



PRACTICAL CHRISTIAN PARENTING

ST. MARK COPTIC ORTHODOX CHURCH

FROM FAST FOOD TO FASTING:
RAISING MINDFUL EATERS

The Essence of Christian Fasting

“Is this not the fast that I have chosen: To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed go free, And that you break every yoke? Is it not to share your bread with the hungry, And that you bring to your house the poor who are cast out; When you see the naked, that you cover him” **(Isaiah 58:6-7)**

“Better is a dinner of herbs where love is, than a fatted calf with hatred.” **(Proverbs 15:17)**

Fasting and Vegetarian Food

Fasting is the first commandment

“And the Lord God commanded the man, saying, “Of every tree of the garden you may freely eat; but of the tree of the knowledge of good and evil you shall not eat.” **(Genesis 2:16)**

“But the days will come when the bridegroom will be taken away from them, and then they will fast.” **(Matthew 9:15)**

“As they ministered to the Lord and fasted, the Holy Spirit said, “Now separate to Me Barnabas and Saul for the work to which I have called them.” **(Acts 13:2)**

What Is Healthy Eating?

- Eating to maintain health and prevent disease
- Involves the key principles of
 - Balance
 - Variety
 - Moderation
- Additional principles include
 - Nutrient density
 - Energy density

Healthy Eating Involves Balance between Groups

- **Balance** is the dietary principle of providing all of the essential nutrients to maintain health and prevent disease.
 - An unbalanced diet can lead to **undernutrition** or **overnutrition** and, if prolonged, **malnutrition**.
 - **Undernutrition**: A state of inadequate nutrition whereby a person's nutrient and/or energy needs aren't met through diet
 - **Overnutrition**: The state of consuming an excess of nutrients and/or energy
 - **Malnutrition**: The long-term consequence of consuming too many or too little nutrients or energy

Healthy Eating Means Consuming a Variety of Foods

- **Variety** is the dietary principle of including a mixture of different food groups and foods within each group.
 - Eating a variety of foods will improve diet quality.
 - No food or food group contains every single nutrient needed to be healthy.
 - Individuals should choose a variety of foods within groups and among groups to achieve a healthy diet.
 - Fruits and Veggies—More Matters is a campaign designed to promote eating a variety of colorful fruits and vegetables.

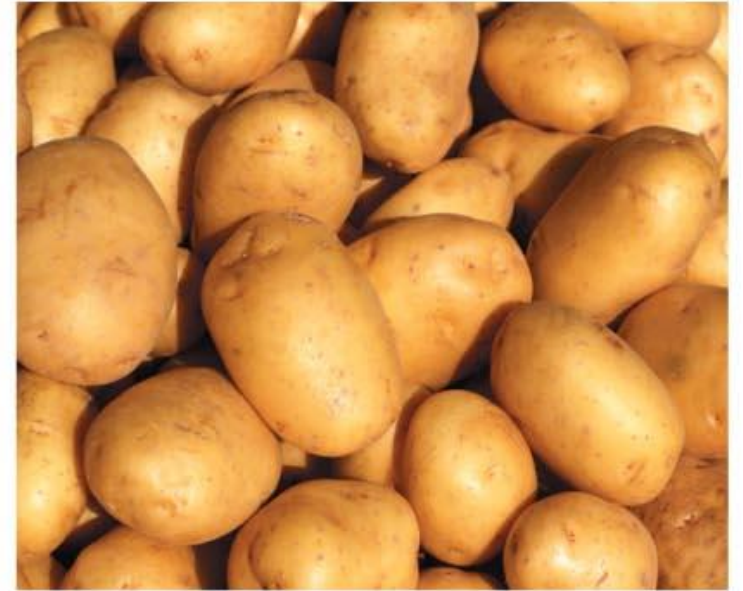
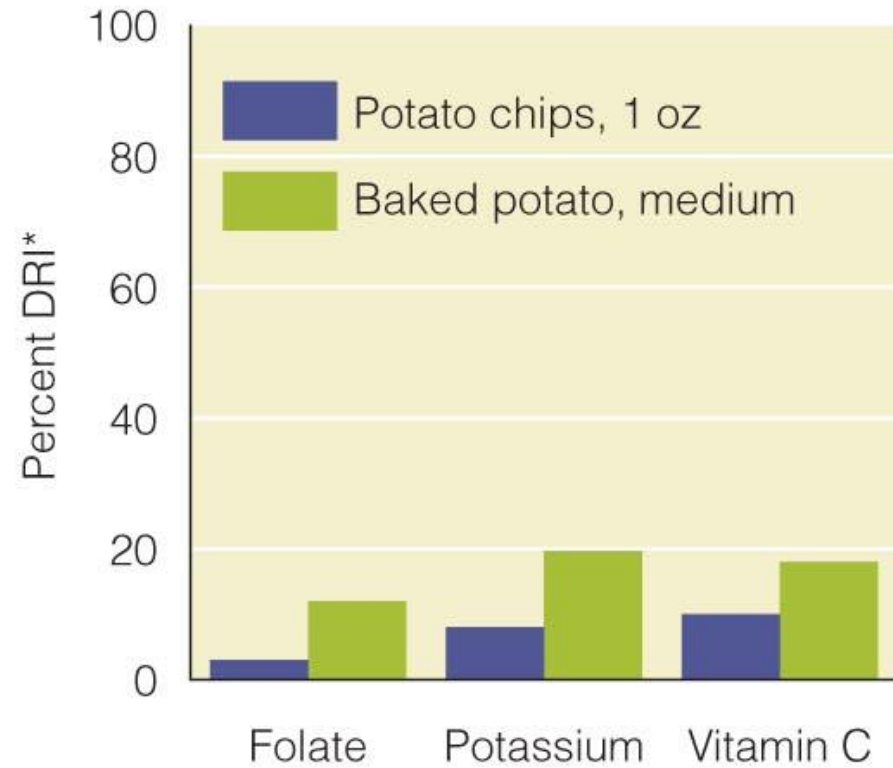
Healthy Eating Means Moderate Intake of All Foods

- **Moderation** is the dietary principle of consuming reasonable but not excessive amounts of foods and nutrients.
 - All foods—healthy or unhealthy—can be included in a balanced diet as long as they are consumed in moderation.
 - Foods high in added sugars and fat should be consumed in smaller amounts.
 - Be aware of **portions** and **serving sizes** of foods.

Healthy Eating Includes Nutrient-Dense Foods

- **Nutrient density** is the measurement of the nutrients in a food compared to the kilocalorie content.
 - High in nutrients and low in kilocalories
 - Provide more nutrients per kilocalorie
 - Low in fat and added sugar
- Foods that are high in energy and nutrients such as nuts and avocados can be a part of a balanced diet.
 - Be mindful of the kilocalories in these foods and consume them in moderation.

Which Is the Healthier Way to Enjoy Potatoes?



Healthy Eating Includes Eating Low-Energy-Dense Foods

- **Energy density** is the measurement of kilocalories compared with the weight (grams) of the food.
 - Most high-fat foods are energy dense.
- Low-energy-dense foods
 - Lower in fat and high in nutrient content
 - Larger portions for the same number of kilocalories
 - Eating low-energy-dense foods can promote weight loss.
 - Individuals on a limited energy budget should choose nutrient-dense foods that are low in energy.

Nutrient-Dense Food Choices

Foods with high amounts of added sugars and heart-unhealthy solid fats. These are less nutrient dense.

Vegetables	Fruits	Grains	Protein	Dairy	Oils
French fries, potato chips	Fruit canned in syrup, fruit drinks, sweetened dried fruit	Buttered popcorn, cake, cookies, donuts, pastries	Fatty cuts of meat and luncheon meats, fried chicken or fish, poultry with skin	Full-fat cheeses, fried mozzarella sticks, high-fat ice cream	Butter, hydrogenated oils

Eat **less** of these

Foods that are more nutrient dense.

Fresh, frozen and canned vegetables, dried beans and peas	Dried fruit, whole fruit, 100% fruit juice	Brown rice, bulgur, couscous, oats, pasta, popcorn, rice, whole-grain cereals, bread, crackers	Dried beans and peas, eggs, fish, lean meat, nuts, skinless poultry, seeds	Low-fat or nonfat cheese, milk or yogurt, low-fat ice cream or frozen yogurt	Vegetable oils
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Eat **more** of these



Cereal with Added Sugars

Cereal with Minimal Added Sugars



Fruit Products with Added Sugars

Fruit (e.g., canned in 100% juice)



Fried Vegetables

Roasted Vegetables



High-sodium Snacks

Vegetables



High-sodium Meats

Ground Lean Meats

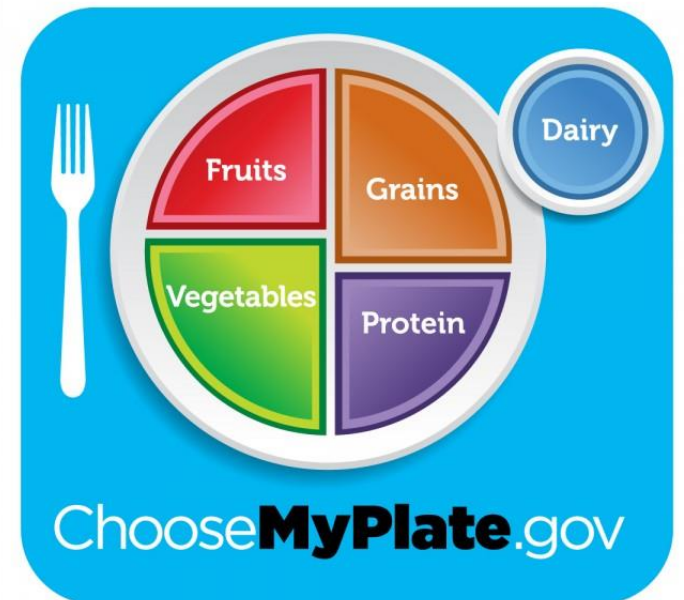


Beverages with Added Sugars

Unsweetened Beverages

When deciding what to eat or drink, follow these three key dietary principles

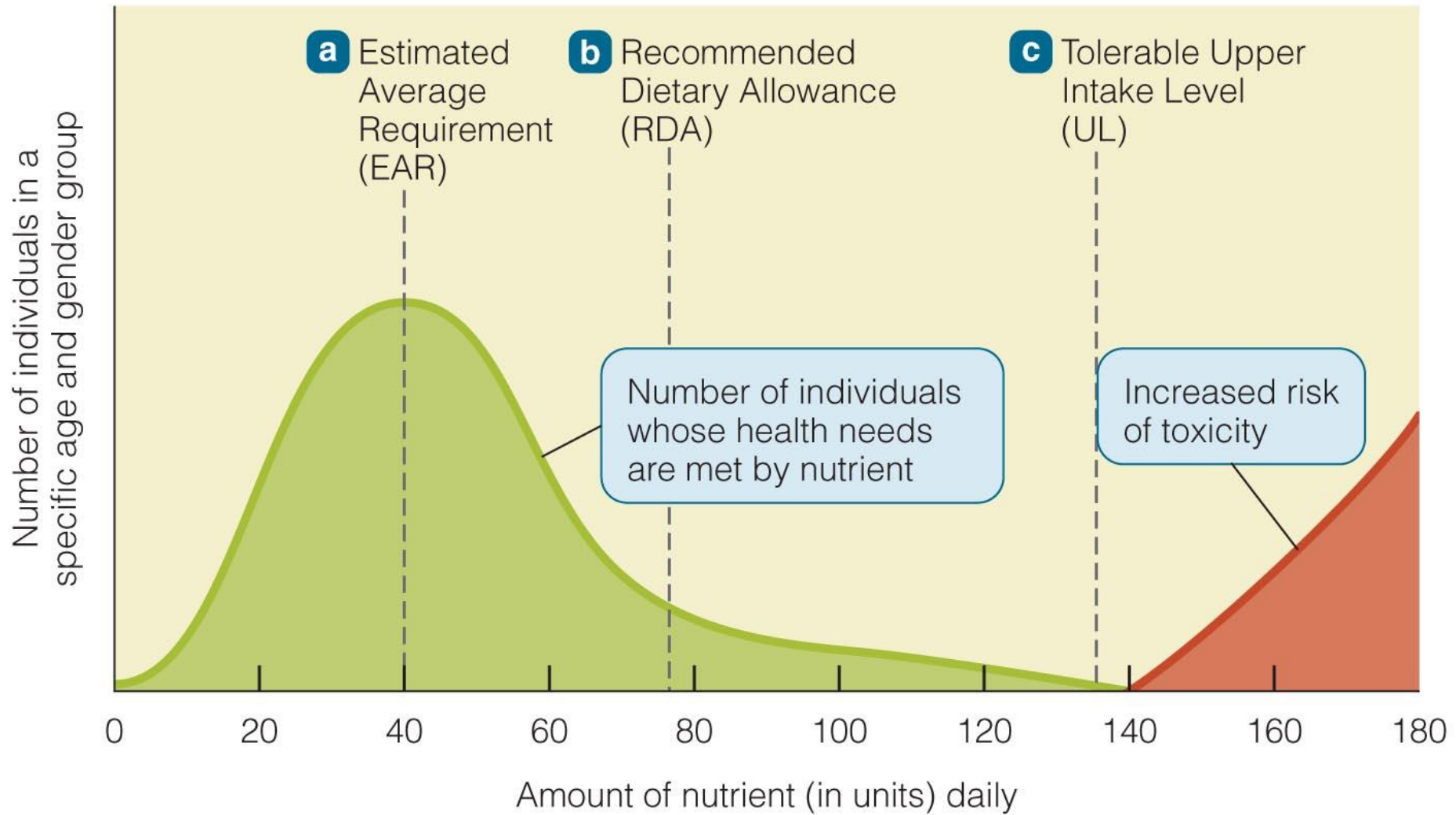
1. Meet nutritional needs primarily from nutrient-dense foods and beverages.
2. Choose a variety of options from each food group: vegetables, fruits, grains, dairy, and protein foods.
3. Pay attention to portion size.



The DRIs Suggest an Intake Level for Each Nutrient

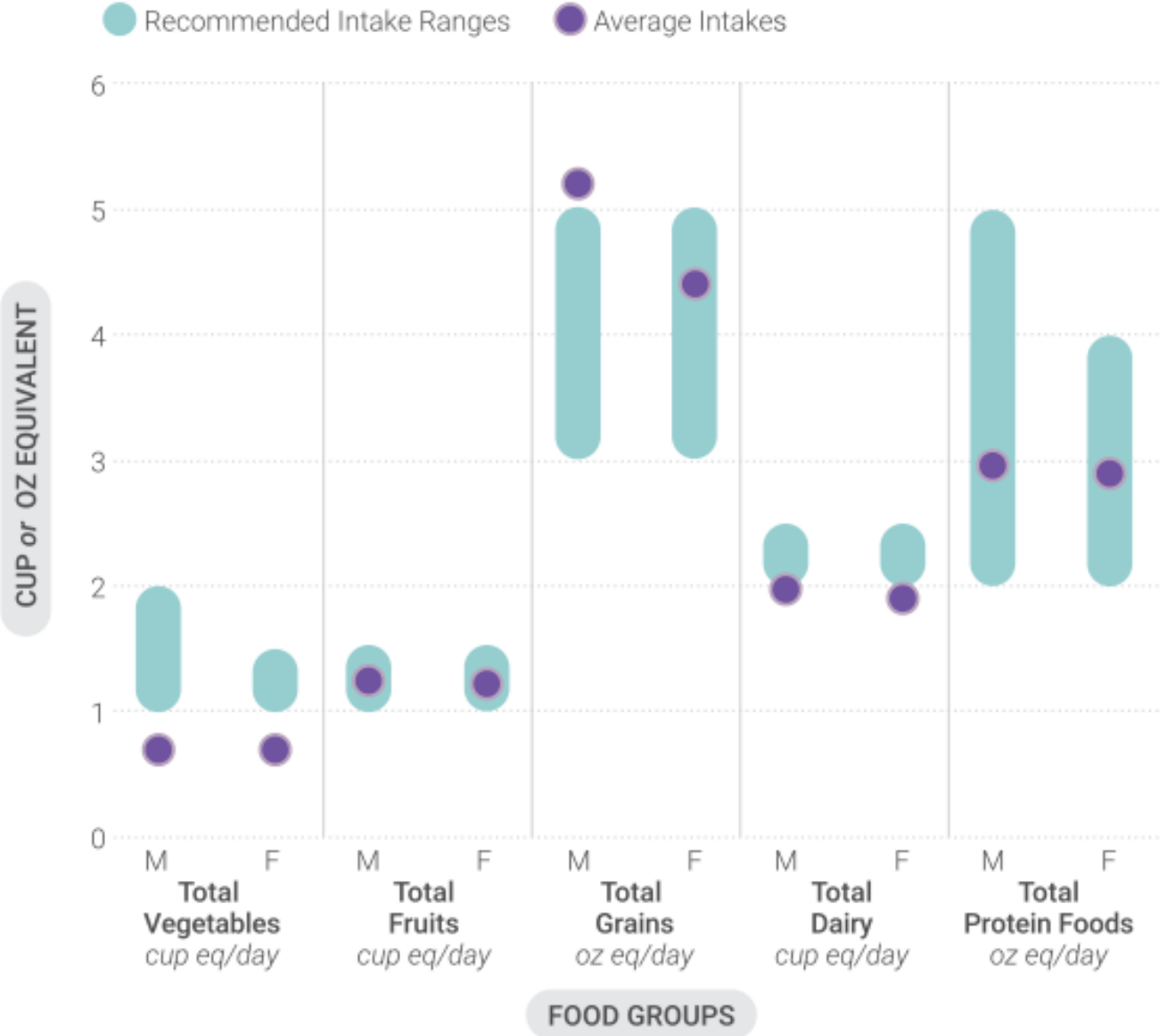
- There are different nutrient requirements for different life stages or conditions.
 - Pregnant versus nonpregnant status
 - Age
 - Gender
- Periodically updated

The DRIs in Action



Current Intakes: Ages 2 Through 4

Average Daily Food Group Intakes Compared to Recommended Intake Ranges



Healthy Eating Index Score (on a scale of 0-100)

61



Healthy U.S.-Style Dietary Pattern for Children Ages 2 Through 8, With Daily or Weekly Amounts From Food Groups, Subgroups, and Components

CALORIE LEVEL OF PATTERN^a	1,000	1,200	1,400	1,600	1,800	2,000
FOOD GROUP OR SUBGROUP^b	Daily Amount of Food From Each Group (Vegetable and protein foods subgroup amounts are per week.)					
Vegetables (cup eq/day)	1	1 ½	1 ½	2	2 ½	2 ½
	Vegetable Subgroups in Weekly Amounts					
Dark-Green Vegetables (cup eq/wk)	½	1	1	1 ½	1 ½	1 ½
Red and Orange Vegetables (cup eq/wk)	2 ½	3	3	4	5 ½	5 ½
Beans, Peas, Lentils (cup eq/wk)	½	½	½	1	1 ½	1 ½
Starchy Vegetables (cup eq/wk)	2	3 ½	3 ½	4	5	5
Other Vegetables (cup eq/wk)	1 ½	2 ½	2 ½	3 ½	4	4
Fruits (cup eq/day)	1	1	1 ½	1 ½	1 ½	2
Grains (ounce eq/day)	3	4	5	5	6	6
Whole Grains (ounce eq/day)	1 ½	2	2 ½	3	3	3
Refined Grains (ounce eq/day)	1 ½	2	2 ½	2	3	3
Dairy (cup eq/day)	2	2 ½	2 ½	2 ½	2 ½	2 ½
Protein Foods (ounce eq/day)	2	3	4	5	5	5 ½
	Protein Foods Subgroups in Weekly Amounts					
Meats, Poultry, Eggs (ounce eq/wk)	10	14	19	23	23	26
Seafood (ounce eq/wk) ^c	2-3 ^d	4	6	8	8	8
Nuts, Seeds, Soy Products (ounce eq/wk)	2	2	3	4	4	5
Oils (grams/day)	15	17	17	22	22	24
Limit on Calories for Other Uses (kcal/day)^e	130	80	90	150	190	280
Limit on Calories for Other Uses (%/day)	13%	7%	6%	9%	10%	14%

Current Intakes: Ages 9 Through 13

Average Daily Food Group Intakes Compared to Recommended Intake Ranges



Healthy Eating Index Score (on a scale of 0-100)

52



Healthy U.S.-Style Dietary Pattern for Adolescents Ages 14 Through 18, With Daily or Weekly Amounts From Food Groups, Subgroups, and Components

CALORIE LEVEL OF PATTERN^a	1,800	2,000	2,200	2,400	2,600	2,800	3,000	3,200
FOOD GROUP OR SUBGROUP^b	Daily Amount of Food From Each Group (Vegetable and protein foods subgroup amounts are per week.)							
Vegetables (cup eq/day)	2 ½	2 ½	3	3	3 ½	3 ½	4	4
	Vegetable Subgroups in Weekly Amounts							
Dark-Green Vegetables (cup eq/wk)	1 ½	1 ½	2	2	2 ½	2 ½	2 ½	2 ½
Red and Orange Vegetables (cup eq/wk)	5 ½	5 ½	6	6	7	7	7 ½	7 ½
Beans, Peas, Lentils (cup eq/wk)	1 ½	1 ½	2	2	2 ½	2 ½	3	3
Starchy Vegetables (cup eq/wk)	5	5	6	6	7	7	8	8
Other Vegetables (cup eq/wk)	4	4	5	5	5 ½	5 ½	7	7
Fruits (cup eq/day)	1 ½	2	2	2	2	2 ½	2 ½	2 ½
Grains (ounce eq/day)	6	6	7	8	9	10	10	10
Whole Grains (ounce eq/day)	3	3	3 ½	4	4 ½	5	5	5
Refined Grains (ounce eq/day)	3	3	3 ½	4	4 ½	5	5	5
Dairy (cup eq/day)	3	3	3	3	3	3	3	3
Protein Foods (ounce eq/day)	5	5 ½	6	6 ½	6 ½	7	7	7
	Protein Foods Subgroups in Weekly Amounts							
Meats, Poultry, Eggs (ounce eq/wk)	23	26	28	31	31	33	33	33
Seafood (ounce eq/wk)	8	8	9	10	10	10	10	10
Nuts, Seeds, Soy Products (ounce eq/wk)	4	5	5	5	5	6	6	6
Oils (grams/day)	24	27	29	31	34	36	44	51
Limit on Calories for Other Uses (kcal/day)^c	140	240	250	320	350	370	440	580
Limit on Calories for Other Uses (%/day)	8%	12%	11%	13%	13%	13%	15%	18%

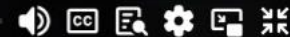
Supporting Healthy Eating

- Offer Variety
- Connect at mealtime
- Get kids involved
- Make good nutrition easy
- Have a shopping buddy
- Avoid battles over food

A young child with curly blonde hair is sitting in a wooden high chair, crying with their mouth wide open and eyes closed. The child is wearing a blue and white striped shirt. The background is a blurred indoor setting.

Handling Picky Eating In Toddlers

00:03



Food Group Friend

1 Get a Head



Put a grain on your plate.

2 Make a Face



Pick fruits, vegetables, and a protein food to make eyes, nose, and a mouth. Have fun and be colorful!

3 Hair or Hat?



Choose a dairy food and cover the head.

4 Name Your Friend



Have you used a food from each food group? If so, enjoy!

Ingredients

Choose your favorite ingredients from every group

Grains

English muffin, brown rice cake, or bread



Protein Foods

beans or egg



Vegetables

carrots, celery, broccoli, tomatoes, peas, cucumber, or bell pepper



Dairy

low-fat cheese



Fruits

blueberries, bananas, raisins, apples, or grapes



Fruit-a-licious Breakfast Cup

1 Start With Yogurt



Spoon yogurt into your cup.

2 Add Some Crunch



Spoon cereal on top of the yogurt.

3 Pick Fruit



Add some fruit on top of the cereal.

4 Make a Pattern



Add more yogurt, then cereal, then fruit.

5 Enjoy



Ingredients



low-fat yogurt



cereal

Choose fruits

raisins



peaches



apple



blueberries



pineapple



banana



Nutrition Facts Label

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
<hr/>	
Amount per serving	
Calories	230
<hr/>	
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
<hr/>	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
<hr/>	
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Health Benefits of Vegetarian and Vegan Diets

- Reduced obesity risk
- Reduced type 2 diabetes risk
- Reduced cancer risk
- Better colon health
- Reduced heart disease risk
- Reduced hypertension risk



Unique challenges of a vegan diet

- Young children in particular need some energy-dense foods to reduce the total amount of food required.
- The amount of vegetarian foods needed to meet nutrients needs may be more food than young children can eat.
- Strict vegan diet may be deficient in vitamins B12 and D, zinc, omega-3 fatty acids, and is low in calcium.

Meal Planning and Nutritional Content

- A 2000-calorie diet should include about 2 cups of fruit and 2.5 cups of vegetables each day.
- The Dietary Guidelines recommend choosing a variety of fruits and vegetables each day.
- Several times a week, choices should include dark greens, orange-colored produce, legumes, and starchy vegetables.

Meal Planning and Nutritional Content

- Provide 3 meals and 2-3 snacks per day after abstinence.
- Encourage nutrient-dense foods such as avocado, soy cheese, hummus, nut butters, tahini and tofu.
- Ensure an adequate intake of calcium, zinc, iron, vitamin B12, vitamin D and omega-3 fatty acids.

Omega-3 fatty acids (ALA)

- Provide an omega-3 fatty acid source such as soybean oil, walnuts, wheat germ, chia seeds, Brussels sprouts, flaxseed.



Vitamin B12



Nutrition Facts	
12 servings per container	
Serv size	2 tbsp (10g)
Amount per serving	
Calories	40
% Daily Value	
Total Fat 0g	0%
Sodium 20mg	1%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	7%
Protein 5g	11%
Iron 1mg	6%
Potassium 214mg	4%
Thiamin (B1) 6.2mg	520%
Riboflavin (B2) 6.3mg	480%
Niacin (B3) 35mg	220%
Vitamin B6 7.2mg	420%
Folate (B9) 353mcg DFE (212mcg folic acid)	90%
Vitamin B12 15mcg	630%

Not a significant source of sat fat, trans fat, cholesterol, total sugars, added sugars, vitamin D and calcium.



Vitamin D



Zinc

- Legumes like chickpeas, lentils, and beans contain substantial amounts of zinc.
- Some seeds like hemp, pumpkin, squash, and sesame seeds contain significant amounts of zinc.
- Nuts like pine nuts, cashews, and almonds can boost your zinc intake.
- Whole grains like wheat, quinoa, rice, and oats contain some zinc.

Calcium



Types of Plant-Based Milk

- Soy milk
- Rice milk
- Almond milk
- Nut milks
- Hemp milk
- Grain milk
- Coconut milk














Dairy Substitutes (1 of 2)

- **Soy milk** is made from ground, soaked soybeans with a taste similar to cow's milk. The color is off-white or yellowish. It is typically fortified with vitamin D and calcium and it also contains protein, vitamin A, thiamin, and riboflavin.
- **Almond milk** is made from ground, soaked almonds; similar to 1% cow's milk and with a sweet aroma. Almonds have vitamins and minerals: magnesium, potassium, iron, zinc, and calcium.

Dairy Substitutes (2 of 2)









- **Rice milk** is made from unsweetened brown rice. It has a mild flavor and watery texture that is most similar to fat-free milk. Rice milk is very low in fat and fortified with vitamins A, D, some B vitamins, iron, and calcium.
- **Hemp milk** is a less well-known milk alternative and is made from ground, soaked hemp seeds. It has a creamy, nutty flavor and contains protein and heart-healthy omega-3 fats.

Iron

Food	Iron value
tofu	1.5 mg  per 100 grams (g) (19% of RDA)
lima beans	4.1 mg  per cup cooked (51% of RDA)
black-eyed peas	4.3 mg  per cup cooked (53% of RDA)
navy beans	4.3 mg  per cup cooked (53% of RDA)
tempeh	4.5 mg  per cup (56% of RDA)
chickpeas	4.7 mg  per cup cooked (58% of RDA)
red kidney beans	5.2 mg  per cup cooked (65% of RDA)
lentils	6.6 mg  per cup cooked (82% of RDA)
white beans	6.6 mg  per cup cooked (82% of RDA)
soybeans	9.9 mg  per cup raw (123% of RDA)
natto (fermented soybeans)	15.1 mg  per cup cooked (188% of RDA)



Iron

Food	Iron value
macadamia nuts	3.5 mg  per cup dry roasted (43% of RDA)
almonds	5.3 mg  per cup whole (66% of RDA)
pine nuts	7.5 mg  per cup dried (93% of RDA)
cashews	7.8 mg  per cup whole (97% of RDA)
flaxseeds	9.6 mg  per cup whole (120% of RDA)
pumpkin seeds	11.4 mg  per cup dried (140% of RDA)
sesame seeds	21 mg  per cup dried (262% of RDA); 1.3 mg  per 2 tablespoons (tbs) of tahini (16% of RDA)




Iron

Food	Iron value
broccoli	1 mg per cup chopped, cooked (12% of RDA)
oyster mushrooms	1.1 mg per cup raw (13% of RDA)
Brussels sprouts	1.8 mg per cup cooked (22% of RDA)
potatoes	1.9 mg per large unpeeled potato (23% of RDA)
tomato paste and canned tomatoes	2 mg per 1/4 cup (25% of DV) and 2.4 mg per cup (30% of RDA)
sweet potatoes	2.2 mg per large peeled sweet potato (27% of RDA)
sun-dried tomatoes	2.5 mg per half cup (31% of RDA)
beet greens	2.7 mg per cup cooked (33% of RDA)
white mushrooms	2.7 mg per cup cooked (33% of RDA)
Swiss chard	3.9 mg per cup cooked (48% of RDA)
palm hearts	4.6 mg per cup canned (57% of RDA)
spinach	5.7 mg per cup cooked (71% of RDA)



Iron

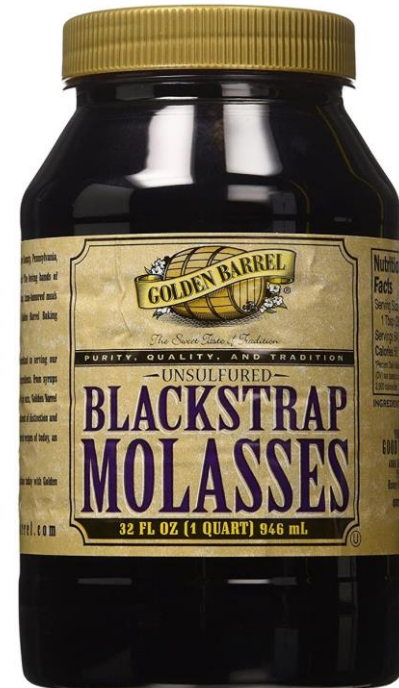
Food	Iron
mulberries	2.6 mg  per cup (32% of RDA)
prune juice	2.9 mg  per cup (36% of RDA)
black olives	8.5 mg  per cup raw (100% of RDA)



Iron

Food	Iron
dried thyme	1.2 mg or 1 tsp dried (15% of RVA)
blackstrap molasses	1.9 mg or 2 tbs (23% of RVA)
dark chocolate	3.4 mg/oz (42% of RVA)
canned coconut milk	7.5 mg per cup (93% of RVA)

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
	Total Fat	0g	0%	Total Carb.
Serving Size	Sodium	25mg 1%	Sugars	9g
1 Tbsp (20g)	Potassium	320mg 9%	Protein	0g
Servings 64	Calcium	20%	Iron	25%
Calories 50	*Percent Daily Values (DV) are based on a 2,000 calorie diet.			
Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, Vitamin A, Vitamin C.				



Protein



More Nutritional Points

- Fiber is classified as either soluble or insoluble. Unlike whole grains, most fruit and vegetable fiber is of the soluble form, which has been shown to bind with cholesterol that is then eliminated in the stool.
 - Pectin is a type of soluble fiber found in fruit that is used in making jams and jellies.
- Carbohydrates supply 4 calories of energy per gram. A typical piece or ½ cup of fruit provides about 50 calories.
- Vegetables provide about 25 calories per ½ cup, while the starchier types provide 75 calories per cup.



More Nutritional Points (2 of 2)

- **Sources of Vitamin A:** (Carotenoids) bright orange vegetables (carrots, sweet potatoes, pumpkin); tomatoes and tomato products, red sweet pepper; leafy greens; orange fruits
- **Sources of Vitamin C:** Citrus, berries, guava, papaya, cantaloupe; broccoli, peppers, tomatoes, cabbage; leafy greens
- **Sources of Folate:** Cooked dry beans and peas; oranges; deep green leaves like spinach and mustard greens

Pigments/Phytochemicals in Produce (1 of 2)

- **Phytochemical: Carotenoids**

- Color: Orange, yellow, red
- Purpose: Antioxidant, vitamin A
- Foods: Carrots, butternut squash, cantaloupe



Pigments/Phytochemicals in Produce (2 of 2)

- **Phytochemical: Anthocyanins; anthoxanthins**
 - Color: Red, blue, purple; pale yellow
 - Purpose: Antioxidants
 - Foods: Radish, potatoes, tomatoes, apples, red cabbage; cauliflower, onions, potatoes



- **Phytochemical: Betalains**
 - Color: Red, yellow
 - Purpose: Antioxidants
 - Foods: Beets, chard, cactus pear



Resources



Recipes and more!



Dining Decision App

Kid's Healthy Eating Plate



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**Questions
are
welcome!**