



Building MyBody

Third-grade nutrition education newsletter

Lesson **3**



Your child learned about fat and protein today. Most of us get enough protein, but too much of the wrong kind of fat. Saturated fat, the type that is hard at room temperature, is the fat we must limit to protect our health. A large percentage of the fat in whole milk and whole milk products, such as cheese, is saturated fat. Healthier fats can be found in foods such as olives, avocados, fish, oil-based dressings, nuts and seeds. Try some of these foods with your family.

Fat: Choose it wisely

Food	Healthier choice
Salad with ranch dressing	Salad with oil-based dressing
Vanilla yogurt	Low-fat/fat-free vanilla yogurt
Mayonnaise on a sandwich	Avocado on a sandwich
Whole or 2 percent chocolate milk	Low-fat/fat-free/skim chocolate milk
Cheese	Fat-free/reduced-fat/light cheese
Cream cheese and whole-wheat bagel	Reduced-fat cream cheese and whole-wheat bagel
Potato chips	Mixed nuts
Fried chicken with skin	Baked chicken without skin

Saturated fat is the type that is hard at room temperature. Examples include butter, cheese and the fat on meat. Whole milk isn't hard at room temperature but still has about 5 grams of saturated fat in eight ounces. Lean or lower fat versions of these foods provide you with important nutrients and help protect from the hazards of saturated fat.

Fighting the fat in fast food

If fast food is your only option, there are many ways to consume less saturated fat in the foods you eat.

- Choose a smaller size, such as a regular-size hamburger instead of a larger one.
- Choose a smaller size of fries.
- Choose an oil-based dressing for a salad.
- Choose a salad instead of fries.



Make family time, active time

Your children learned in class that the heart is a muscle. It needs exercise to keep it strong. Physical activity makes our hearts work harder and get stronger. Your children take their lead from you, and watch what you do. Plan activities as a family.

What can you do to be more active with your children?

Circle those you plan to do. Add an idea of your own in the space provided.

- Walk to school with my children, when possible. See if your school or community has a Walk to School Day program at <http://www.walkbiketoschool.org>.
- Find activities we can do together, like biking or walking around the neighborhood, to the park, or to the store.

- _____



Walk to school with children when possible.

For more information about healthy eating go to <http://www.myplate.gov>.

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition Line at 1-888-515-0016.

Need help stretching your food dollars? Contact your local resource center or go online to mydss.mo.gov/food-assistance