
The NIU Literacy Clinic wants you to enjoy reading and be healthy at the same time.

We are offering this informational flyer for you and your family to read and discuss things you already know about foods and to learn new information.

We will update this banner when we receive new sources that we think you might enjoy in your adventure through reading and food.

www.nutrition.about.com

www.tompkins-co.org

Have you seen this sculpture?



Summer Reading donated to the NIU Literacy Clinic by:

James and Moke Chee Wolter

Contact us at any time with questions about this source.

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The Bite

A weekly information sheet from the NIU Literacy Clinic

Life-Long Health Means Good Nutrition

By: About.com Nutrition

Children who eat healthy foods will be more likely to make better food and nutrition choices as adults. Unfortunately, studies show that the opposite is also true - - overweight children tend to become overweight adults. Teach your children about healthy foods. Here are some tips to help:

- Read over the different food pyramids (see website 1 listed below) and ask your kids to pick out some favorite foods from each food group.
- Have them help you plan a meal that includes a healthy serving of protein, a vegetable or two, and a healthy fruit for dessert.
- For young kids, make a chart to keep track of all the fruits and vegetables they eat (we need at least five servings of fruits and veggies every day).
- Snack time can be more fun if you try different recipes and snack ideas (see website 2) listed below together with your kids.

Teaching your children how to have a healthy diet will have a bigger impact if you set the example. Eat right, get some exercise, and make a healthy lifestyle a family affair.

(1) <http://nutrition.about.com/od/foodpyramid/>

(2) <http://nutrition.about.com/od/snacksforchildren>

Reading and nutrition can be an adventure in learning. See if you can read and find the words listed below in the text to the right.

- Fiber
- Calcium
- Vitamins
- Sodium
- Sugar
- Saturated Fat
- Cholesterol

Bonus Word list:

- Carbohydrates
- Hydrogenated Oils

How many words did you find?



Did you get the bonus words?
Add an extra point for each bonus word you found.

What was your score? _____

SCORE RESULTS:

- 10 – Excellent hunting
- 8 – 9 - Good reading
- 6 – 7 - Ok; go slower next time
- 5 or less – Try again 😊

Choosing Healthy Snacks: A 2-step guide

1. All **FRESH FRUITS AND VEGETABLES** make a healthy snack!
2. Read the **NUTRITION FACTS label** and **INGREDIENTS label**

NUTRITION FACTS Label:

Read the Percent Daily Value (%DV) given for nutrients;

When the %DV is **5% OR LESS**, the food is considered **LOW** in that nutrient.

When the %DV is **20% OR MORE**, the food is considered **HIGH** in that nutrient.

Choose foods HIGH in these nutrients:

Dietary Fiber · Calcium · Vitamins A and D

Limit foods HIGH in these nutrients:

Sodium · Sugar

Avoid foods HIGH in these nutrients: Saturated Fat · Cholesterol

INGREDIENTS:

Judge foods by their ingredients, not their product name, slogan or nutritional claim.

Look for whole grains and other **COMPLEX CARBOHYDRATES**

Whole wheat flour · brown rice · old fashioned rolled oats

Limit processed foods with **ADDED SUGARS**

High-fructose corn syrup

Avoid foods that contain any **HYDROGENATED OILS**

Practice Reading Food labels

Activity - Collect labels from foods that you have at home; cereal boxes, canned foods, frozen foods, cracker and snack containers.

Use the guide above and determine what exactly you are eating. Is your snack nutritious? If yes---good for you! If no---how can you change what you select to make your choice more nutritious?

Share your food labels with the Literacy Clinic. Bring your labels next week to share and read with your tutor.

Check List:

Cereal Box · Frozen Foods · Canned Foods · Snack Containers

Snack Containers · What others can you find?