

# Fuel Their Minds

Ideas for Better Eating and Active Play with Young Children



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## Nutrients in this Season's Harvest

This season's harvest brings important foods you can add to your day. Some snacks offer too many calories and not enough nutrition. Fruits and vegetables are the solution. They offer great sources of vitamins and minerals. What's so special about vitamins and minerals? Well, take some nutrients for example:

- **Calcium** is needed for healthy bones and teeth. It is also needed for muscle movement and nerves.
- **Fiber** lowers the risk of heart disease.
- **Folate** lowers a woman's risk of having a child with a brain or spinal cord defect.
- **Iron** helps make blood and helps carry oxygen throughout the body.
- **Magnesium** helps build healthy bones and is involved with more than 300 chemical reactions in your body! Not enough magnesium can cause muscle cramps and high blood pressure.
- **Potassium** helps keep a healthy blood pressure.
- **Vitamin A** keeps eyes and skin healthy and helps protect against infections.
- **Vitamin C** helps heal cuts and wounds and keeps teeth and gums healthy. Best of all, most fruit and vegetables are saturated fat free, free from added sugars, and sodium free.

**Let's look at our seasons harvest and find some healthy snacks:**

- **Apples** can be munched on with peanut butter.
- **Radishes, Carrots, Beets** and **Celery** can be eaten fresh with a ranch dip.
- **Oranges, Clementine's, Grapefruit,** and **Tangerines** can be eaten fresh.
- **Swiss chard** can be sautéed with some olive oil pepper and **Lemon.**
- **Yams** can be mashed and make a great healthier alternative to mashed potatoes.
- **Cauliflower, Broccoli, Brussels sprouts,** and **Spinach** can be steamed and eaten alongside pasta or a meat dish.
- **Pears** and **Kiwis** are delicious when eaten fresh alongside a turkey sandwich or as a snack in between meals.
- **Avocado** tastes great on salads, sandwiches, and simply mashed up into dip and served with whole grain tortilla chips!



Adapted from [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

## Vitamins and Supplements

Have you ever tried using supplements to get your vitamins and minerals? Some supplements may help people get their nutrients, however, supplements should not replace the foods that are important to a healthy diet. If you're thinking about getting supplements for a child, they might not be needed for the healthy child who is more than one year of age and is consuming a healthy diet. Three out of four Americans who take supplements say they mix them to "stay healthy" but there is little proof that supplements help prevent disease in healthy already well fed people. Also, there is no doubt that large amounts of vitamins can hurt you! For example, too much iron can cause fatal poisoning in children and too much vitamin E can raise a man's risk of prostate cancer.



Many supplements contain ingredients that have strong effects in the body. This could make them unsafe and hurt your health. The Food and Drug Administration (FDA) does not require warnings on supplements. Supplements are not approved by the government for safety, effectiveness, and quality before they are sold. All these factors can make supplements unreliable. It is important to tell your doctor if you're taking supplements and never use supplements with medications or substitute medicine with supplements. You can always keep it old-school and eat your fruits and vegetables. A well balanced diet that contains many fruits and vegetables is the best way to get your vitamins and minerals.

For more information please visit [www.consumerreport.org](http://www.consumerreport.org)/[www.fda.gov](http://www.fda.gov)

## Cooking with your preschooler

Cooking helps young kids learn. It also helps them build their own healthy eating habits. Creating meals with an adult can help preschoolers grow in many other ways too, such as:

- Cooking helps build basic math skills by counting eggs or pouring water into a measuring cup. You can ask what comes first, second, and third or count together as you spoon dough onto a cookie sheet.
- When you read a recipe together, you're introducing new words to your child's vocabulary. Following steps in the recipe can work on listening skills.
- Preschoolers can be picky eaters, and bringing them into the kitchen to cook can help them open up to new tastes and new ingredients. You can talk about what they like and how healthy foods make a body grow.
- Kids learn by exploring with their senses and the kitchen is the perfect place to do that. Invite them to listen to the mixer, pound dough and watch it rise, smell it baking in the oven, and finally, taste the warm bread fresh from the oven.
- Preschoolers love to show what they can do and working in the kitchen provides a chance to gain confidence. If they helped cook dinner, let them know that their help was important. You can serve what they helped make. Even if the end results are not



exactly what you expected, praise their efforts.

- It may take some flexibility and some simple prep work, but your time in the kitchen with the preschooler can be an adventure you'll both enjoy.

- A few tasks in the kitchen are good for kids ages 3 to 5. These tasks are fun and meet their skill level.

- if your child loves to pound, bring out the bread dough and let your preschooler pound away.

- They can also stir pancake batter, tear lettuce for salad, add ingredients, build a pizza, and help you "read" a cookbook by turning the pages.

- Pouring liquid into a bowl, sprinkling cheese on top of the casserole, or using cookie cutters are a good fit for most preschoolers as well.

Do not plan on large projects. Five to ten minutes might be all your child wants to spend on an activity. Start small and keep it fun. As kids grow, they will build the skills and interest to do bigger cooking jobs, like squeezing the juice out of a lemon, measuring ingredients into cups and spoons, and beating eggs or mashing potatoes. Preschoolers will also

enjoy learning with you. For safety reasons, an adult should be in the kitchen with them at all times. Spending time in the kitchen with your preschooler can build an interest in food and cooking that will last for life!

Adapted from "cooking with Preschoolers" For more information please visit [www.kidshealth.org](http://www.kidshealth.org)

## Banana Pancake Recipe

This banana pancake recipe is sure to be a hit with your preschooler! (Makes 12 pancakes)

### Ingredients:

- 1 cup whole wheat pastry flour
- 1 tablespoon sugar
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 egg, beaten
- 1 cup non fat milk
- 2 tablespoons canola oil
- 2 ripe bananas

**Step 1:** Take your fresh bananas and mash them.

**Step 2:** In one large bowl combine 1 cup flour, 1tbsp. sugar, 2tsp .baking powder and 1/4tsp. salt. In a separate bowl, mix together the 1 egg, 1 cup non fat milk, 2 tbsp. canola oil and mashed bananas.

**Step 3:** Stir the flour mixture into the banana mixture; do not worry if the batter is slightly lumpy.

**Step 4:** Lightly oil a griddle or frying pan and set it on medium high heat.

**Step 5:** Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Cook until pancakes are golden brown on both sides; serve hot.

Adapted from [Allrecipes.com](http://Allrecipes.com)



## Sugary Drinks Means More Pounds for Children

Drinking many sugary drinks is tied to weight concerns in children. A recent study in the *Journal of Pediatrics* said that preschoolers who drank sugary drinks were more likely to gain extra weight and run the risk of being obese compared with non-sugary drink drinkers. Among 4 and 5 year olds, a higher rate of sugar sweetened beverage drinking was associated with higher weight.

The take home message from this study for child care providers and parents is to be aware of children's sugar sweetened beverage drinking habits. Many people drink more sugar than they realize. Sugar consumption can add up quickly in a day. Orange juice with breakfast, soda with lunch, and tropical punch with dinner adds up to a large amount of sugar. Foods can contain a large amount of sugar as well. Many foods such as cereal, and child snacks like pop tarts carry a lot of unnecessary sugar. The recommended limit for women is 6

tblsp. of sugar a day and for men, it is 9 tblsp. of sugar per day. The recommended amount of juice for a child is 6oz a day. About the size of a small child's juice box. It is advised that children consume their fruits whole. Eating your fruits verses drinking them from 100% fruit juice ensures you obtain the fruit's fiber. If a child is thirsty, it is best they drink water or milk.

Child care providers and parents should discourage sugar sweetened beverage drinking to help avoid unhealthy weight gain in young children. If you are not sure what drink to serve your preschooler you can always serve water. Water is the best alternative to any sugar sweetened drink. There is also the option of milk. Milk contains no added sugars and offers potassium and protein to help keep you and your child full and heart happy.

For more information please visit [medpagetoday.com/www.aap.org](http://medpagetoday.com/www.aap.org)



## Arsenic

In 2012 the FDA found trace amounts of the naturally arsenic in apple juice. Now in 2013, we hear that rice may contain arsenic, however, consumers need not worry about their immediate health after eating rice or drinking apple juice. Arsenic is found in our environment, both naturally and artificially. The natural form of arsenic is harmless and shouldn't be a concern for consumers of apple juice. The natural form of arsenic enters the groundwater used for drinking and watering crops but the Environment Protection Agency (EPA) periodically tests our water system for pollutants to ensure it is safe to drink. The artificial form of arsenic is introduced into the environment from agricultural farming as lead-arsenate insecticide, once widely used on cotton fields, orchards, and vineyards until banned in the 1980's. Even long after its ban, traces in the soil can still get into crops. Major affected areas include New England, the mid and southwest.

The FDA has set limits on arsenic levels in water and has set those same limits for arsenic in apple juice. A limit on arsenic in rice will soon be set. Levels of arsenic three times that allowed in the US can cause bladder, lung and skin cancer and increases the risk of heart disease.

Testing by the FDA in 2012 showed no threat to consumers. They are confident in the overall safety of apple juice consumed in this country because they continue to find that apple juice, on average, contains low amounts of arsenic. On Friday, scientists from the FDA announced the

results of its investigation on arsenic in rice, and concluded that levels of the chemical are very low and do not have any short-term health risks.

100% Apple juice and whole grain brown rice are still very good for you. It is important to remember that a healthy diet contains a variety of fruits, vegetables, and grains.

If you are still concerned, here are some tips to lower your family's exposure:

◇ Limit Juice Consumption. Nutrition guidelines recommend young children should drink no more than six ounces a day and older children & adults no more than twelve ounces a day.

◇ Meal Times. Make half your plate full with fresh fruits and vegetables and choose milk or water as a beverage instead of fruit juices.

◇ Wash Your Rice. Studies show that washing your rice gets rid of 30% of the arsenic.

◇ Vary Your Grains. There are many grain options out there. Some include corn, quinoa, bulgur, oats, and wheat. Adding a variety of grains is a great way to consume your vitamins and minerals while making sure you're never exposed to too much to rice.



Article adapted from [foodsafety.gov](http://foodsafety.gov), *Consumer Reports Magazine*: January 2012; *Arsenic in your juice*, [fda.gov](http://fda.gov): September 2013; *Impact of Arsenic in Rice*, and [epa.gov](http://epa.gov).



## Activity Kits Free From the University of California

Do your part to impact childhood obesity, fitness, and malnutrition. Local, state, and federal initiatives (and funding) urge a coordinated approach to addressing these issues. The University of California has prepared activity kits to help you teach nutrition and physical activity concepts to your children, while integrating math, language and science concepts that address CDE standards. **These lessons come “ready-made”** with all of the materials you need to teach a fun and interactive lesson with your students. The curriculum was developed by the University of California.

**We will bring the materials to your site, free of charge,** and we can even provide you or your staff with trainings and additional resources to increase confidence in these topics. If you are interested, we can also plan classroom food-themed cooking clubs, special events, and other fun sessions.

If you are interested in signing up to receive these materials, please contact us.

## CONTACTS



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July, 2013

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"Our mandate as a land grant institute ties us to the welfare, development, and protection of the state's land, resources, and people. Our mission is to develop and extend the use of research-based knowledge to improve specific practices and technologies."

Fuel Their Mind Nutrition Newsletter Enclosed

cal Fresh Nutrition Education  
UNIVERSITY OF CALIFORNIA

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"Our mandate as a land grant institute ties us to the welfare, development, and protection of the state's land, resources, and people. Our mission is to develop and extend the use of research-based knowledge to improve specific practices and technologies."

Funded by USDA's Food Stamp Program through the Network for a Healthy California and the University of CA Cooperative Extension, Yolo County Office. This institution is an equal opportunity employer. The Food Stamp program provides nutrition assistance to people with low income. It can help you buy nutritious food for a better diet. To find out more, call 530-666-8740



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## Be Careful with Caffeine

Sodas, chocolate, energy drinks, coffee, teas, and cold medication all have caffeine. Caffeine is a drug that causes cravings. The more caffeine people eat or drink, the more caffeine it takes to feel its effects. The dietary guideline for caffeine in adults is less than 400 milligrams a day. The American Academy of Pediatrics warns that children and teens should not drink any caffeinated drinks. Canadian guidelines suggest that children 4-6 years of age eat or drink less than 45 milligrams of caffeine per day, children 7-9 less than 63 milligrams per day, and children 10-12 less than 85 milligrams per day.

Energy drinks are very popular not only with adults, but also children and teens. Too much caffeine can have harmful health effects for children and adults. Some of those harmful effects are nervousness or increased anxiety, upset stomach, difficulty sleeping, and increased heart rate and blood pressure.

### How to find caffeine:

Energy drinks list caffeine sources as “Energy Blend” (see food label to the right). There are 2 servings per container for this drink, so 160 milligrams of caffeine for 16 ounces.

80mg x 2 servings = 160 milligrams

*(Note that this label also comes with a warning for children, pregnant, or nursing women not to drink this beverage).*

### Other sources of caffeine:

Item	Size	Caffeine
• Dark chocolate	1 ounce	20 milligrams
• Barq’s Root Beer	12 ounces	22 milligrams
• Cold relief medication	1 tablet	30 milligrams
• Diet Dr. Pepper	12 ounces	39 milligrams
• Sunkist Orange Soda	12 ounces	41 milligrams
• VitaminWater Energy Tropical Citrus	20 ounces	50 milligrams
• Mountain Dew	12 ounces	55 milligrams
• Iced Tea	12 ounces	70 milligrams
• Cola	12 ounces	35 milligrams
• Coffee (brewed at home)	12 ounces	150 milligrams
• Monster Energy Drink	16 ounces	160 milligrams

**Energy Drink**  
**16oz ROCKSTAR RECOVERY**

Supplement Facts	
Serving Size 8.0 fl.oz. (240ml)	
Servings Per Container: 2	
Amount Per Serving	%Daily Value*
<b>Calories</b>	10
<b>Total Carbohydrate</b>	1g <1%
Sugars	1g †
Vitamin B3	20mg 100%
Vitamin B5	10mg 100%
Vitamin B6	2mg 100%
Vitamin B12	15mcg 250%
Sodium	40mg 2%
Energy Blend	1.2g
Taurine	1000mg †
Caffeine	80mg †
Panax Ginseng Extract	50mg †
Prickly Pear Extract	25mg †
Milk Thistle Extract	20mg †

\*Percent Daily Values are based on a 2000 calorie diet. †Daily Value not established.

INGREDIENTS: PURIFIED WATER, LEMON JUICE, SUCROSE, TAURINE, CITRIC ACID, NATURAL FLAVORS, SODIUM CITRATE, CAFFEINE, BENZOIC ACID, SORBIC ACID, ACESULFAME POTASSIUM, SUCRALOSE, PANAX GINSENG EXTRACT, PRICKLY PEAR EXTRACT, MILK THISTLE EXTRACT, NIACINAMIDE, CALCIUM PANTOTHENATE, MAGNESIUM LACTATE, GUM ARABIC, CALCIUM LACTATE, ESTER GUM, MONOPOTASSIUM PHOSPHATE, PYRIDOXINE HYDROCHLORIDE, CYANOCOBALAMIN.

**NOT RECOMMENDED FOR CHILDREN, PREGNANT OR NURSING WOMEN, OR THOSE SENSITIVE TO CAFFEINE**

### What can you do?

Serve children water, nonfat or 1% milk, and 100% juice. Make sure to limit juice to one cup a day (6 ounces or the size of a juice box). Allowing unlimited quantities of caffeinated drinks at home or when eating out, will create hyper children who may experience headaches and withdrawal symptoms when they don’t drink them. Caffeine interferes with our sleep cycle making it harder to fall asleep at night. Lack of sleep and dehydration can lead to poor academic performance in school and behavior problems. Filling up on caffeinated beverages also prevents children from eating and drinking healthy foods and beverages that help them grow and thrive.



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## Tenga Cuidado Con La Cafeína

Sodas, chocolates, jugos que se toman cuando se hace ejercicio, café, té, y medicinas de catarro con tienen cafeína. Cafeína es una droga que causa antojos. Las personas que beben cafeína con frecuencia necesitan más cafeína para sentir sus efectos. La sugerencia dietética de cafeína para adultos es menos de 400 miligramos al día. La Academia Americana de Pediatras advierten que niños y adolescentes no deberían de tomar bebidas que tienen cafeína. Una taza de café de 8oz contiene 100 miligramos de cafeína. De acuerdo a las investigaciones científicas realizadas en Canadá dicen que los niños que tienen 4-6 años deben de tomar menos de 45 miligramos de cafeína por día, niños que tienen 7-9 años deben de tomar menos de 63 miligramos por día, y niños que tienen 10-12 años deben de tomar menos de 85 miligramos por día.

Bebidas de energía son muy populares no solo con los padres y adultos pero también con niños y adolescentes. Mucha cafeína puede ser mala para la salud de niños y adultos. Las bebidas de energía tienen mucha cafeína. Las consecuencias de cafeína pueden ser nerviosismo, ansiedad, dolores de estómago, dificultad con el sueño, rápidas palpitaciones del corazón y presión alta.

### Como encontrar la cafeína:

Bebidas de energía enseñan el origen de cafeína como un “energía blenda” o un “mezcla de ingredientes que dan energía” (observe la lista de nutrición a la derecha).

Hay 2 porciones en cada botella, esto quiere decir que hay 160 miligramos de cafeína con cada 16 oz.

80mg x 2 porciones = 160 miligramos

*(Nota que esta lista de nutrición también tiene un advertencia para niños, mujeres embarazadas, y mujeres dando de mamar que dice que ellos no deberían tomar esta bebida por la cafeína).*

### Otros orígenes de cafeína son:

#### Por ejemplo

- ☐ Chocolate alta porciento cacao
- ☐ Soda de Root Beer
- ☐ Cold relief medication (Medicina para catarro)
- ☐ Soda de Diet Dr. Pepper
- ☐ Sunkist Orange Soda (Soda de naranja)
- ☐ Aqua de energía
- ☐ Soda de Mountain Dew
- ☐ Té
- ☐ Soda de Cola
- ☐ Café
- ☐ Bebida de energía

Tamaño	Cafeína
1oz	20mg
12oz	22mg
1 tableta	30mg
12oz	39mg
12oz	41mg
20oz	50mg
12oz	55mg
12oz	70mg
12oz	35mg
12oz	150mg
16oz	160mg

**Energy Drink**

**16oz ROCKSTAR RECOVERY**

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Vitamin B6	2mg 100%
Vitamin B12	15mcg 250%
Sodium	40mg 2%
<b>Energy Blend</b>	1.2g
Taurine	1000mg †
Caffeine	80mg †
Panax Ginseng Extract	50mg †
Prickly Pear Extract	25mg †
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**NOT RECOMMENDED FOR CHILDREN, PREGNANT OR NURSING WOMEN, OR THOSE SENSITIVE TO CAFFEINE**

### Que pueden hacer los padres para sus niños?

Hay que alimentar a nuestros hijos con agua, leche que contiene 1% grasa o bajo, y jugo 100% natural. Hay que tratar de evitar la soda en su totalidad. Se debe de racionar el jugo a 6oz por día para los niños (lo cual es el tamaño de una caja de jugo echo para los niños). El consumo de cafeína en exceso en casa o afuera hace que los niños actúan con más energía que lo normal, y les pueden dar dolores de cabeza o síntomas de deshidratación. Cafeína interfiere con la rutina del sueño y les hace más difícil dormir a los niños en la noche. Poco sueño y la deshidratación puede causar bajo consecución académica en la escuela y problemas de comportamiento. También, cuando los niños se llenan con bebidas que tienen cafeína les evita que consumen comidas y bebidas saludables que les ayudaran a crecer bien.

Artículo adaptada de aap.org, KidsHealth.org, and healthyeatingresearch.org.