Nutrition with Sarah

The Children's Hospital of Philadelphia
Talking Points

• Picky Eating
  – What is normal?
  – Habits that help

• Glycemic Index
  – What is the glycemic index?
  – What is the glycemic load?
  – How to use this information practically
Fruits
Grains
Vegetables
Protein
Dairy
ChooseMyPlate.gov
Mealtime Habits

• Habits to make family meals enjoyable
  – Eat together
  – Turn off the TV, silence your phone
  – Happy talk
  – Have a helper

• Setting a schedule
  – 3 meals per day, 1-2 snacks
  – Set time limits
  – Avoid “make-up” treats
  – Listen to your child
Picky Eating

• Getting them to the table:
  – Produce Picker
  – Littlest Sou Chef
  – Menu Maker
  – Short-order cook
  – Snack sabotage
Picky Eating

• Trying new foods
  – Make it first
  – Keep it small
  – Keep it simple
  – Model behavior
  – Give it time
# Kitchen Helper

<table>
<thead>
<tr>
<th>Age</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 year</td>
<td>Wipe table, hand out items, put things in the trash, tear/rip lettuce and greens, rinse fruits and veggies</td>
</tr>
<tr>
<td>3 year</td>
<td>Add ingredients, talk about cooking, mash potatoes, stir batter, name/count foods, add toppings</td>
</tr>
<tr>
<td>4 year</td>
<td>Set the table, crack eggs, measure dry ingredients, assemble salad/sandwiches, peel fruit</td>
</tr>
<tr>
<td>5 year</td>
<td>Measure liquids, use an egg beater</td>
</tr>
</tbody>
</table>
Common Table Phrases

• If you love me, you’ll eat your broccoli
• Clean Plate Club Membership
• Told you so!
• Rewarding
Glycemic Index (GI)

• What is it?
  – How quickly a food causes blood sugar levels to rise
  – High GI: usually is high in processed carbohydrates and added sugars
  – Low GI: usually rich in fiber, protein and fat

The amount of carbohydrate in the reference and test food must be the same.
Glycemic Index (GI)

• What are the limitations?
• How can it be used?
• What about glycemic load?
  – High: > 20
  – Moderate: 11-19
  – Low: ≤ 10
<table>
<thead>
<tr>
<th>FOOD</th>
<th>Glycemic index (glucose = 100)</th>
<th>Serving size (grams)</th>
<th>Glycemic load per serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Graham crackers</td>
<td>74</td>
<td>25</td>
<td>14</td>
</tr>
<tr>
<td>Apple, average</td>
<td>39</td>
<td>120</td>
<td>6</td>
</tr>
<tr>
<td>Banana, ripe</td>
<td>62</td>
<td>120</td>
<td>16</td>
</tr>
<tr>
<td>Grapes, average</td>
<td>59</td>
<td>120</td>
<td>11</td>
</tr>
<tr>
<td>Raisins</td>
<td>64</td>
<td>60</td>
<td>28</td>
</tr>
<tr>
<td>Potato chips</td>
<td>51</td>
<td>50</td>
<td>12</td>
</tr>
<tr>
<td>Spaghetti, boiled</td>
<td>46</td>
<td>180</td>
<td>22</td>
</tr>
<tr>
<td>Waffles, Aunt Jemima</td>
<td>76</td>
<td>35</td>
<td>10</td>
</tr>
<tr>
<td>Whole wheat bread</td>
<td>71</td>
<td>30</td>
<td>9</td>
</tr>
<tr>
<td>Baked russet potato</td>
<td>111</td>
<td>150</td>
<td>33</td>
</tr>
<tr>
<td>Gatorade</td>
<td>78</td>
<td>250 mL</td>
<td>12</td>
</tr>
</tbody>
</table>