



Building MyBody

Third-grade nutrition education newsletter

Lesson **3**



Fat

lower, reduced fat and fat-free is where it's at!

Most of us get enough protein but too much fat. There are many tasty fat-free, low-fat, or reduced fat food choices available. Your children take their lead from you and watch what you do. If they see you eating some of the low-fat and fat-free foods to the right, they are more likely to do so, too. Try them together!

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FOOD	LOW-FAT AND FAT-FREE CHOICE
ranch dressing and carrots	fat-free/light/reduced fat ranch dressing and carrots
cream cheese and whole-wheat bagel	fat-free/reduced fat cream cheese and whole-wheat bagel
vanilla yogurt	low-fat/fat-free vanilla yogurt
pudding	fat-free pudding
granola	low-fat granola
potato chips	baked potato chips
whole or 2 percent chocolate milk	low-fat/fat-free/skim chocolate milk
sliced turkey	sliced 98 percent fat-free turkey
cheese	fat-free/reduced fat/light cheese
regular cracker	low-fat/reduced fat crackers

Fighting the fat in fast food

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

What you can do to get less fat in the fast foods you and your children eat:

- Choose a smaller size, such as a regular size hamburger instead of a larger one.
- Choose a smaller size of fries.
- Choose low-fat 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 heart 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.marc.org/bikeped/walk2school.htm>.
- Find activities we can do together like walking to the park or the local farmers market, walking to the store or biking.
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Walk to school with children when possible.

Looking for online nutrition information about fast foods? Go to <http://www.choosemyplate.gov/>, click on SuperTracker and then choose "Food-A-Pedia" option.