

March Parent Newsletter

National Nutrition Month

For National Nutrition Month, we included how to read nutrition labels, general nutrition guidelines for pregnant and breastfeeding parents, and guidance in fostering a loving relationship between parents and their children around food.

Reading Nutrition Labels

Healthy nutrition isn't just about eating the right foods, but knowing what is in those foods! Reading nutrition labels is tricky, but here are a few pointers.

Serving Size is the amount people typically eat at one time. The calories, fat, and other nutrients listed on the label are for this serving size.

If the serving size is 2/3 cup, and you eat 1 1/3 cups, you are getting twice the calories, fat, and other nutrients listed on the label.

Number of Servings is the number of total servings in the container.

8 × 2/3 cup is 5 1/3 total cups. If you eat the entire container, you get 8 times the calories, fat, and other nutrients listed on the label.

Choose carbohydrates with fiber. High-fiber foods digest slower, which helps decrease a spike in blood sugar and not get stored as body fat.

Aim for high protein, vitamin D and C, calcium, iron, and potassium.

Nutrition Facts	
Serving Size 2/3 cup (55g)	
Servings Per Container About 8	
Amount Per Serving	
Calories 230	Calories from Fat 40
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

% Daily Value tells you how much each nutrient in a serving size contributes to a daily diet.

8 grams of fat is 12% of the total fat you need in one day.

Low is 5 percent or less. High is 20 percent or more.

Aim low in saturated fat, trans fat, cholesterol, calories, and sodium.

Nutrition for Pregnant & Breastfeeding

Choose Foods High in Iron

% Daily Value			
Protein	18%	• Vitamin A	10%
Vitamin C	30%	• Calcium	22%
Iron	15%	• Vitamin D	13%
Vitamin E	18%	• Vitamin B1	10%
Vitamin B2	15%	• Vitamin B3	10%
Vitamin B5	8%	• Vitamin B12	8%
Phosphorus	12%	• Copper	6%
Zinc	10%		

Not a significant source of trans fat.

This includes formula. Iron provides essential nutrients to help your baby grow and thrive. Foods high in iron include meat, beans, enriched cereals, whole-grain products, peas, dark leafy green vegetables, and dried fruit.

Check the “Use By” Date



Don't buy outdated formula or cans with bulges, dents, or rust spots. Formula in these containers may be unsafe.

Note: “Use-By” “Sell-By” and “Best-By” are not the same. It's good to know what each means.

This information is from the [Florida State University Center for Prevention & Early Intervention Policy](#) Research-Based Home Visiting Curriculum Parent Handouts (Before Baby Arrives - Handout 129; Baby's 1st Year - Handout 16).

Feeding with Love and Good Sense

We know what to feed our children, but how do we get them to eat? Experts encourage parents to work alongside their children to create a positive relationship with eating and feeding. It takes practice and patience, but when both the parent and child feel trusted and capable of doing their part, everyone feels more confident and happy at mealtime.

Infants

- The parent is responsible for *what* the child eats.
- The child is responsible for *how much* he/she eats.

Transition to Family Food

- The parent is still responsible for *what* and is *becoming* responsible for *when* and *where* the child is fed.
- The child is *still* and *always* responsible for *how much* and *whether* to eat the foods offered.

Toddlers

- Sometimes your child will eat hardly anything. Other times he/she will eat more than you can ever imagine.
- If we eat it, and enjoy it, they assume, “Someday I will eat that too!”

This information is from www.ellynsatterinstitute.org (Ellyn Satter's Division of Responsibility).



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