PMP PARENTING at Mealtime & Playtime

Ohio Chapter
INCORPORATED IN OHIO
American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®

Creative Ways to Improve Nutrition

Protein

Protein is the building blocks of your body. It helps maintain the structure of your skin and muscle – as your child grows, their muscle, bone, and skin will grow. Protein helps keep us feeling full and gives us energy to fuel our day.

Dietitian Tip! Aim to have about 1 gram of protein per kilogram of body weight every day. 1kg = 2.2lbs

Carbohydrates (Carbs)

Carbs are the main source of energy for the brain and body. Carbohydrates are needed to maintain focus and grow the brain. Use your child's fist to portion how much carbohydrates to include at each meal.

Dietitian Tip! Look for carbs with 100% whole grain as a first ingredient in the food label, like whole grain bread, brown rice, or whole grain pasta.

Fats

Fats are a concentrated source of energy. Fats help absorb vitamins, add flavor to food, and keep us full. Try to limit your fats to unsaturated and saturated fat.

- **Unsaturated (Healthy):** avocado, seeds and nuts, salmon, olive oil
- **Saturated (Unhealthy):** chicken with skin, fatty cuts of red meat (ribeye, t-bone), bacon, ice cream, cakes

Dietitian Tip! Add a boost of healthy fats by sprinkling nuts on your cereal or toast.

Our bodies are made of 80% water!

Try adding cut fruit or lemon juice to your water to help make it interesting! If your child drinks juice, try adding a splash of juice to a cup of water or making juice ice cubes and adding to a cup of water.

Ohio AAP PMP Mobile App

Search Parenting at Meal and Playtime on Apple Store or Google Play

App Highlights...

- Physician-endorsed materials for parents to access on-demand
- Resources for parents organized by age
- Text reminders sent monthly and/or for age milestones
- Easy sign-up
- Videos on feeding, play, nutrition and more

Available on the App Store | GET IT ON Google Play

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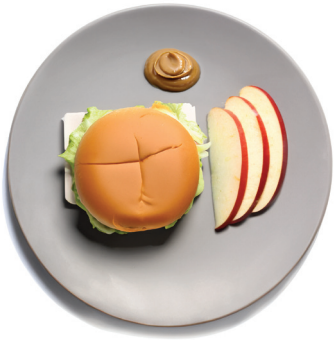
★ Boost Up Your Favorites! ★

Home-made, baked chicken nuggets, broccoli, whole grain pasta with grated cheese

Peanut butter and banana slices on whole grain bread, bell peppers and avocado dip

Tacos, black bean and corn salsa and a banana peanut butter smoothie with chocolate chips sprinkled on the top



Hamburger with apple slices and nut/seed butter to dip

Pizza, celery and baby carrots with hummus

Beans and rice, cherry tomato and mozzarella cheese skewers

Macaroni and cheese, broccoli, pear slices

Quesadilla, watermelon, and edamame

Three tips to remember:

1. Choose more whole grains.
2. Eat a rainbow of colors (for fruits and vegetables).
3. Add a (plant-based or lean) protein to each meal and snack to keep you full.

Bone Building Tip!

Vitamin D, calcium, and phosphorous are important for growing your bones.

- **Vitamin D:** milk, organ meats (liver), egg yolks, tuna, mushrooms
- **Calcium:** milk, yogurt, dark leafy greens, broccoli, white beans
- **Phosphorous:** sesame seeds, sunflower seeds, whole grains, chicken, fish, seafood, eggs

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