



# FOOD TIPS FOR HEALTHY + ACTIVE KIDS



*A pocket-sized guide to help parents  
choose healthy foods for active kids.*

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## Meet the CLIF Kid Food Coach



### *Tara DelloIacono-Thies, RD*

Tara is CLIF Kid's on-staff registered dietitian, a foodie at heart and a mom who understands that "if it doesn't taste good, kids won't eat it!"

In this guide, Tara has compiled quick tips on kids and nutrition, based on years of working with concerned parents. We hope this guide is helpful as you make important food choices for your kids in the supermarket, the kitchen or on-the-go.

## Energy Equation:

*Carbohydrates + Protein + fiber*

### *In a nutshell*

**Carbohydrates, protein and fiber are great playmates. When found together in foods, they keep kids going, growing and exploring.**

**Carbohydrates** are essential for physical activity and proper organ function.

**Protein** makes muscles grow and helps the immune system. Protein also helps the body digest carbohydrates more slowly, which stabilizes energy levels.

**fiber** is a type of carbohydrate that keeps the arteries and digestive tract clean. Along with protein, fiber also slows down the digestion of carbohydrates.



### Tip

Look for the following examples of healthy carbohydrates, protein and fiber on packaging labels:

**Carbohydrates** - fruits, vegetables, whole grains

**Protein** - milk, beans, fish

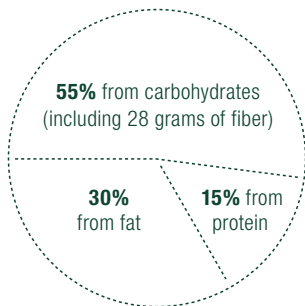
**fiber** - oats, brown rice, fruits

### What to watch out for

Foods with added sugar, little-to-no protein and fiber digest more rapidly, which can lead to bursts of energy that fade fast.

### How much?

Recommended levels of consumption from important food groups for kids up to age 13.



# The Skinny on Fat

## *In a nutshell*

Not all fats are alike. According to the Harvard School of Public Health, certain fats can lower the risk of heart disease and other ailments. It all comes down to knowing which fats to eat more of and which to watch out for.

## *Tip*

Monounsaturated or polyunsaturated fats provide fat-soluble vitamins and essential fatty acids needed for growth and development. They also help keep the heart healthy. These fats can be found in foods such as almonds, olives, avocados, sesame seeds and hazelnuts.

## *What to watch out for*

Avoid *trans* fat, which increase the risk of certain diseases. They are found in partially hydrogenated oils, which are used in many deep fried snacks and fast foods.

## *How much?*

**Kids ages 3 and older should get roughly 30% of their daily calories from healthy fats.**



# Learning the Lingo on Nutritional Labels

Here's a line-by-line guide to understanding some important details on nutritional labels when making food choices for your kids.

## Nutrition Facts

### **Serving Size / Calories / Nutrition Facts:**

Be aware that the serving size, calories per serving and nutrition facts on the labels of packaged foods for kids are based on recommended daily allowances for adults.

### **Calories from Fat:**

Generally, you want 30% of calories in kids' foods to come from fat each day. Here's a simple equation to determine fat percentages:

Calories from Fat ÷ Total Calories = % Calories from Fat.

### **Total Carbohydrates:**

This refers to any ingredient that breaks down in the body to become a sugar called glucose, the body's most desired energy source. Carbohydrates can come from grains, cereals, pasta or rice, and also from sweeteners such as cane juice, syrups and sugar alone.

### **Sodium:**

Kids typically need only 1,200 milligrams of sodium per day, but on average they consume more than twice that – 2,800 milligrams each day – according to the Institute of Medicine.

# Counting + Burning Calories

Nearly 70% of kids participate in supervised after school activities, according to the U.S. Bureau of Labor Statistics. Understanding the caloric needs for the levels and types of activities kids are involved in today can be difficult. But one thing is certain: it's not just about how many calories are consumed, but also how many are burned.

## Daily Calories Needed by Activity Level

	<b>SEDENTARY</b>	<b>MODERATELY ACTIVE</b>	<b>ACTIVE</b>
	(less than 30 minutes a day of moderate physical activity in addition to daily activities)	(at least 30 minutes up to 60 minutes a day of moderate physical activity in addition to daily activities)	(60 or more minutes a day of moderate physical activity in addition to daily activities)
<b>Gender/Age</b>			
<b>BOYS</b>			
6-8 years	1,400 calories	1,600 calories	1,900 calories
9-12 years	1,700 calories	2,000 calories	2,200 calories
<b>GIRLS</b>			
6-8 years	1,300 calories	1,500 calories	1,700 calories
9-12 years	1,500 calories	1,800 calories	2,000 calories



## Calories Burned in Range of Activities

(Based on 60 minutes of activity)

ACTIVITY	60-POUND KID	80-POUND KID	100-POUND KID
Leisure Bicycling	83 calories	110 calories	137 calories
Ballet, Jazz, Tap Dancing	105 calories	139 calories	173 calories
Playing Violin, Piano, Trumpet	40 calories	55 calories	68 calories
Playground Games (Hopscotch, 4-Square, Tetherball, etc.)	110 calories	146 calories	182 calories
Swim Team Practice	248 calories	329 calories	410 calories
Basketball Game	193 calories	256 calories	319 calories
Soccer Game	248 calories	329 calories	410 calories



# Kids Dig Delicious Natural Ingredients

## *In a nutshell*

A recent UCLA study of 60 Los Angeles elementary schools found that when kids were offered salad bars for lunch, their fruit and vegetable consumption increased by one full serving per day.

## *Tip*

When a farmer's market is nowhere in sight, reach for snacks that contain real fruit, either in chopped or puréed forms for added natural fiber. And look for short expiration dates on food packaging, which typically means that preservatives are minimized or eliminated.

## *What to watch out for*

When the real stuff tastes so good, why bother with artificial sweeteners, flavors, colors and preservatives. One sugar to avoid is high-fructose corn syrup – a sweetener and preservative made from genetically-modified corn that is used in many conventional snacks and fast foods.

## *How much?*

**The USDA recommends that kids ages 2-19 eat 3-5 servings of vegetables and 2-4 servings of fruit each day.**



## Why Go Organic?

Organic foods are better for the body and for the planet.

Organically-grown ingredients are free of residues from toxic pesticides and synthetic fertilizers. Keeping toxins out of ecosystems protects our air, water, soil and wildlife. Organic farming also preserves the nutritional value of food.

In 2007, the Clif Bar & Company purchased 23 million pounds of organic ingredients. All CLIF Kid foods are certified organic by the USDA.



**CLIF Kid offers a great tasting line of healthy, organic and portable snack solutions offering balanced nutrition. The line includes Organic ZBaR and Organic Twisted Fruit. More information is available at [www.clifbar.com](http://www.clifbar.com).**

To help kids keep going, growing and exploring!



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