



# Improve Your Child's Health Through Good Nutrition!

**1. FACT:** Nutrition is directly linked to school performance. Studies have shown that kids who eat a well-balanced breakfast AND lunch do better in school. Kids who eat breakfast have more energy throughout the day, have improved concentration, get better grades, and maintain a healthy weight.

**2. FACT:** Eating regular meals helps to maintain and sustain physical and mental energy and assists with good behavior throughout the day to help kids do well in school.

**3. FACT:** Choosing healthier beverage choices, such as low-fat milk or water instead of sugary drinks, are associated with better child/adolescent health. Medical studies continue to show that sweetened drinks (with real or artificial sweeteners) can lead to overweight/obesity and other medical conditions.

**4. FACT:** Remember food is fuel for your child's performance! If your child plays sports or is physically active, plan their day with healthy meals and snacks to fuel their mental and physical performance.

### WHERE TO START: Dietary Guidelines for Americans and MyPlate

(<http://www.choosemyplate.gov>)

### The Dietary Guidelines for Americans describe a healthy diet as one that:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products;
- Includes lean meats, poultry, fish, beans, eggs, and nuts; and
- Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.

### MyPlate helps individuals use the Dietary Guidelines to:

- Make smart choices from every food group.
- Find balance between food and physical activity.
- Get the most nutrition out of calories.
- Stay within daily calorie needs.

\*\*The Dietary Guidelines and MyPlate recommendations are appropriate for the general public over 2 years of age.

### MyPlate helps individuals use the Dietary Guidelines to:

Pledging to be a MyPlate Champion family is a promise to eat healthy and be active every day. Learning how to make healthy choices at home and at school is an important part of taking care of **YOU!** The first step is to know which choices are best for you. Use ideas from the list below to get started.

- **Eat more fruits and veggies.** Make half your plate fruits and vegetables everyday!
- **Try whole grains.** Ask for oatmeal, whole-wheat breads, or brown rice at meals.
- **Re-think your drink.** Drink fat-free or low-fat milk or water instead of sugary drinks.
- **Focus on lean protein.** Choose protein foods like beans, fish, lean meats, and nuts.
- **Slow down on sweets.** Eat sweets, like cakes or cookies, once in a while and in small amounts.
- **Be active your way.** Find ways to exercise and be active for at least 1 hour a day like walking to school, riding your bike, or playing a sport with friends.



LEARN MORE ABOUT THE PERFORMANCE TRIAD:  
**SLEEP, ACTIVITY, AND NUTRITION.**  
AT [HTTP://ARMYMEDICINE.MIL](http://ARMYMEDICINE.MIL)





# Perform your best in school and activities WITHOUT Caffeine!

## Did you know:

- Caffeine is found in these types of drinks - regular and diet sodas, coffee and coffee beverages, tea, and energy drinks?
- Too much caffeine may impair your child’s growth and development? Medical studies have shown that caffeine effects the development of a child’s oxygen carrying capacity and mental alertness.
- Like adults, children who regularly consume caffeine can become dependent on and addicted to caffeine?
- Consuming a lot of may be toxic to children and can lead to caffeine abuse?
- Many caffeine-containing beverages may not clearly label the amount of caffeine that they contain and a good example of this is energy drinks? These are very popular among teenagers and young adults.
- Caffeine can raise a child’s heart rate and blood pressure? It can also cause headaches, upset stomachs, jitteriness and nervousness.
- Children can also have difficulty sleeping and concentrating from taking in too much caffeine?

Overdoing it on caffeine is easy especially since the common size for many beverages containing caffeine are at least 16 ounces. The list below provides common sources of caffeine and the caffeine content per serving. For more information go to: <http://www.cspinet.org/new/cafchart.htm>

SOURCE	CAFFEINE (mg) PER SERVING
Energy Drinks - 20 ounce can	260
Coffee – 12 ounce cup	164
Coffee Drinks (lattes, mochas) – 12 ounce cup	116
Caffeinated Teas – 8-ounce cup	36
Caffeinated Sodas- 20-ounce bottle	75
Full-size Hersey’s Chocolate Bar (1.5 oz)	10
Chocolate Milk – 8 ounce glass	6

## Caffeinee Tips and Recommendations for Children

- The best beverages to offer children are water and low-fat/non-fat milk.
- Caffeine offers no health benefit to children and can be harmful! We strongly encourage you to eliminate all caffeine-containing beverages from your child’s diet, especially energy drinks.
- Caffeinated beverages are calorie packed, contain sugar and offer no real nutritious value.
- What’s life without a treat?
  - » You can offer children caffeine free sodas as an occasional treat.
  - » Chocolate is a great treat to enjoy occasionally just not within a few hours before bedtime. Chocolate and foods containing chocolate have minimal amounts of caffeine, but remember, they are full of empty calories, sugars and fats!



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