

NUTRITION & INTAKE GUIDES

FOR PRE-SCHOOLERS AND INFANTS

Exclusively developed for the SYNDICATE OF NURSERY OWNERS & LEBANESE MINISTRY OF HEALTH

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PREFACE

The Child's healthy life style, and positive eating habits and attitude towards being a healthy society members are all the fruits he/she harvest and reap from the primary investment setting which is the "pre-school". For this reason the person carrying on a preschool service has a number of responsibilities when it comes to the meals prepared and served to the children in the premise. Therefore the person in charge is to make sure that suitable, sufficient, nutritious, healthy and varied food is provided for every child attending the pre-school.

It is important for every person carrying on a Pre-school service to understand that the first Six years of life of every human being has a great and lasting influence on the Quality of the future health of the well being. In other words, the young children's Health, Nutrition, Education and Development opportunities will certainly define and control their health and well-being for the entire lifetime. Therefore, the care of a young child is not a single parental responsibility rather it is also a social responsibility and the key element accountable for such a social intervention and direct provision is the "Pre-school Service".

CHILDCARE PROVIDER ROLE

As a childcare provider, you play a significant role in children's lives. By working with children each day, you help them explore, learn, develop and grow. By serving those children nutritious meals and snacks, you will be helping those children get the nourishment and energy they need in order to stay healthy, learn to make healthy choices, to promote positive habits and attitude about food and eating, and take full advantage of the learning opportunities provided in pre-schools.

Those guidelines were developed by Food Safety and Hygiene consultant in collaboration with the Lebanese Ministry of Health. The preschool guidelines are intended as a standard resource for pre-school managers and pre-school inspection team.

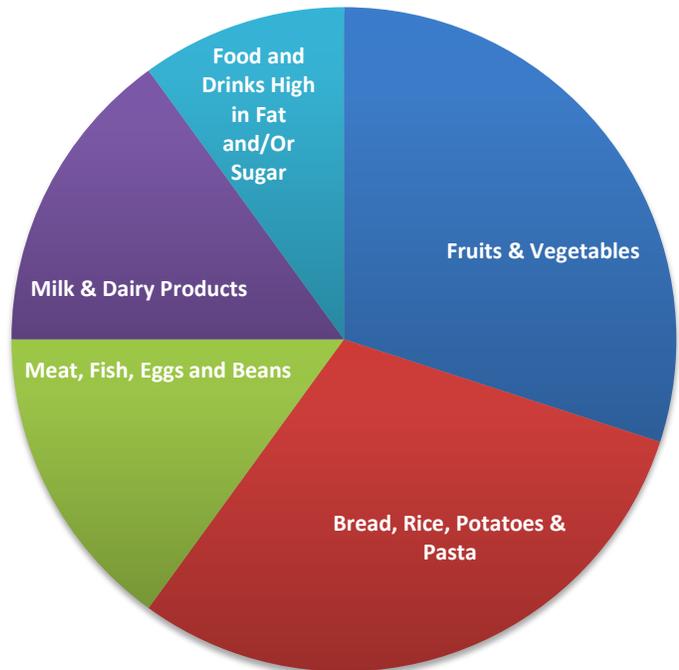
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SECTION ONE: CHILDREN FROM 1 TO 5 YEARS OLD

Offer a Wide Food Variety

A wide selection of foods should be provided for children offering a variety of nutritional benefits in the form of energy, protein, fat, vitamins or minerals.



The Pre-schoolers Food Portions

A special Food Portions Guide was developed by the United States Department of Agriculture (USDA) to help you teach your preschoolers what to eat to help them grow and stay healthy.



The guide divides food into five major food groups: grains, vegetables, fruits, milk, and meat. The foods shown in the table are those that many children know and enjoy. Each of these food groups provides some,

but not all, of the nutrients and energy children need. No one food group is more important than another. For good health and proper growth, children need to eat a variety of different foods every day. The shortest part of the table shows fats and sweets. These are foods such as salad dressings, cream, butter, margarine, sugars, soft drinks, and candies. Go easy on these foods because they have a lot of calories from fat and sugars, but few vitamins and minerals.

A wide variety of choices from every column of the remaining columns are required for every child on daily basis in order to ensure he/she is receiving an excellent selection of nutrients for growth and good health. A briefing of the main items of the above table has been pointed out below where the serving size (**Serving size:** The recommended portion of food to be eaten) is relevant to the child's age:

GRAIN PRODUCTS
<p>Includes Bread, Cereals, Rice, Pasta and Potatoes Provides a source of Energy <i>Serving (1-3 years)= 4 servings per day</i> <i>Serving (3-5 Years) = 4-6 servings per day</i> <i>Example of 1 serving= 80g of boiled rice or pasta (3 dessert spoons)</i></p>
FRUITS & VEGETABLES
<p>Includes Fruits, Fruit Juice and Vegetables (Excluding Potatoes) Provides a source of Vitamins and Minerals (Growth Enhancer) <i>Serving (1-3 years)= 2-4 servings per day</i> <i>Serving (3-5 Years) = 4 servings per day</i> <i>Example of 1 serving= 3 dessert spoons of fresh fruit salad</i></p>
MILK PRODUCTS
<p>Includes Milk, Cheese, and Yogurt (excluding Ice Cream and Butter) Provides source of Calcium for strong bones and Good teeth as well as good source of proteins and Energy <i>Serving (1-5 years)= 3 servings per day</i> <i>Example of 1 serving= 2 cheese slices</i></p>
MEAT PRODUCTS
<p>Includes Meat, Fish, Chicken, Eggs, Peas, Beans and alternatives Provides a source of Proteins (Growth Enhancers) and Iron (Healthy blood flow) <i>Serving (1-3 years)= 2 small servings per day</i> <i>Serving (3-5 Years) =2 servings per day</i> <i>Example of 1 serving= 9 dessert spoons of baked beans, peas or lentils</i></p>
OILS AND FATS
<p>Includes chocolate, biscuits, cakes, sodas, savory snacks as well as Butter, Oils, Fats & Ice cream Children fast growth requires some fat as a source of energy for their growth and development <i>Serving Size should be a very small amount and in moderation (Maximum twice per week)</i></p>

These serving sizes are only general guides; Children's appetites may vary. If the child eats all the serving, offer some more food. For young children, start with smaller and fewer servings and increase up to guidelines, according to the child's own growth and appetite.

Water; satisfy the child's thirst with water! Let them drink water regularly it is a calorie-free to quench their thirst. Children should drink more water in hot weather or when they are doing physical activities.

PLEASE CHECK THE APPENDIX FOR ADDITIONAL DETAILS ON SERVING QUANTITIES

SECTION TWO: MENU PLANNING

The Five Basic Principles Of Menu Planning:

- Principle One: Strive for Balance*
- Principle Two: Emphasize Variety*
- Principle Three: Add Contrast*
- Principle Four: Think about Color*
- Principle Five: Consider Eye Appeal*

Principle One: Strive For Balance

As you plan meals that are nourishing, appealing, and taste good, you will want to strive for balance in a number of ways.

- **Balance flavors in appealing ways.** Make sure individual foods; when served together, make a winning combination. Too many mild flavors may make a meal too bland, and too many strongly flavored foods may make a meal unacceptable to children.
- **Balance higher-fat foods with lower-fat ones.** Avoid having too many higher fat foods in the same week. Look for ways to use low fat side dishes to balance a main dish with a higher fat content.

Principle Two: Emphasize Variety

Serving a variety of foods is important because no one food or group of foods can give us everything we need for a healthy diet. Variety also makes menus interesting and appealing.

- **Include a wide variety of foods from day to day.** Avoid planning the same form of food on consecutive days, such as meatballs with spaghetti on Monday and pasta with white sauce on Tuesday.
- **Vary the types of main courses you serve.** For example, serve pasta one day; rice with chicken and vegetables the next.
- **Include different forms of foods and prepare them in a variety of ways.** For instance, some vegetables are good eaten raw whereas others can be cooked with a different recipe or seasoning. In any case, be sure the “different way” of serving is as appealing as the “usual way.”
- **Include a surprise item or a small amount of a new or unfamiliar food periodically.** For example, try adding red cabbage to a salad.

Principle Three: Add Contrast

Strive for contrasts of texture, flavor, and methods of preparation.

- **Think about the texture of foods as well as their taste and appearance.** For added appeal, serve a green salad or raw vegetable with spaghetti. Serve a crisp vegetable with a rice and chicken dish, and crisp steamed carrots and broccoli with meatloaf.
- **Avoid having too much of the same type of food in the same meal.** A lunch with too many starches or too many sweets lacks contrast as well as balance. Always plan to serve a vegetable or fresh fruit as side dishes.

- **Use a pleasing combination of different sizes and shapes of foods.** Within a meal, present foods in several different shapes, such as cubes, mounds, shredded bits, and strips. For example a meal can have cubed meat, diced potatoes, and mixed vegetables.

Principle Four: Think About Color

Use combinations of colors that go together well, and strive for contrast and maximum color presentation. A good rule of thumb is to use at least two colorful foods in each menu for visual appeal.

- **Avoid using too many foods of the same color in the same meal.** A meal with white bread with Labneh, white rice with chicken, peeled pear and milk lacks color contrast. A better combination would be whole wheat bread with labneh, rice with green peas and red sauce cucumber, orange slices, and milk.
- **Remember that vegetables and fruits are great for adding natural color to side dishes as well as entrees.** For Example serve yogurt with added fruits such as strawberries.
- **Use colorful foods in combination with those that have little or no color.** Serve broccoli spears or green fresh peas with mashed potatoes, for example. Serve a bright red apple and green lettuce with a hamburger. Serve apple or apricots slices with oven-grilled chicken, and mashed potatoes.

Principle Five: Consider Eye Appeal

Your children's first impressions will be how a meal looks. Make sure what you serve looks good as well as tastes good.

- **Think of the total presentation.** As you plan for color, consider the color of the dishes, plates, or trays to be used as well as the colors of the foods.
- **Plan the way you will place the menu items on the plate.** Visualize how the food will look when served and decide on the most attractive arrangement.

SECTION THREE: SAMPLE MENU

BREAKFAST

It is important to focus on supplying proteins on the breakfast in order to boost the metabolism and gain energy.

To Serve

- Milk (with no added sugar) + cornflakes or oats
- Labneh Sandwich + Vegetables (i.e. cucumber or tomatoes)
- Halloomi Cheese Sandwich + Fresh Vegetable
- Turkey Sandwich with fresh vegetables

To Limit:

- Praline Chocolate Sandwiches (Affect teeth and enhances gaining weight for children)
- Pancakes with sugary syrups
- Thyme 'Manakeesh' are allowed once every two weeks

To Avoid:

- Cheese 'Manakeesh'
- Mortedalla sandwiches (High in Fat)
- Croissant and Doughnuts

LUNCH

To Serve:

- Rice + Boiled or Grilled Chicken breasts with seasoning
- Rice + Boiled or Grilled Chicken breasts with side fresh vegetable salad or steamed vegetables
- Rice + Peas or beans with meat chops + red sauce
- Grilled Escalope or Chicken Breast with mashed potatoes
- Lentils or Groats with side fresh vegetables Salad
- Spaghetti + Meat balls and red sauce
- Pasta + chicken and white sauce

To Avoid:

- Fried chicken Escalope or nuggets
- Hotdogs
- Pizza
- French Fries should only be served one or twice per month

SNACKS

Healthy Snacks should be a crucial part of a healthy eating since it adds variety, energy and nutrients to the child's eating pattern. Healthy snacks are considered important to children since they have small appetites and small tummies therefore they need small meals and small snack. The snacks should be offered as 1Tbsp per age year (example: for 2 years old we offer 2 tbsp.)

Juicy Snacks	Thirsty Snacks	Smooth Snacks	Crunchy Snacks	Chewy Snacks
Orange	Milk*	Banana	Raw vegetable slices	Bread – Rolls, baguettes
Pineapple chunks	Soup (Lentils, Vegetables)	Yogurt – add fruits	Apple	Cheese slices or cubes
Pear	Water*	Milk pudding	Toast with jam	
Cherry Tomatoes	Fruit Drinks ** (Orange Juice or Lemonade as per season)	Milk shake with fruits (Strawberries)	Breakfast cereal (Without sugar, honey or chocolate coating)	
Seedless Grapes	'Jallab'		Crackers (Without salt on top)	

*Always serve them to children

** Limit them

Snacks to Avoid:

- Sugary snacks and sugary artificial juices and drinks (Tang) are not good for children's teeth, spoil their appetite, and can take place of healthier and more nutritious food.
- Tea and Coffee since it interferes in Iron absorption and contain caffeine

- Sugar Free drinks and Squashes since they contain artificial sweeteners

APPENDIX

A serving* of any food differs from one item to another. We have developed the following serving guide and quantified each item as per our nutrition requirement. The below quantities have been developed in respect to standards provided by the Canadian Food Guide which falls within the same parameters as that nutrition requirements in Lebanon.

*Reference of all Food Guide Servings: Canadian Food Guide

Vegetables and Fruit

Dark Green and Orange Vegetables

	Asparagus 125 mL, ½ cup, 6 spears		Mesclun mix 250 mL, 1 cup – raw
	Beans, green 125 mL, ½ cup		Mustard greens 250 mL, 1 cup – raw
	Bok choy/Chinese cabbage (Choi sum) 125 mL, ½ cup – cooked		Okra 125 mL, ½ cup
	Broccoli 125 mL, ½ cup		Peas 125 mL, ½ cup
	Brussels sprouts 125 mL, ½ cup, 4 sprouts		Pepper, sweet, green 125 mL, ½ cup, ½ medium
	Carrots 125 mL, ½ cup, 1 large		Pumpkin 125 mL, ½ cup
	Chard 125 mL, ½ cup		Seaweed 125 mL, ½ cup
	Dandelion greens 250 mL, 1 cup – raw		Snow peas 125 mL, ½ cup
	Edamame (soy beans) 125 mL, ½ cup		Spinach 250 mL, 1 cup – raw
	Endive 250 mL, 1 cup		Squash 125 mL, ½ cup
	Fiddleheads 125 mL, ½ cup		Sweet potato 125 mL, ½ cup
	Kale/collards 250 mL, 1 cup – raw		Yam 125 mL, ½ cup
	Leeks 125 mL, ½ cup, ½ leek		Zucchini 125 mL, ½ cup
	Lettuce, romaine 250 mL, 1 cup – raw		

More Vegetables and Fruits

 Apple 1 medium	 Eggplant 125 mL, ½ cup	 Pear 1 medium
 Apricot, fresh * 3 fruits	 Fig, fresh 2 medium	 Peppers, bell 125 mL, ½ cup, ½ medium
 Avocado ½ fruit	 Fruit juice 125 mL, ½ cup	 Pineapple 125 mL, ½ cup, 1 slice
 Bamboo shoots 125 mL, ½ cup	 Grapefruit ½ fruit	 Plantain 125 mL, ½ cup
 Banana 1 medium	 Grapes 20 fruits	 Plum 1 fruit
 Beans, yellow 125 mL, ½ cup	 Guava 125 mL, ½ cup, 1 fruit	 Potato 125 mL, ½ cup, ½ medium
 Beets 125 mL, ½ cup	 Honeydew 125 mL, ½ cup	 Radishes 125 mL, ½ cup
 Berries 125 mL, ½ cup	 Kiwi 1 large fruit	 Rhubarb 125 mL, ½ cup
 Bitter melon 125 mL, ½ cup, ½ pod	 Kohlrabi 125 mL, ½ cup	 Tomato 125 mL, ½ cup
 Cabbage 125 mL, ½ cup	 Lettuce (example: iceberg or butterhead) 250 mL, 1 cup – raw	 Tomato sauce 125 mL, ½ cup
 Cantaloupe * 125 mL, ½ cup	 Lychee 10 fruits	 Turnip 125 mL, ½ cup
 Cauliflower 125 mL, ½ cup, 4 flowerets	 Mango * 125 mL, ½ cup, ½ fruit	 Vegetable juice 125 mL, ½ cup
 Celery 1 medium stalk	 Mixed vegetables 125 mL, ½ cup	 Watermelon 125 mL, ½ cup
 Chayote 125 mL, ½ cup	 Mushrooms 125 mL, ½ cup	
 Cherries 20	 Nectarine * 1 fruit	
 Corn 1 ear, 125 mL, ½ cup	 Orange 1 medium	
 Cucumber 125 mL, ½ cup	 Papaya * ½ fruit	
 Dried fruit 60 mL, ¼ cup	 Peach * 1 medium	

Grain Products

Whole Grain



Bagel, whole grain
½ bagel, 45 g



Barley
125 mL, ½ cup – cooked



Bread, pumpernickel or rye
1 slice, 35 g



Bread, whole grain
1 slice, 35 g



Bulgur
125 mL, ½ cup – cooked



Cereal, cold, whole grain
30 g



Cereal, hot, whole grain
150 g, 175 mL, ¾ cup – cooked



Couscous, whole wheat
125 mL, ½ cup – cooked



Crackers, rye
30 g



Crackers, whole grain
30 g



English muffin, whole grain
½ muffin, 35 g



Muffin, whole grain
½ muffin, 35 g



Pasta/noodles, whole grain
125 mL, ½ cup – cooked



Pita, whole grain
35 g, ½ pita



Popcorn, plain
500 mL, 2 cups



Quinoa
125 mL, ½ cup – cooked



Rice, brown
125 mL, ½ cup – cooked



Rice, wild
125 mL, ½ cup – cooked



Roll, whole wheat
1 roll, 35 g



Tortilla, whole wheat
½ piece, 35 g



Waffle, whole wheat
1 small, 35 g

Non Whole Grain



Baguette, French
1 slice, 35 g



Bannock
1 medium, 35 g



Bread, white
1 slice, 35 g



Cereal, cold
30 g



Cereal, hot (example: cream of wheat)
150 g, 175 mL, ¾ cup – cooked



Congee
125 mL, ½ cup – cooked



Cornbread
1 slice, 35 g



Couscous
125 mL, ½ cup – cooked



Cracker, saltines
10 crackers, 30 g



English muffin, white
½ muffin, 35 g



Naan
¼ naan, 35 g



Pancake
1 small, 35 g



Pasta/noodles, white
125 mL, ½ cup – cooked



Pita, white
½ pita, 35 g



Polenta
125 mL, ½ cup – cooked



Rice cake
2 medium



Rice, white
125 mL, ½ cup – cooked



Roll, white
1 roll, 35 g



Tortilla, corn
½ piece, 35 g



Waffle
1 small, 35 g

Meat and Alternatives

Meat, fish, poultry and shellfish

All Food Guide Servings of meat, fish, poultry and shellfish are represented as cooked.



Beef

75 g (2 ½ oz) / 125 mL (½ cup)



Bison/ Buffalo

75 g (2 ½ oz) / 125 mL (½ cup)



Chicken

75 g (2 ½ oz) / 125 mL (½ cup)



Deli meat, low-fat, low-salt

75 g (2 ½ oz) / 125 mL (½ cup)



Duck

75 g (2 ½ oz) / 125 mL (½ cup)



Fish and shellfish, canned (example: crab, salmon, tuna)

75 g (2 ½ oz) / 125 mL (½ cup)



Fish, fresh or frozen (example: herring, mackerel, trout, salmon, sardines, squid, tuna)

75 g (2 ½ oz) / 125 mL (½ cup)



Game birds (example: ptarmigan, partridge, grouse, goose)

75 g (2 ½ oz) / 125 mL (½ cup)



Game meats (example: deer, moose, caribou, elk)

75 g (2 ½ oz) / 125 mL (½ cup)



Goat

75 g (2 ½ oz) / 125 mL (½ cup)



Ham

75 g (2 ½ oz) / 125 mL (½ cup)



Lamb

75 g (2 ½ oz) / 125 mL (½ cup)



Organ meat (example: liver, kidney)

75 g (2 ½ oz) / 125 mL (½ cup)



Pork

75 g (2 ½ oz) / 125 mL (½ cup)



Rabbit /Hare

75 g (2 ½ oz) / 125 mL (½ cup)



Shellfish, fresh or frozen (example: clams, crab, lobster, mussels, scallops, shrimp, prawns)

75 g (2 ½ oz) / 125 mL (½ cup)



Turkey

75 g (2 ½ oz) / 125 mL (½ cup)



Veal

75 g (2 ½ oz) / 125 mL (½ cup)

Meat alternatives



Beans, cooked and canned

175 mL, ¾ cup



Egg

2



Hummus

175 mL, ¾ cup



Lentils

175 mL, ¾ cup



Nuts, shelled

60 mL, ¼ cup



Peanut butter or nut butters

30 mL, 2 Tbsp



Seeds, shelled

60 mL, ¼ cup



Tofu

150 g, 175 mL, ¾ cup

Milk and Alternatives

Milk



Milk, skim, 1%, 2%
250 mL, 1 cup



Milk, chocolate
250 mL, 1 cup



Milk, evaporated, canned
125 mL, ½ cup – undiluted



Milk, goat, enriched
250 mL, 1 cup



Milk, lactose reduced
250 mL, 1 cup



Milk, powdered
25 g, 75 mL, ⅓ cup



Milk, powdered
250 mL, 1 cup – reconstituted



Milk, whole
250 mL, 1 cup

Alternatives



Buttermilk
250 mL, 1 cup



Cheese, block (example: cheddar, Mozzarella, Swiss, feta) 50 g, 1 ½ oz



Cheese, cottage or quark
250 mL, 1 cup



Cheese, goat
50 g, 1 ½ oz



Fortified soy beverage
250 mL, 1 cup



Kefir
175 g, 175 mL, ¾ cup



Paneer
50 g, 1 ½ oz



Pudding/custard (made with milk)
125 mL, ½ cup



Yogurt (plain and flavoured)
175 g, 175 mL, ¾ cup



Yogurt drinks
200 mL