



The University of New Mexico
Prevention Research Center

Prevention Research Center Rio Grande Institute Noon Conference Series: Journal Club



Improving Children’s Menus in Community Restaurants

Description/abstract:

The authors describe an intervention designed to improve the quality of food and drinks available on restaurant children’s menus in San Marcos, Texas. We will discuss this article, including the challenges faced as well as how the approach taken could be adapted for New Mexico communities.

Article for Discussion:

Crixell SH, Friedman B, Fisher DT, Biediger-Friedman L. **Improving Children’s Menus in Community Restaurants: Best Food for Families, Infants, and Toddlers (Best Food FITS) Intervention, South Central Texas, 2010–2014.** *Prev Chronic Dis* 2014; 11:140361.

Available online at:

<http://dx.doi.org/10.5888/pcd11.140361>

Please read the article before the presentation so that we may have a lively discussion afterwards!

Presenter: Elizabeth Yakes Jimenez, PhD, RD

Date: Tuesday, February 17, 2015

Time: 12:00 noon to 1:00 pm

Place: Research Incubator Building (RIB) Commons
UNM Campus, 2703 Frontier NE
Albuquerque, NM 87131

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This presentation is sponsored by the New Mexico Prevention Research Center – funded by CDC Prevention Research Office 5U48DP005034-01.

SPARK PRESENTS
THE 5 WORST KIDS MENU FOODS
<http://www.sparkpe.org/blog/the-5-worst-kids-menu-foods/>

THE CULPRIT	CALORIES	SODIUM	CALORIE EQUIVALENT
KFC: POPCORN CHICKEN KID'S PORTION, POTATO WEDGES AND PEPSI - (16 FL. OZ)	730	1,535MG	MORE THAN 7 EGGO CHOCOLATE CHIP WAFFLES
MCDONALD'S: MIGHTY KIDS MEAL WITH DOUBLE CHEESEBURGER, FRIES, APPLE SLICES AND FAT FREE CHOCOLATE MILK, JIG	770	1,190MG	17 SLICES OF KRAFT SINGLES 2% AMERICAN CHEESE - MORE THAN AN ENTIRE PACKAGE!
CHILI'S: PEPPER PALS GRILLED CHEESE SANDWICH WITH PEPPER PALS SIDE CINNAMON APPLES	850	1,135MG	24 DUNKIN' DONUTS COCOA GLAZED MUNCHKINS
ON THE BORDER: KIDS CHEESE QUESADILLA WITH MEXICAN RICE	1,120	1,690MG	14 EL MONTEREY STEAK TAQUITOS
CHEESECAKE FACTORY: KIDS PASTA WITH ALFREDO SAUCE	1,820	696MG	775 PARMESAN-FLAVORED PEPPERIDGE FARM GOLDFISH

Presented by **SPARK** WWW.SPARKPE.ORG
Source: <http://news.msnhealth.com/best-and-worst-fast-food-meals/2012/10/27/>
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