

Just Eat Real Food

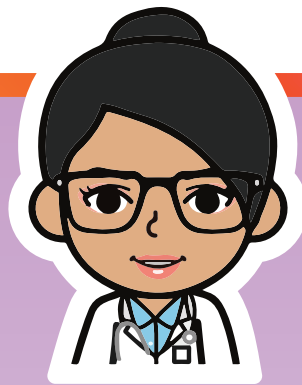


*Super Fantastic
Activity Book*

 PEDIATRIC
RESILIENCE



Hi, I'm Dr. Uma, a pediatric gastroenterologist in Seattle, WA. Pediatric Resilience™ started with my colleagues to share what we know about healthy nutrition. Most of the activities in this book are meant for children, but this book was designed with the entire family in mind, which is why some sections may be best-suited for a family to read together. I hope you have fun as you learn, completing the activities and challenges within!



Earn points, collect badges!

Share finished activities with your care team.

All the activities earn points

Try to earn **at least** this many points!

Under
6 years

25 points

7-11 years

50 points

12+ years

100 points

Special activities earn badges



Jr. Ranger
Pledge



Eat a Rainbow
7 colors challenge



Make a recipe
at home

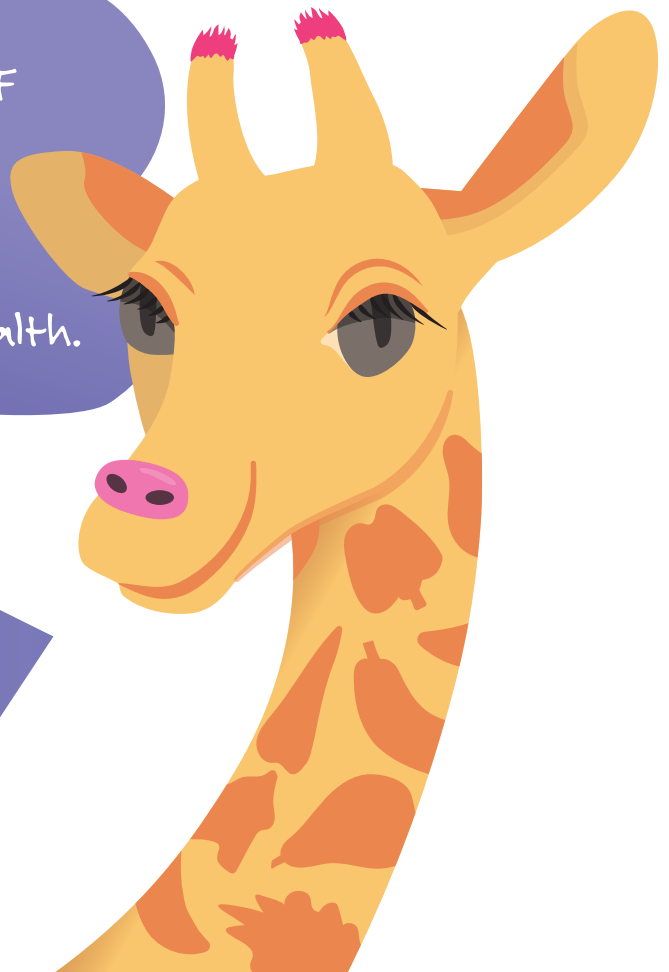
Written by Dr. Uma Pisharody

Designed and illustrated by Kristie Smith

©2022 Pediatric Resilience™
All Rights Reserved.

Hi kids! I am JERF the giraffe. JERF stands for "Just Eat Real Food." I hope you will have fun with me, learning about eating real food and why it's important for good health.

*Sign the pledge
and become a
JERF Junior Ranger.*



Did you know that over the last 30 years or so, the entire way children (and adults) eat has changed a lot? Today, 2/3rds of what kids eat is mostly stuff that their grandparents would not even have recognized! These man-made, food-like substances are what we call, "**ultra-processed foods**" (UPFs).

As kids start eating more UPFs, they can become sicker. It's scary! But if we JERF, we can avoid getting sicker. That's exciting!

Watch this video to earn 20 points



**Resilience: Healthier Tomorrows
for Today's Kids**

<https://youtu.be/nwqXdMS-LvA>

20 points



The difference between Real Food & Ultra-Processed Food (UPF)

Real Food grows on a plant or comes from animals. When food companies destroy the structure of real food by powdering it, adding in extra ingredients, and then packaging it, they create ultra-processed food. For example: sunflower seeds, oat groats, and beets are examples of real food. When a company extracts the oil from seeds, the sugar from beets, powders the oats into flour, adds preservatives and chemicals to the mixture, and then wraps it in plastic and sells it to us as a "health bar", this is an example of UPF.

Ask yourself...

6 points

Real Food

Processed Food

| | | |
|---|--|--|
| Did it grow in the soil or come from an animal? | | |
| Is it in a package that has a list of many ingredients? | | |
| Are all the ingredients natural? | | |
| Does it go bad after a while? | | |
| Did you make it at home? | | |
| Does it have added sugar? | | |

How would you identify something as real food?

Real Food

Processed Food

Indicate if the words in this list belong in the **real food** or the **processed food** category.

9 points



| | | |
|-------------------|-----------------------|-----------------------|
| Carageenan | <input type="radio"/> | <input type="radio"/> |
| Added sugar | <input type="radio"/> | <input type="radio"/> |
| Non-dairy creamer | <input type="radio"/> | <input type="radio"/> |
| FD&C Red 40 | <input type="radio"/> | <input type="radio"/> |
| Blueberry | <input type="radio"/> | <input type="radio"/> |
| Butter | <input type="radio"/> | <input type="radio"/> |
| Eggs | <input type="radio"/> | <input type="radio"/> |
| Cashew nuts | <input type="radio"/> | <input type="radio"/> |
| Sunflower seeds | <input type="radio"/> | <input type="radio"/> |

UPFs & Added Sugar

One of the ways UPFs can be harmful is that they often contain added sugar, which is not good for our health.

Just like **added sugar**,
too much **free sugar**
is not healthy.

What is free sugar?

Sugar that has been separated from fiber is what the World Health Organization (W.H.O) calls, "free sugar".

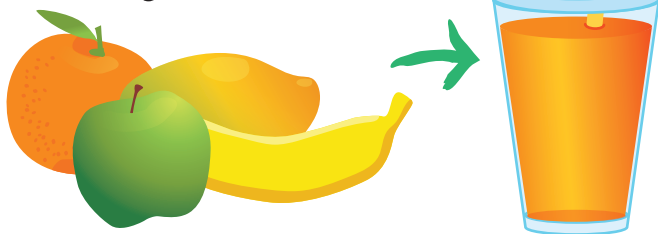
Even though fruits and vegetables contain sugar, the sugar is tightly bound to fiber.

When we put fruit or vegetables into a blender the insoluble fiber is broken.



Fruit smoothie

Made using 100%
Fruits: Mango, apple,
orange, and banana.



This **8 oz. Fruit smoothie** has **30 grams of sugar**. **NONE** of it is **added sugar**! But it's all **free sugar**! So that's still 30 grams of sugar!



Added sugar is always free sugar but free sugar is not necessarily added sugar.

How much sugar is OK?

Try to eat as little free sugar as possible. When you eat something sweet, try to keep your sugar total under **24 grams per day**, which equals **6 teaspoons** of sugar per day.

4 grams = 1 teaspoon **2 points**

30 grams = How many teaspoons?

Added sugar is hiding in 75% of packaged foods. So, when we eat Foods that don't come out of a package, we automatically eat less sugar!



Nutrition Facts



Circle the foods that contain free sugar

5 points



granola bar



milk



chocolate milk



juice



banana



pear



Flavored yogurt



orange



cupcake



eggs



almonds



cheese

Please Note!

This snack bar is an example of ultra-processed food. We **don't** recommend you eat it!

Snack Bar

Super Healthy Vanilla & Blueberry



Ingredients: **Crust:** oat flour, enriched flour (wheat flour, niacin, reduced iron, vitamin B1), cane sugar, dextrose, fructose, canola oil, tapioca syrup, brown rice, honey, millet, buckwheat, amaranth, brown rice flour, cellulose, natural flavor, vanilla extract, wheat gluten, carrageenan, guar gum, Vitamin E (to maintain freshness). **Filling:** invert sugar, corn syrup, blueberry puree concentrate, vegetable glycerin, sugar, modified food starch, natural flavor, citric acid, vegetable juice for color, methylcellulose, dicalcium phosphate, malic acid, apple juice concentrate.

Nutrition Facts

5 servings per carton
Serving Size 1 bar (35g)

Amount Per Serving

Calories 140

% Daily Value *

| | | |
|---------------------------|--------|-----|
| Total Fat | 4.5 g | 3% |
| Saturated Fat | 0 g | 0% |
| Trans Fat | 0 g | |
| Polyunsaturated Fat | 1 g | |
| Monounsaturated Fat | 2.5 g | |
| Cholesterol | 0 mg | 0% |
| Sodium | 130 mg | 3% |
| Total Carbohydrate | 20 g | 9% |
| Dietary Fiber | 4 g | 7% |
| Total Sugars | 7 g | |
| Includes 6g Added Sugars | | 12% |
| Protein | 3 g | |

Vitamin D 0mcg 0% • Calcium 10mg 0%
Iron 1mg 6% • Potassium 76mg 2%

*Percent 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.

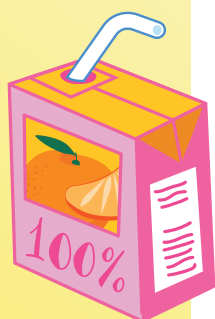
Test yourself

1. Circle all the sugars in the ingredients list. 11 points

2. If you eat 2 of these “Super Healthy Vanilla & Blueberry” bars how many grams of **Added Sugars** will you have eaten? 2 points

3. If you eat just 1 “Super Healthy Vanilla & Blueberry” bar how many grams of **Dietary Fiber** will you have eaten? 2 points

A vertical illustration of a pink sleeve. At the bottom, there is a yellow cuff with four purple dots. Below the cuff, orange liquid is dripping down in several streams.



p e e s y u g a r i s d o r n o
 s u v t n e e a k y e i d a i a
 e k r a h x n w q x p p a g r t
 u c n y g y f o t d a v v u t s
 p j i l s a l r h l l c o s x y
 s a h u s t i m m d a n c t e r
 o e n h j n e s a n n b s r d u
 r l r e o k u e e l w r u e o p
 b c u i l g n c b d t u m v t s
 i a r s a a r o n b w o i n l o
 t e v r z y u k m a m a l i a l
 o r u z s t f r u c t o s e m i
 l t z t s l a t s y r c e t a d
 i x a m o l a s s e s r u c t s
 e l r a t c e n n i s i a r f i
 s t r e h a l o s e q m q r f h

This word search puzzle has a hidden message. Once you find all the words (for 10 points) copy the unused letters starting in the top left corner into the blanks below to reveal the hidden message (for 5 more points).

- agave
- beet syrup
- cane crystals
- date crystals
- dextrin
- ethyl maltol
- fructan

fructose
honey
invert sugar
malto dextrin
molasses
monk juice
muscovado

- oat syrup solids
- palm sugar
- panela
- raisin nectar
- sorbitol
- treacle
- trehalose

5 points

10 points

Learn more about the food industry's synonyms for sugar.
www.robertlustig.com/56-names-of-sugar/



Finding Real Food



A

INGREDIENTS:

Filtered water, organic almonds



B

INGREDIENTS:

Filtered water, organic almonds, cane sugar, organic vanilla extract, organic vanilla beans, gellan gum

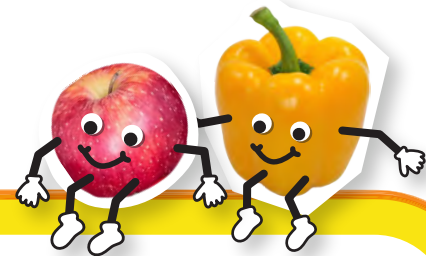
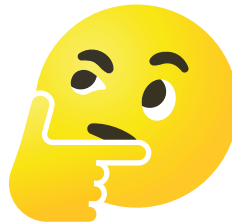


C

INGREDIENTS:

Almondmilk (Filtered Water, Almonds), Cane Sugar, Vitamin and Mineral Blend (Calcium Carbonate, Vitamin E Acetate, Vitamin A Palmitate, Vitamin D2), Sea Salt, Locust Bean Gum, Gellan Gum, Ascorbic Acid (to protect freshness), Natural Flavor.

Fewer ingredients means it is closer to real Food



Is it real food?

3 points

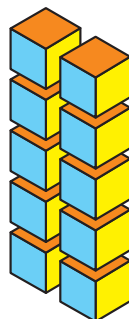
- Does real food have added sugars? Yes No
- Does real food have free sugar? Yes No
- Which of the the 3 almond milk examples is *least* processed? A B C

Did you know that today, humans consume about ten times more sugar than they did a hundred years ago?

100 years ago



Today



Ultra-processed Foods don't contain insoluble fiber

What is fiber?

Fiber is one of the most important nutrients to keep our bodies healthy. There are two types, insoluble and soluble. We call fiber from real food, "intact" fiber, because both types are present.

Insoluble Fiber: this type of fiber won't dissolve in water, and even our bodies can't fully break it down, which means it travels through our gut and helps us poop better! Insoluble fiber is usually found in the skin or peel of fruits and vegetables. It's also what creates the stringy stuff inside of celery, mangoes, and asparagus!

Soluble Fiber: the type of fiber that can dissolve in water, and in fact, water helps it form a gel that helps our intestines and liver be stronger!

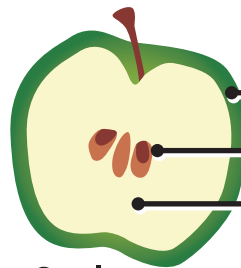
Soluble or insoluble fiber?

6 points



Strawberry

Peel _____ Fiber
Seed _____ Fiber
Pulp _____ Fiber



Apple

Peel _____ Fiber
Seed _____ Fiber
Pulp _____ Fiber

Try this!

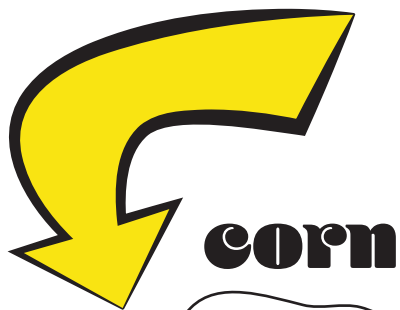
5 points

Insoluble Fiber Put some **fruit peels** in water overnight. Did they become soft and mushy? Can you smash them up easily between your finger tips?

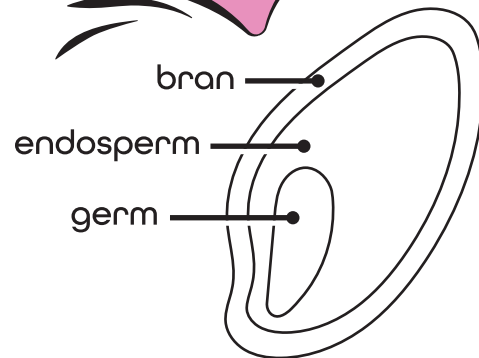
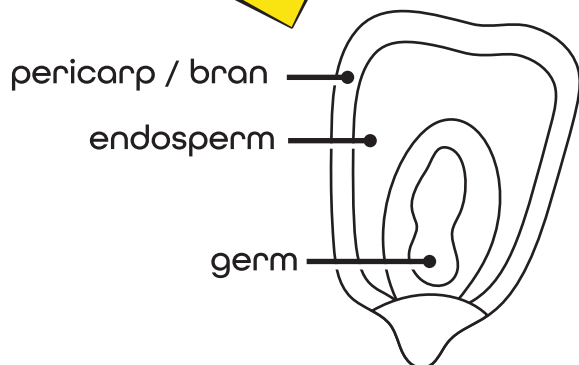
Soluble Fiber Put some **fruit pulp** in water overnight. Did it become soft enough that you can easily mash and break it up between your fingers?



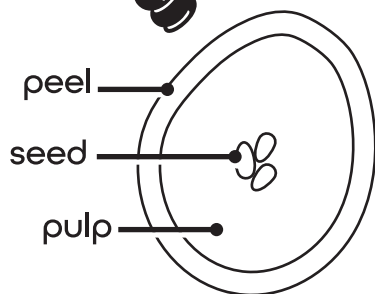
Hint: ripe fruit, especially pears, make a good test subject.



corn

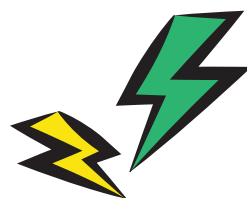


grape

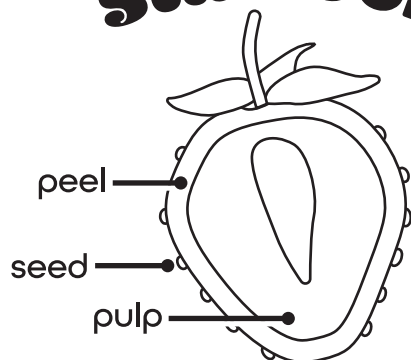


Fiber

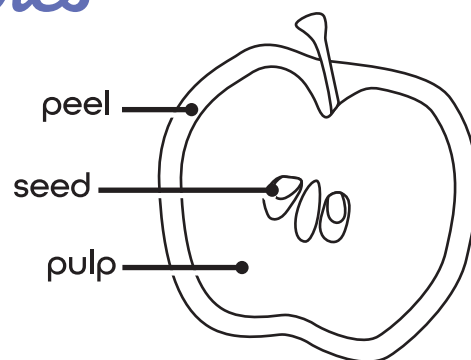
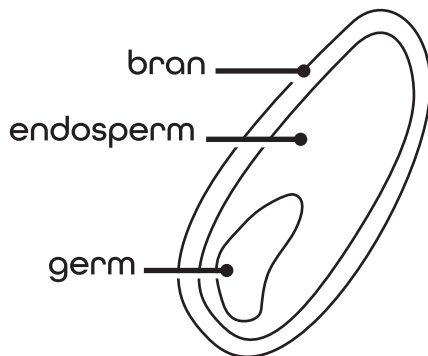
*whole intact grains
fruits & vegetables*



strawberry

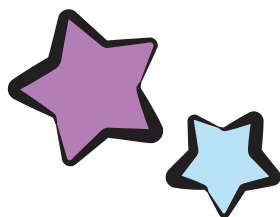


**oat
groat**



apple

oat groat
is the oat seed
with the outer
husk removed



Fantastic Fiber

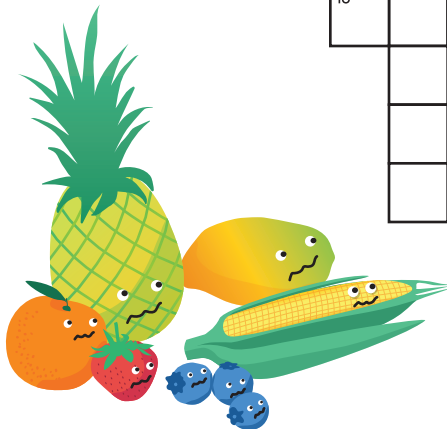
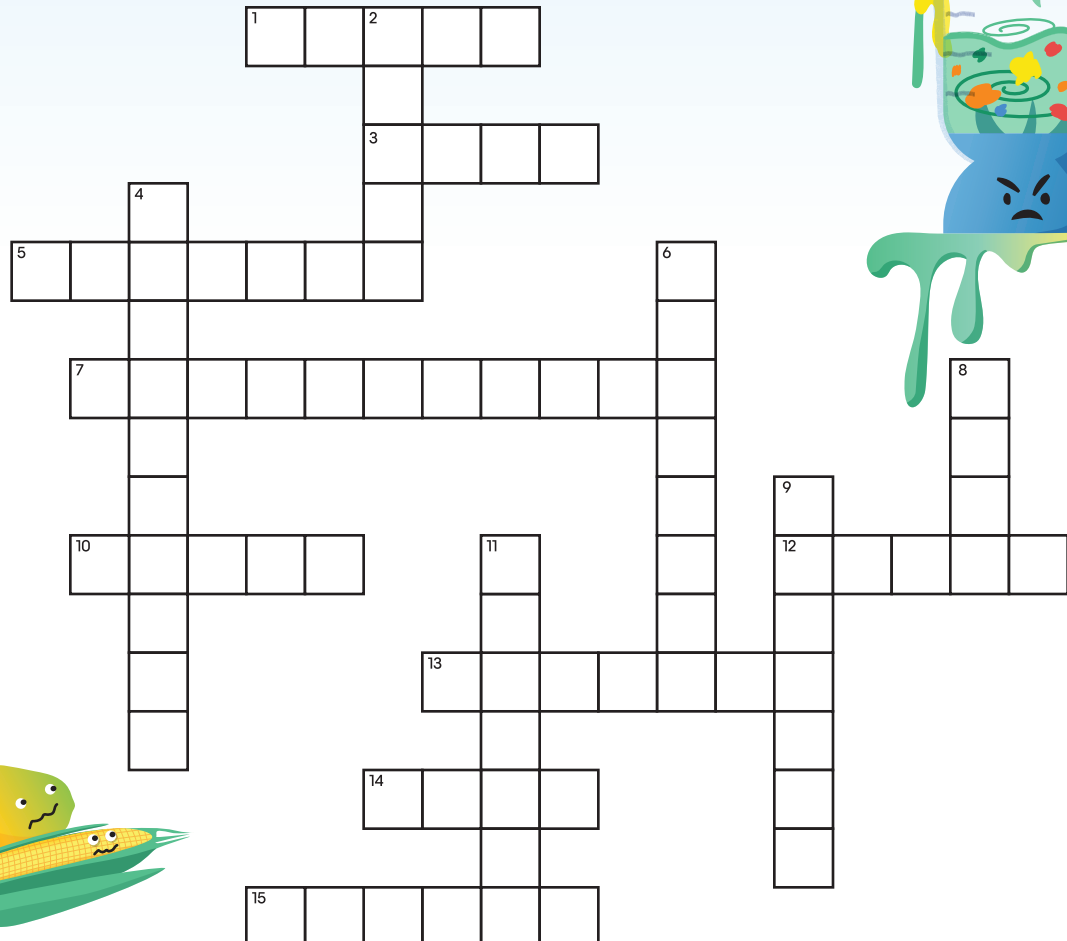
ACROSS

1. I am a legume that comes in hundreds of varieties: pinto, cannellini, red, black, Fava, lima and more.
3. This dark purple stone fruit has two names, depending on whether it's dried or fresh. Give the name it goes by when eaten dried.
5. Romaine, butterhead, iceberg, radicchio are all types of this ingredient found in many salads.
7. You can create pizza crust from this cruciferous vegetable!
10. What we put in a bird feeder.
12. Same fruit as 3 down. Give the name it goes by when we eat it fresh.
13. A light, fluffy, crispy snack we love to eat at the movies.
14. Pod occupants, these green balls become spicy when coated with wasabi!
15. I am an ancient grain that is grown in Peru and very tricky to spell!

DOWN

2. Fuji, gala, golden delicious, and honeycrisp are all of varieties of this sweet, crunchy snack.
4. I am a common type of red fruit, but I'm not a cherry or raspberry.
6. Called chickpeas in some parts of the world, the main ingredient used to make hummus.
8. The outermost layer of the grain kernel, typically removed by processing/blenderizing.
9. This green leaf is the secret to Popeye's strength.
11. The main ingredient in guacamole.

15 points



dig into fiber



Circle the foods that are high in fiber

6 points



carrots



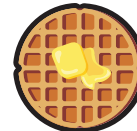
broccoli



juice



banana



waffles



pear



Fried
eggs



orange



pancakes



milk



Flavored
yogurt



steel cut
oatmeal



Fiber facts - true or false?

5 points

True False

☐
☐

1. 100% apple juice, made from raw apples at home in a blender is a smart way to get extra fiber into our diet.

☐
☐

2. Juice or smoothies made from 100% fruit or vegetables give us the same benefits from fiber as fruits and vegetables eaten whole.

☐
☐

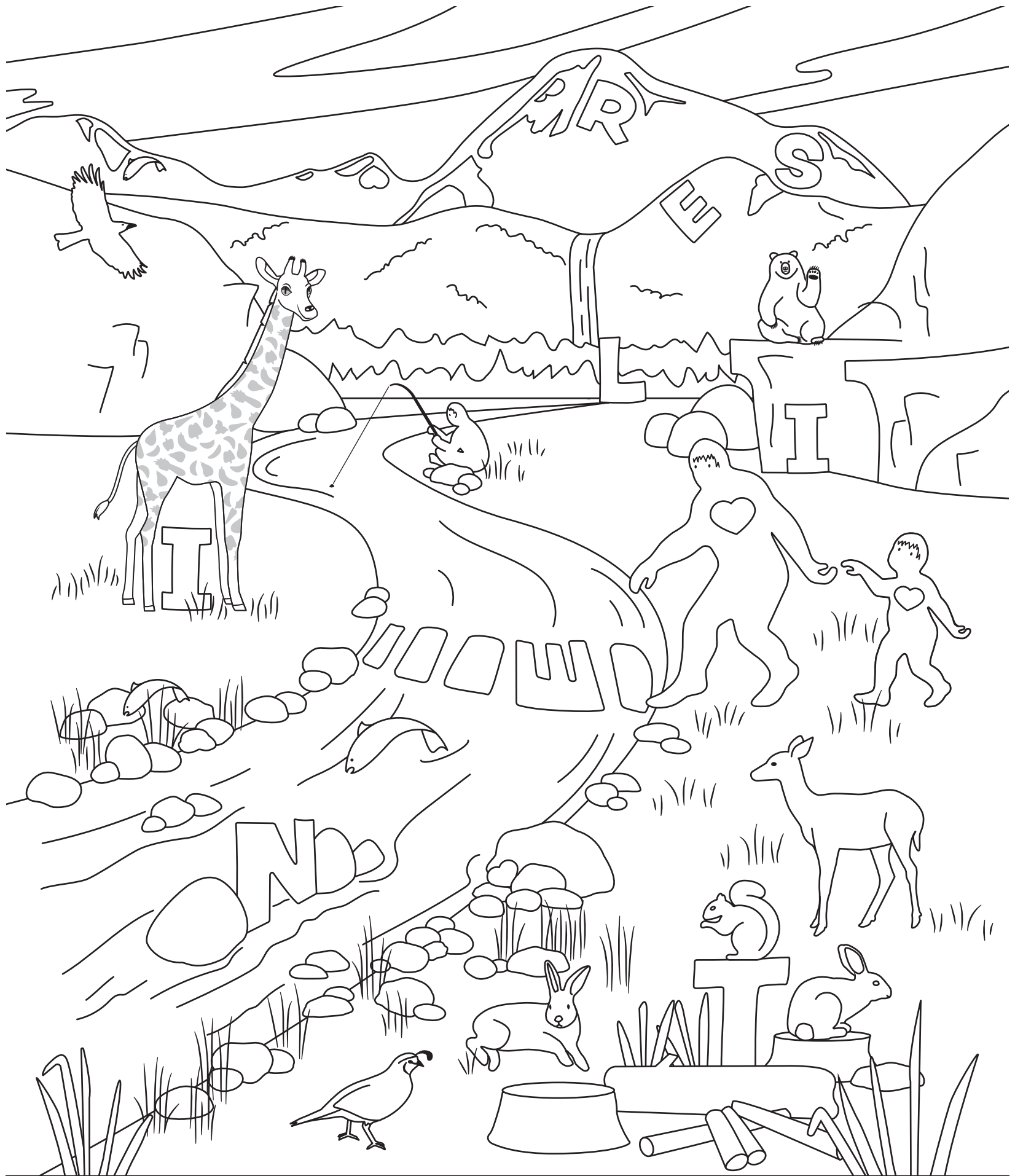
3. There are two types of fiber: insoluble and soluble.

☐
☐

4. Whole intact grains have 3 parts: the germ, the endosperm, and the bran.

☐
☐

5. Whole intact fruits have 3 parts: the peel, the pulp, and the seeds.



Find these hidden letters & objects

5 points for coloring, 5 points for finding all the letters, and 1 point for each heart and fish. That's **17 points** total!



RESILIENT

phytonutrients

Pronounced "**fight-o-nutrients**," these natural substances are produced by plants to protect themselves from diseases and injury. By eating the plants, your body also gets protected! Since many of the phytonutrients are colorful, here's a quick tip: the more colors you eat, the more disease-fighting powerful nutrients you get!



Eat a rainbow challenge!

Eat 7 different fruits or vegetables with **7 different colors**.

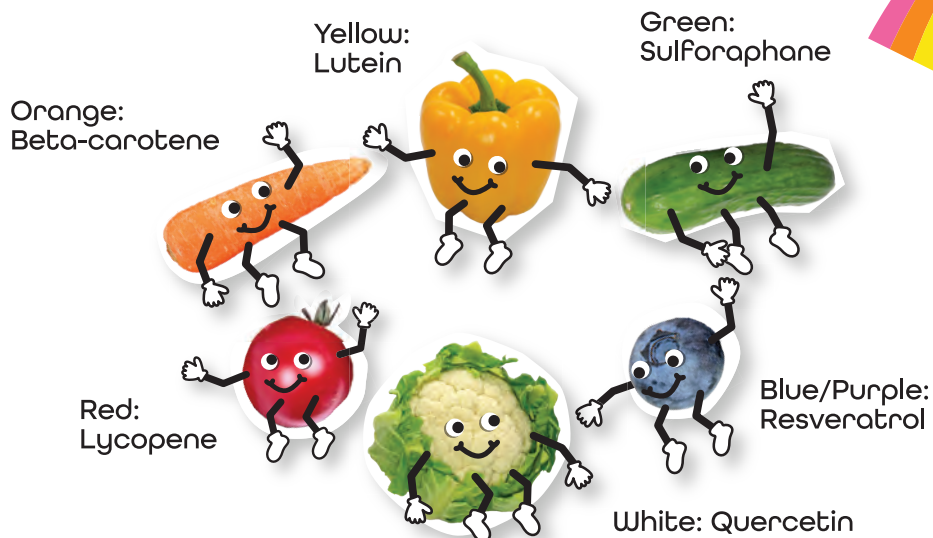
Eat 7 different colors **over 5 days** for 5 points.

Eat 7 different colors **all in 1 day** for 10 points.

5 points

10 points

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____



Each color
provides
specific
nutrients

Dr. Uma's Rainbow Salad



Ingredients

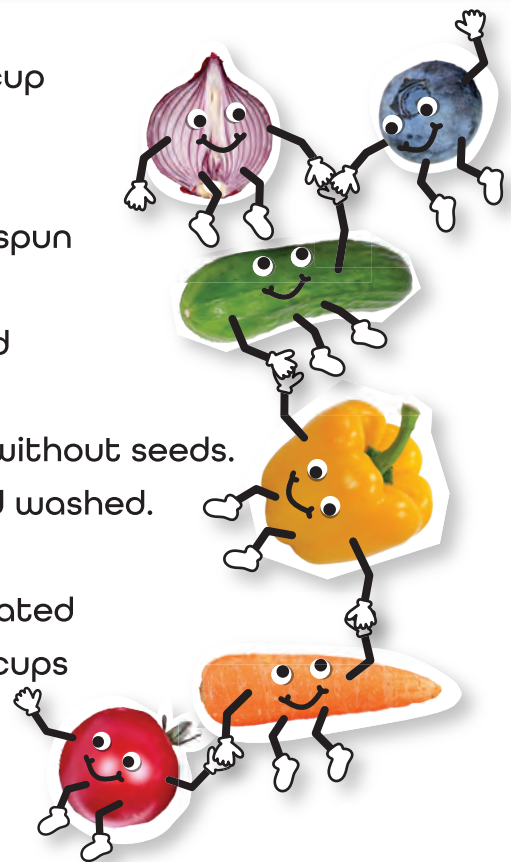
Serves 4-6 people



Make at least 1 serving of this recipe to collect this badge and earn 10 points.

10 points

- Kalamata Olives: large, pitted, sliced into halves: 1 cup
- Red Onion: 1 medium-sized, chopped
- Blueberries: 1 cup
- Arugula: 2 bunches or about 4 cups, washed, dried/spun
- Cucumber: 1 medium-sized, peeled, chopped
- Dill, Fresh: 1 bunch, washed, dried/spun and chopped
- Spring Onion: 1 bunch, washed, dried and chopped
- Yellow bell pepper: 1, washed and chopped with or without seeds.
- Chickpeas: 1 can (organic, no additives), drained and washed.
- Feta cheese: crumbled, 1 cup
- Carrots: 3, washed and peeled, then chopped or grated
- Cherry tomatoes: washed and sliced into halves, 2 cups



Dressing ingredients

1 cup of a mixture of equal parts red wine vinegar and extra virgin olive oil.
Salt and freshly cracked black pepper to taste.

Instructions

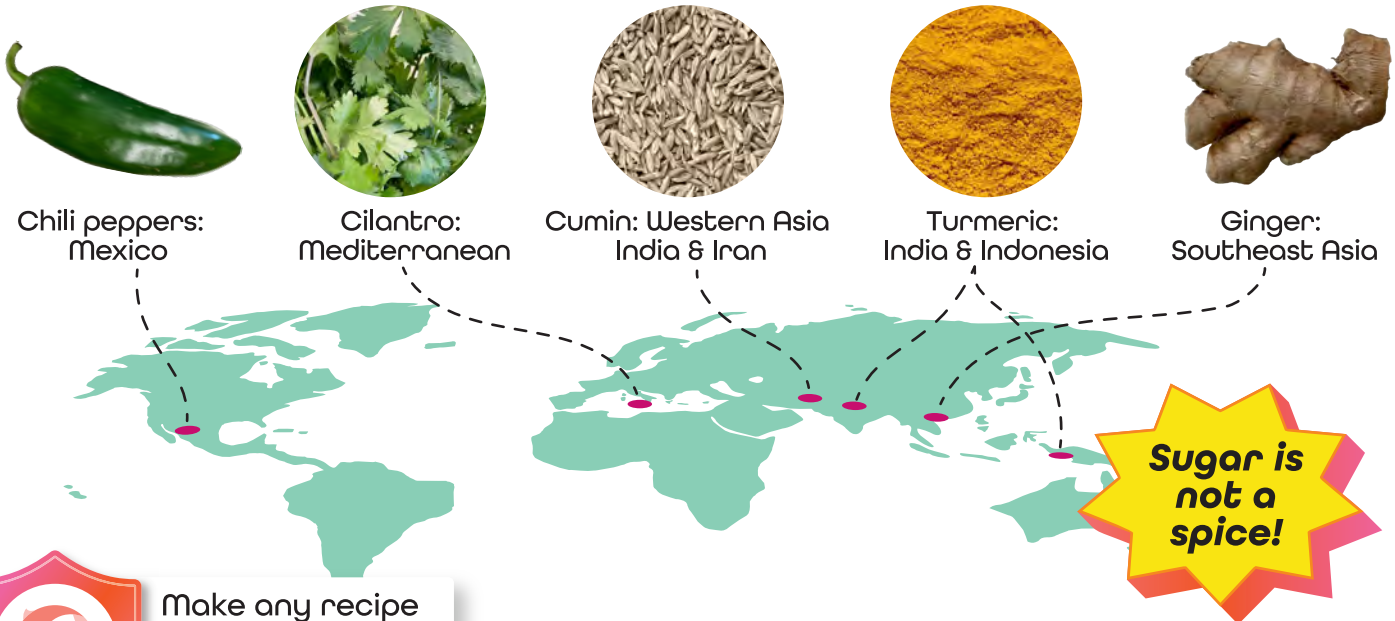
Throw all the fresh ingredients in a large mixing bowl.
Keep leftovers fresh in Fridge, adding dressing just before eating.

Make it JERF-a-licious

We want your Foods to be JERF-A-LICIOUS! Did you know that Food becomes extra tasty, extra Fun, and super delicious by adding spice! Spice adds variety and Flavor!

Look up this recipe: Dr. Uma's Dal
The ingredients come from all over the world!

5 points



Make any recipe at home to collect this badge!

Your Recipe

5 points

10 points

For 5 points write down a flavorful recipe that uses no sugar, but incorporates at least **3 different spices or herbs** to add vibrant Flavor!
 For an extra 10 points, make the recipe at home and eat it with your family!

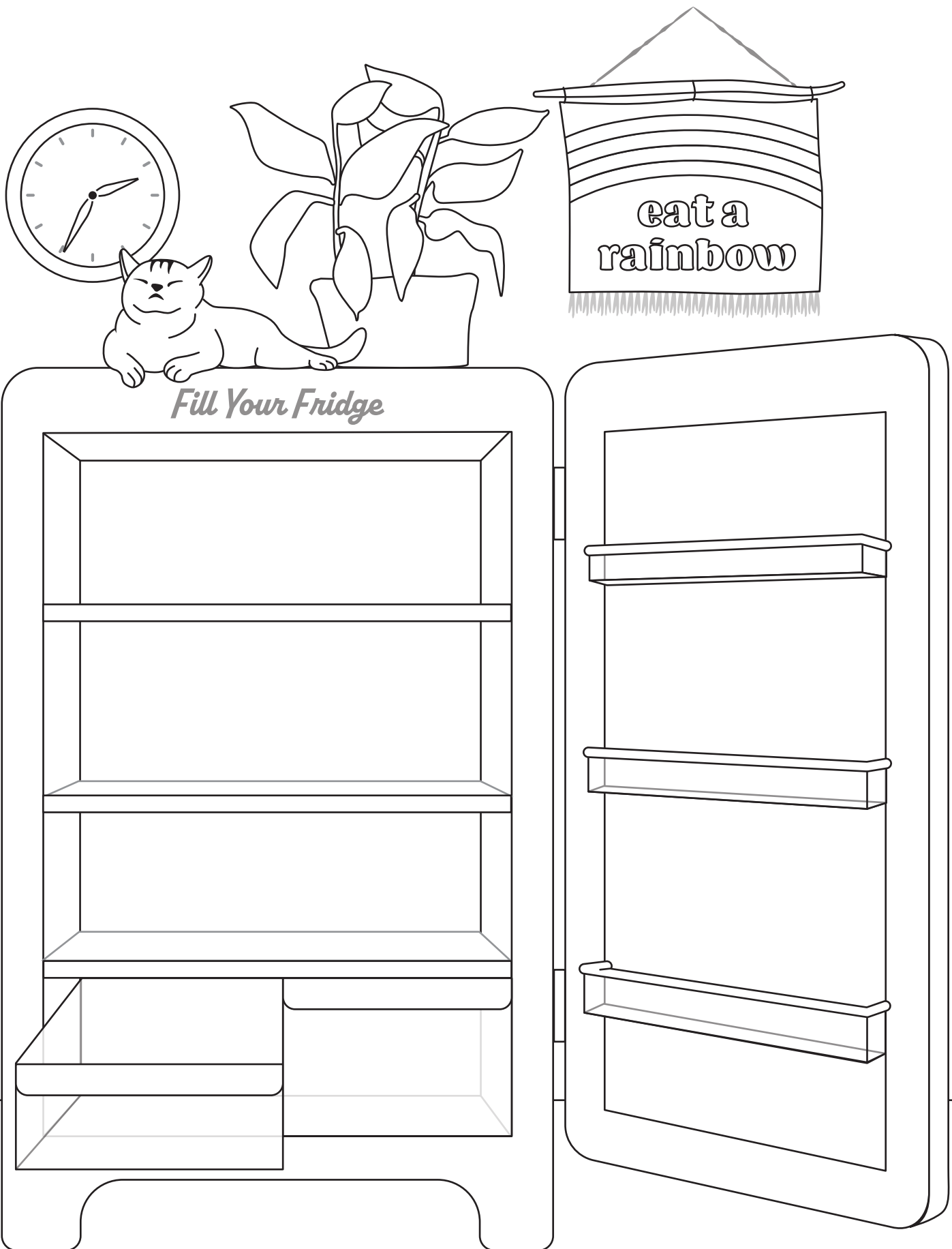
Hint: you can look up recipes on our web site





5 points

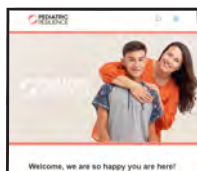
Earn 5 points for coloring in this page



Can you stock this Fridge with foods that are healthy and delicious?

10 points

Some great resources



Pediatric Resilience program web site

Visit our web site for events, inspiring stories, recipes & more great information.

<https://pediatricresilience.org>

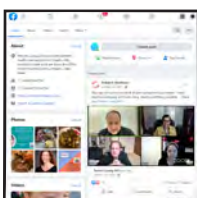


Pediatric Resilience YouTube channel

Watch Team Pediatric Resilience create delicious healthy dishes.



www.youtube.com/channel/UCT-CW16i6nIFYKI4_eDOaRQ



Pediatric Resilience Facebook page

New posts everyday on our Facebook page!



<https://pediatricresilience.org/facebook/>



Swedish Pediatric Metabolic Health Program

Be sure to check out the Swedish Pediatric Metabolic Health Program web site for more resources.

www.swedish.org/pmhp



For more facts check out these websites that we love



www.hsph.harvard.edu/nutritionsource/2016/08/23/aha-added-sugar-limits-children/



www.hypoglycemia.org/added-sugar-repository/



www.robertlustig.com/56-names-of-sugar/



www.sugarscience.org



JERF JUNIOR RANGER PLEDGE

I, _____, promise to have fun and enjoy eating real food. With this oath, I pledge to strive and understand the importance of eating less sugar, more fiber, and the meaning of real food. I will try to lead by example, exploring new flavors and tastes and “Eating a Rainbow.” As a JERF Junior Ranger, I will serve as a real food ambassador, sharing my adventures and knowledge with my friends, family, classmates and all those around me.

Sign the pledge to earn this
JERF Junior Ranger badge!

