



NUTRITION AND CHILDREN

What foods should my family eat?

Your child is growing and it is up to you to provide the nutrition they need to stay healthy and strong. Start by stocking your home with healthy whole grains, lean meats, low fat and fat free milk and yogurt, healthy fats such as olive and canola oil, nuts, and seeds, and plenty of whole fruits and vegetables.

Replace screen time with active time

TV watching, video games, and computer time take up many hours your child could spend being active. To work towards healthier living, start by paying attention to how much time you and your child spend in front of a screen. Next, work together to set a daily or weekly screen time limit. The American Academy of Pediatrics suggests no more than 2 hours of TV time a day.

Aim to get at least one hour of physical activity a day. One hour of exercise may seem like a lot, but those 60 minutes can happen in short bursts throughout the day. Get creative with how you get active and, most importantly, get involved! Remember that your behavior matters! While kids might not react well to change at first, eventually most will follow their parents' lead.

My child will not eat healthy foods!

Getting a child to change their eating habits can be difficult. When making healthy diet changes, it is important that your child feel involved in the process. If your child refuses the healthy foods you offer them, try to:

- Offer them several healthy food options and let them choose what they want to eat from what you offer.
- Offer praise when your child tries new foods.
- Work with your child to prepare a healthy meal or snack.
- Take your child grocery shopping to pick out a new fruit or vegetable to try.

5 TIPS FOR HEALTHY EATING AT HOME

1. Eat as a family at the dinner table

Try to have one meal as an entire family every day.

2. Keep it simple

Learn how to make quick healthy meals that take 30 minutes or less. Spend time on the weekend to prep foods you can freeze and eat later.

3. Make eating fun

Kids are more likely to eat something they help prepare.

4. Make slow changes

Start with small substitutions and build from there.

5. Keep mealtimes relaxing and positive

Turn off the TV and put your phone on silent. Practice eating slowly as a family and enjoying the meal.