

Tips for a Healthier Lifestyle

Keep healthy snacks on hand when you are running errands, either in a bag or in the car.

Have designated shelves in your refrigerator and cabinets with healthy snacks your child can eat whenever.

Don't use food as rewards, instead use physical activity such as, go to the park, or play outside longer, or offer to play catch.

Eat together as a family at dinner time.

Provide portion sizes for your child.

Use small plates for a younger child.

Make sure your child has physical activity in their daily lives.

Everyday Aim For...

6 ounces of grains

2-2 ½ cups of vegetables

1 ½ - 2 cups of fresh fruit

3 cups of dairy

5- 5 ½ ounces of protein



"We can all agree that in the wealthiest nation on Earth, all children should have the basic nutrition they need to learn and grow and to pursue their dreams, because in the end, nothing is more important than the health and well-being of our children..." - Michelle Obama



*For additional helpful hints, go to www.myplate.gov

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PUT MORE POWER ON YOUR CHILD'S PLATE

A Guide to the Right Nutrition for Your Child

Nu tri ent-rich foods

A consumer-friendly way to describe nutrient-dense foods such as colorful fruits and vegetables, whole, fortified and fiber-rich foods, fat-free and low fat dairy products, and lean meats, poultry, fish, eggs, beans, and nuts.



Early prevention is considered to be the most promising strategy for reducing Childhood Obesity

Why is Nutrition Important

At a Young Age?

Nutrition is extremely important at a young age, because providing your child with the right foods will help them grow, learn, and be less likely to become overweight or obese in the future.



Did you know...?

Proper nutrition helps children's mind grow.

Calcium and Iron are vital in a child's diet for growth, learning, and behavior.

Your children have a lesser chance to become overweight or obese in the future if they are exposed to a healthy diet at a young age.

Your children should have 3 well balanced meals per day along with 2 healthy snacks

Eating snacks twice a day helps maintain blood sugar levels.

How to Get Your Child Involved

1. Take your children grocery shopping with you and let them pick out their favorite fruits and vegetables
2. Give them different options of healthy food.
3. Let them help with meals, for instance, washing the foods, or picking out a healthy item they want, or even setting the table.
4. Have them with you when you are packing their meals for school and let them choose what they'd like.

Grocery Store Checklist

Grains

- Brown Rice
- Oatmeal
- Whole Grain Pasta
- Popcorn
- Pretzels
- Whole wheat bread/rolls
- Whole wheat crackers

Vegetables

- Broccoli
- Carrots
- Celery
- Green beans
- Sweet potatoes
- Red potatoes
- Corn
- Romaine lettuce
- Peppers

Fruits

- Bananas
 - Blueberries
 - Grapes
 - Oranges
 - Orange juice
 - Pineapples
 - Strawberries
 - Watermelon
 - Raisins
 - 100% fruit juice
- ### Dairy
- American Cheese
 - Mozzarella
 - Cottage Cheese
 - Fat-free or low fat milk
 - Fat-free or low fat yogurt
 - Lactose reduced milks

Protein

- Almonds
 - Peanuts
 - Walnuts
 - Peanut butter
 - 90-95% lean ground beef
 - Skinless chicken breast
 - Skinless ground chicken
 - Skinless chicken thighs
 - Eggs
 - Light tuna, canned in water
 - Boneless loin pork chops
 - Skinless ground turkey
 - Skinless turkey breast
- ### Oils
- Olive oil
 - Canola oil
 - Soybean oil