bottom of the chart, chances are he is still healthy and normal.

For example, if your child's height is at the 25%, it may be normal for your child's height to continue at the 25% with future measurements. However, if his height changes to the 5%, this may be a problem or it may be normal.

A change in your child's growth pattern should be evaluated. If you have any concerns about your child's growth, discuss them with your health care provider.



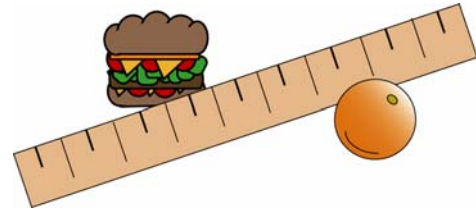


Does my child's growth affect how he eats?

Your child's growth will slow down after the age of 2 years.

His appetite may decrease.

He may eat less.



Your child will also have growth spurts.

His appetite may increase during a growth spurt. He may want to eat more.

Every child's appetite can be different.

A tall child may need more calories.

He may eat larger amounts of food.

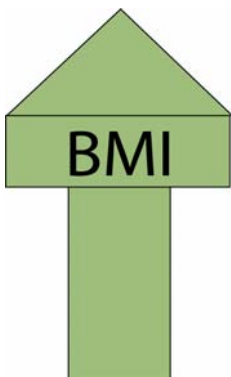
A shorter child may need fewer calories and eat smaller amounts of food.

It can be difficult to know how much food your child will eat.

It is best to offer healthy meals and snacks at scheduled times, and allow your child to decide how much he will eat.

What's a BMI?

If you want more information on BMI ask your child's doctor.



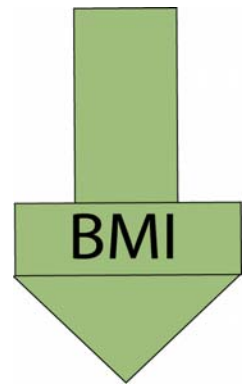
BMI stands for "body mass index".

Your child's BMI is calculated from his weight and height measurements. His BMI is then used to determine if his weight is okay compared to his height.

Here are some examples of children's BMIs:

- 3 year old boy
 - height 38 inches, weight 33 pounds
 - **BMI 16.0** - within a normal growth pattern
- 3 year old boy
 - height 38 inches, weight 36 $\frac{1}{2}$ pounds
 - **BMI 17.8** - at risk of becoming overweight
- 3 year old boy
 - height 38 inches, weight 29 pounds
 - **BMI 14.0** - underweight

$BMI = \text{weight in pounds} \div \text{height in inches} \div \text{height in inches} \times 703$



Children come in all sizes. Some children are tall. Some children are short.

Bananas – good food to go!

Bananas are the original "Fast Food"!

They come in their own package – just peel and eat! Bananas are an easy snack for children.

Bananas are a healthier snack than jelly fruit snacks for your child. Bananas are a good source of vitamin C, potassium and fiber.

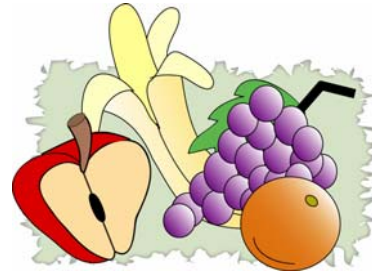
Jelly fruit snacks have very little nutrition.

Some fruit snacks are made with fruit juice. However, a packet of fruit snacks may have only 1 to 2 tablespoons of real fruit juice.

Jelly fruit snacks are mostly sugar.

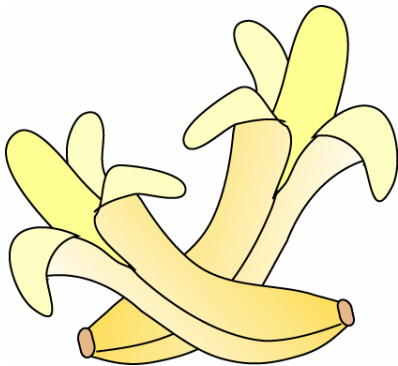
Fruit may seem expensive, but bananas are always a good buy. There is an average of 2 bananas in 1 pound. **If bananas cost 49¢ for a pound, then one banana will only cost 25¢.**

Bananas are a good buy!



Snack on real fruit!

Bananas
Oranges
Kiwi
Apples
Berries



Banana Split

- Peel and cut a banana in half lengthwise and place in a dish.
- Top with low-fat flavored yogurt, crushed breakfast cereal or granola, and strawberry slices, fresh blueberries or raspberries.

Banana Pudding

- 1 package (3 ounces) banana pudding mix
- 2 cups skim milk
- 2 bananas
- 8 low fat vanilla wafers

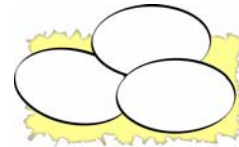
1. Combine milk and pudding mix in a saucepan.
2. Cook over medium heat until milk comes to a full boil.
3. Remove from heat. Peel and slice bananas into 4 dishes. Spoon the pudding over bananas. Place in refrigerator.
4. When ready to serve, dip 2 vanilla wafers into each pudding.



Banana Bread Pudding

- 4 cups bread cubes
- 3 eggs
- 2 cups skim milk
- $\frac{1}{4}$ cup sugar
- 2 teaspoons vanilla
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon cinnamon
- 1 cup sliced bananas

To simplify information, trade names of products have been used. No endorsement of named or illustrated products is intended, nor is criticism implied of similar products



1. Lightly spray a 2 quart casserole dish with vegetable oil spray.
2. Place the bread cubes in the casserole dish.
3. Beat eggs, milk, sugar, vanilla, cinnamon and salt together in a bowl. Stir in bananas. Pour egg mixture over the bread cubes and stir to coat.
4. Bake, uncovered, in a 350° oven for 40 minutes.

Nutrition Coalition

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The content of KidFood is not
intended to provide medical advice;
This should be obtained from a
qualified health professional.

Banana Smoothie

- 4 bananas, peeled and sliced
- 1 $\frac{1}{2}$ cups skim milk
- 1 cup low fat vanilla yogurt
- 1 cup orange juice
- ground cinnamon or nutmeg

1. Blend bananas, milk, yogurt and orange juice together until smooth.
2. Pour into glasses. Sprinkle with nutmeg or cinnamon. Serve!

