



5 smaller meals equally spaced throughout the day is healthier because it supplies a constant supply of nutrients and energy than the traditional 3-meal per day plan. Simply identify the metabolism that applies (below) and eat accordingly.



FAST metabolism

Follow a higher carbohydrate, higher fat diet

Active, high-energy kids need **more** calories. Increasing **good fats** and **low glycemic carbs** with **lean proteins**, fruits and vegetables will provide the needed fuel to grow healthy strong bodies. Recommended diet plan:

30% protein | 55% carb | 15% fat

The choice of **LOW-FAT** or **REGULAR** Dairy Products is determined by total daily caloric needs.

SLOW metabolism

Follow a lower carbohydrate/lower fat diet

Less-active, low-energy kids need **less** calories. Following a well-balanced nutritional diet that includes **lean proteins**, **low glycemic carbs**, fruits and vegetables, as well as **good fats** will grow healthy strong bodies. Recommended diet plan:

50% protein | 40% carb | 10% fat

meal 1 breakfast

Lean Protein, Low Glycemic Carbohydrates & Good Fats

Great oats: cooked whole grain oatmeal sweetened with fresh or dried fruit, honey, walnuts and sliced banana, **or** whole grain cereal with milk, **or**

Quick eggs: fried or scrambled eggs with butter, fresh salsa and grated cheese, **or**

Waffle-licious: multi-grain waffle or pancakes topped with whipped cream, fresh fruit and chopped nuts.

Drink: water, milk, 100% pure orange juice, or natural fruit juice.



meal 2

Lean Protein & Low Glycemic Carbohydrates

1/2 sandwich: tuna, chicken or turkey on whole grain bread with lettuce, tomato and avocado, **or** cheese on whole grain bread.

Good Fats

Small handful of: whole unsalted raw or roasted almonds, trail mix, unsalted sunflower seeds, or unsalted pumpkin seeds.

Drink: water or 100% pure fruit juice.



meal 3 lunch

Lean Protein, Low Glycemic Carbohydrates & Good Fats

Pasta-licious: whole wheat or brown rice pasta served with pasta sauce, grated cheese and topped with turkey or lean beef meatballs, **or**

Nutty sandwich: unsalted and unsweetened almond or peanut butter and natural jam or jelly on whole grain bread, **or**

Egg-wich: egg salad sandwich on whole grain bread with cheese.

Low Glycemic Fruit Carbohydrates

1 serving fruit: apple, peach, plum, grapes, strawberries, berries, pear, apricots, cherries, orange, watermelon wedges, 1/2 banana.



meal 4

Lean protein & Low Glycemic Carbohydrates

1 serving: yogurt with fresh fruit and almonds, **and** whole grain crackers with unsalted and unsweetened almond or peanut butter or cheese wedges.

Low Glycemic Fruit Carbohydrates

1/2 serving fruit: apple, peach, plum, grapes, strawberries, berries, pear, apricots, cherries, oranges, watermelon wedges, 1/2 banana, or natural fruit snack.

Drink: water or 100% pure fruit juice.



meal 5 dinner

Lean Protein

1 serving: lean chicken, turkey, fish, beef or pork baked or pan fried with non-stick cooking spray.

Fibrous Carbohydrates

1 serving: mixed green salad, green beans, broccoli, spinach, brussels sprouts, asparagus.

Low Glycemic Carbohydrates

1 serving: baked potato, yams, sweet potatoes, rice, quinoa, or pasta (wheat or brown rice).

Drink: water or milk.



Fact: eating breakfast is important

Low glycemic carbs (oatmeal, whole grains & fruit) as well as **good fats** (tree nuts, egg yolks, avocados) **provide sustained energy for both mental focus, physical energy and health.**



Fact: sugar promotes cavities

Sugar may be yummy in the tummy, but bad for teeth. Sugar feeds bacteria in the mouth which can lead to cavities. **Always rinse your mouth with water after eating sugary foods or drinks.**



Occasional cheat treat

1 serving: natural sorbet, frozen yogurt, frozen homemade fruit popsicles, Jello or homemade dessert.

Drink: water, milk, 100% pure fruit juice.



Tip: avoid "bad" carbohydrates

Bad carbs are high glycemic and includes: sugar, corn syrup & fructose sweeteners, processed (refined) flour, and processed snack foods. **Bad carbs combined with saturated fats are bad for your health.**



Tip: drink water after dark

If thirsty before bed drink water and **not fruit juice or sodas.** Water will keep your mouth cleaner, preventing bacteria which leads to tooth decay.

Brush your teeth before bed!