

Ask an Expert



My twins are very picky eaters. I worry about them getting the nutrition they need. How can I get them to try some different foods?

You have to offer new foods regularly and encourage them to try the new foods. Getting children to try new foods takes more than one or two attempts. In fact, you may need to offer children new food up to 20 times before they will accept it. Making sure that you don't give in and only offer tried and true favorites is important.

Ruts are hard to get out of for adults and children alike. However, you will find that after awhile of consistently trying new foods, the twins will look forward to the new flavors. Finally, having the whole family eat the food that you are encouraging your children to eat is important (modeling desired behavior). If you are concerned about nutrition, you might want to try cold cereal for breakfast. Many of the low-sugar, whole-grain cereals are packed with vitamins and minerals. Limiting treats is another thing that might help the twins be more likely to try new foods.

Ardith Brunt, Ph.D., L.R.D.
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My daughter has lactose intolerance. Is that the same as a food allergy? Can she have any dairy products?

No, lactose intolerance is not the same as a food allergy. Lactose intolerance is caused by the deficiency of the milk sugar digesting enzyme (lactase), while food allergy involves immune responses.

Your daughter cannot digest the sugar in the milk adequately. She may experience the following after consumption of milk or dairy products (greater than 12 grams of lactose, or about 1 cup of milk):

Bloating	Cramps
Flatulence (Gas)	Diarrhea

To avoid discomfort, most people with lactose intolerance need to avoid milk-containing products such as the following:

- Milk
- Ice cream
- Frozen yogurt
- Chocolate drink mixes such as Ovaltine or Carnation Instant Breakfast
- Any desserts or food prepared with milk or dairy products, such as pudding or custard
- Any sauces and salad dressing containing milk or dairy products

However, some people with lactose intolerance may tolerate smaller amounts of milk with meals. Most people with lactose intolerance can tolerate the following dairy products:

- Aged cheese
- Yogurt
- Lactaid milk
- Any dairy products with the addition of lactase, such as Lact-Aid or Dairy Ease, which are available at any drug store

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After having three children, I've gained weight and I can't seem to lose it. My husband has gained weight, too. Do you have any tips to get us started toward a healthy weight?

You are busy parents with three children to care for. Take time to take care of your health, too. By eating healthfully and getting into a regular exercise routine, you will be healthier and have more energy for your growing family.

Your goal for weight loss should be ½ to 1 pound per week. Some great support groups for weight loss and weight maintenance are available, including TOPS (Take Off Pounds Sensibly), Weight Watchers and Overeaters Anonymous, to name a few. Try these tips to get started:

- Try writing down everything you eat and drink for one day, including the amount. To find out just how many calories you ate, you can use a great Internet tool, www.MyPyramid.gov. Most people are surprised by how many calories they actually consume.
- Think about how to reduce your portion sizes by using smaller dishes: a 7- to 9-inch dinner plate, an 8-ounce glass and a fruit bowl for cereal. Divide your plate and put your entrée on one-quarter of the plate; vegetables (without extra butter or sauce) should take up about half the plate and a potato or rice should take up the last quarter.
- Limit fats to about 1 tablespoon per meal.
- Eat fresh vegetables and fruits between meals.
- Share a restaurant meal with your husband or a friend and practice eating smaller portions by leaving some food on your plate at every meal.
- Increase your activity level. Wear a pedometer and keep track of your steps, join a fitness club, take the stairs and park farther away from your destination. Find a friend who enjoys walking (outside or at the mall).
- Try to be less organized (to burn more calories).
- Play with your children.
- Don't forget to reward yourself for your hard work and success: a massage, new outfit, bubble bath, coffee with a friend, some alone time or a date night with your husband.

By eating smaller portions, exercising and taking better care of yourself, you will enjoy renewed energy and a much more positive outlook on life. You also will be a great role model for your children. For more information on weight loss success, go to the National Weight Control Registry, www.nwcr.ws/. People in this study have lost at least 30 pounds and maintained their weight loss for at least one year.

Lynette Winters, M.S., L.R.D., Senior Lecturer and Director of the Coordinated Program in Dietetics, Department of Health, Nutrition and Exercise Sciences, NDSU



My preschool children, ages 2 and 4, like to help me in the kitchen. What are some age-appropriate things they can do?

Cooking experiences help children learn to follow directions, develop fine-motor skills, learn words, learn sorting and classifying skills, and enhance their social skills. Even 2-year-olds can help in the kitchen. Remember, all cooking activities require close adult supervision for safety.

These are beginning cooking activities for preschool children:

- Tasting and sitting at the table
- Dipping
- Scrubbing
- Tearing, breaking and snapping
- Pouring and measuring
- Mixing and shaking
- Spreading
- Juicing
- Peeling with fingers

Have fun with your child!

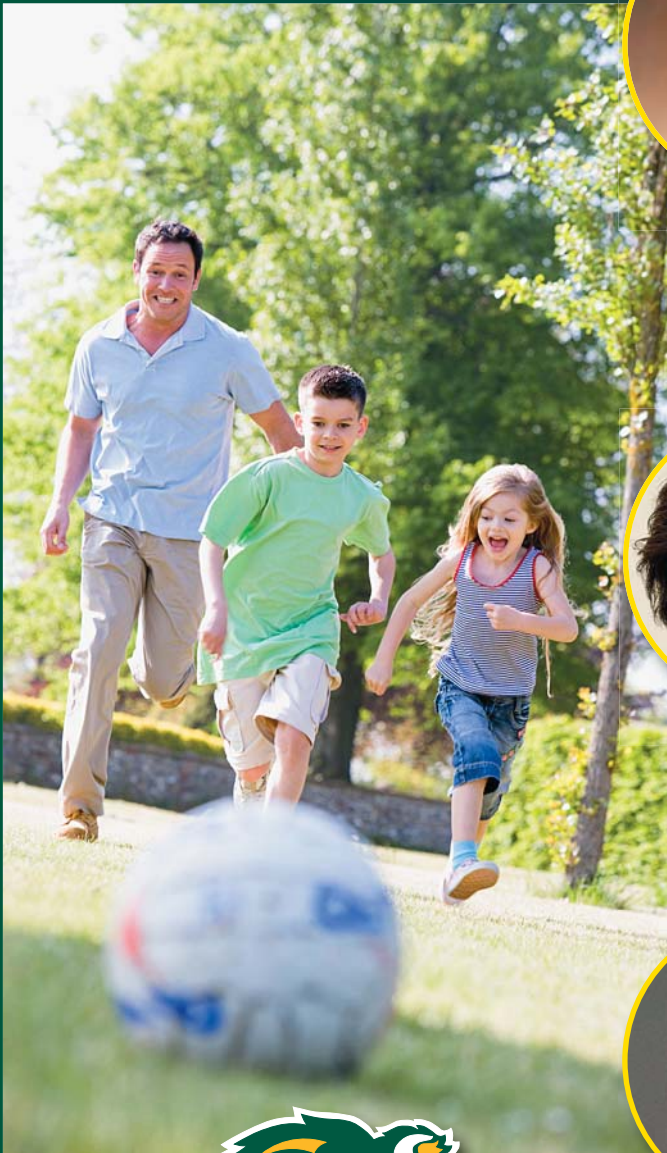
Debra Habedank, M.S., Director of the Center for Child Development, NDSU



Be active for life!

For good health, kids need at least 60 minutes of physical activity every day; adults need at least 30 minutes a day.

For more information, go to www.mypyramid.gov.



Good habits start early in life. Playing hard and choosing the right foods put you on the winning track. The time is now to Eat Smart and Play Hard!

Saul Phillips, Head Men's Basketball Coach



Eating the right foods and exercising takes time, effort and dedication, but being healthy and physically fit is worth all the hard work!

Craig Bohl, Head Football Coach



Eating healthy is the fuel you need to make it possible to stay active and live a healthy life! Take care of your body. It's the only place you have to live.

Pete Cuadrado, Head Women's Soccer Coach



If you are going to be in sports, eating right is just as important as training right.

Bucky Maughan, Head Wrestling Coach



Eat right, get fit now. Making smart decisions and living a healthy, active lifestyle at a young age will prove to be beneficial and rewarding as you enter into different stages of your life. Be proud to be healthy!

Carolyn DeHoff, Head Women's Basketball Coach



Our players have seen their performance get better and better on the court since they have made the decision to make healthy eating a part of their lives.

Erich Hinterstocker,
Head Women's Volleyball Coach



Want to reach your best? Then train hard, eat well, and dream big!

Ryn Godfrey, Head Women's Track Coach



www.GoBison.com