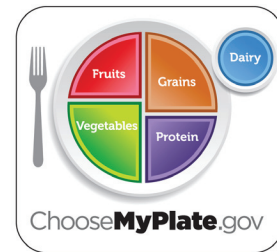


be a healthy role model for children



10 tips for setting good examples

You are the most important influence on your child. You can do many things to help your children develop healthy eating habits for life. Offering a variety of foods helps children get the nutrients they need from every food group. They will also be more likely to try new foods and to like more foods. When children develop a taste for many types of foods, it's easier to plan family meals. Cook together, eat together, talk together, and make mealtime a family time!

1 show by example

Eat vegetables, fruits, and whole grains with meals or as snacks. Let your child see that you like to munch on raw vegetables.

2 go food shopping together



Grocery shopping can teach your child about food and nutrition. Discuss where vegetables, fruits, grains, dairy, and protein foods come from. Let your children make healthy choices.

3 get creative in the kitchen

Cut food into fun and easy shapes with cookie cutters. Name a food your child helps make. Serve “Janie’s Salad” or “Jackie’s Sweet Potatoes” for dinner. Encourage your child to invent new snacks. Make your own trail mixes from dry whole-grain, low-sugar cereal and dried fruit.

4 offer the same foods for everyone

Stop being a “short-order cook” by making different dishes to please children. It’s easier to plan family meals when everyone eats the same foods.



5 reward with attention, not food

Show your love with hugs and kisses. Comfort with hugs and talks. Choose not to offer sweets as rewards. It lets your child think sweets or dessert foods are better than other foods. When meals are not eaten, kids do not need “extras”—such as candy or cookies—as replacement foods.

6 focus on each other at the table

Talk about fun and happy things at mealtime. Turn off the television. Take phone calls later. Try to make eating meals a stress-free time.



7 listen to your child

If your child says he or she is hungry, offer a small, healthy snack—even if it is not a scheduled time to eat. Offer choices. Ask “Which would you like for dinner: broccoli or cauliflower?” instead of “Do you want broccoli for dinner?”

8 limit screen time

Allow no more than 2 hours a day of screen time like TV and computer games. Get up and move during commercials to get some physical activity.

9 encourage physical activity

Make physical activity fun for the whole family. Involve your children in the planning. Walk, run, and play with your child—instead of sitting on the sidelines. Set an example by being physically active and using safety gear, like bike helmets.



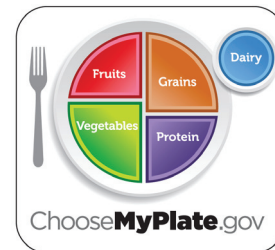
10 be a good food role model

Try new foods yourself. Describe its taste, texture, and smell. Offer one new food at a time. Serve something your child likes along with the new food. Offer new foods at the beginning of a meal, when your child is very hungry. Avoid lecturing or forcing your child to eat.

10 tips

Nutrition
Education Series

liven up your meals with vegetables and fruits



10 tips to improve your meals with vegetables and fruits

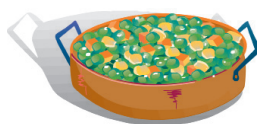
Discover the many benefits of adding vegetables and fruits to your meals. They are low in fat and calories, while providing fiber and other key nutrients. Most Americans should eat more than 3 cups—and for some, up to 6 cups—of vegetables and fruits each day. Vegetables and fruits don't just add nutrition to meals. They can also add color, flavor, and texture. Explore these creative ways to bring healthy foods to your table.

1 fire up the grill

Use the grill to cook vegetables and fruits. Try grilling mushrooms, carrots, peppers, or potatoes on a kabob skewer. Brush with oil to keep them from drying out. Grilled fruits like peaches, pineapple, or mangos add great flavor to a cookout.

2 expand the flavor of your casseroles

Mix vegetables such as sauteed onions, peas, pinto beans, or tomatoes into your favorite dish for that extra flavor.



3 planning something Italian?

Add extra vegetables to your pasta dish. Slip some peppers, spinach, red beans, onions, or cherry tomatoes into your traditional tomato sauce. Vegetables provide texture and low-calorie bulk that satisfies.

4 get creative with your salad

Toss in shredded carrots, strawberries, spinach, watercress, orange segments, or sweet peas for a flavorful, fun salad.

5 salad bars aren't just for salads

Try eating sliced fruit from the salad bar as your dessert when dining out. This will help you avoid any baked desserts that are high in calories.

6 get in on the stir-frying fun

Try something new! Stir-fry your veggies—like broccoli, carrots, sugar snap peas, mushrooms, or green beans—for a quick-and-easy addition to any meal.

7 add them to your sandwiches

Whether it is a sandwich or wrap, vegetables make great additions to both. Try sliced tomatoes, romaine lettuce, or avocado on your everyday sandwich or wrap for extra flavor.



8 be creative with your baked goods

Add apples, bananas, blueberries, or pears to your favorite muffin recipe for a treat.

9 make a tasty fruit smoothie

For dessert, blend strawberries, blueberries, or raspberries with frozen bananas and 100% fruit juice for a delicious frozen fruit smoothie.



10 liven up an omelet

Boost the color and flavor of your morning omelet with vegetables. Simply chop, saute, and add them to the egg as it cooks. Try combining different vegetables, such as mushrooms, spinach, onions, or bell peppers.

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

25 Healthy Snacks for Kids

When a snack attack strikes, refuel with these nutrition-packed snacks.

Easy, Tasty (and Healthy) Snacks

You may need an adult to help with some of these snacks.

1. Parfait: Layer vanilla yogurt and mandarin oranges or blueberries in a tall glass. Top with a sprinkle of granola.
2. Inside-Out Sandwich: Spread mustard on a slice of deli turkey. Wrap around a sesame breadstick.
3. Rocky Road: Break a graham cracker into bite-size pieces. Add to low-fat chocolate pudding along with a few miniature marshmallows.
4. Mini Pizza: Toast a whole-wheat English muffin, drizzle with pizza sauce and sprinkle with low-fat mozzarella cheese.
5. Spread mustard on a flour tortilla. Top with a slice of turkey or ham, low-fat cheese and lettuce. Then roll it up.
6. Sandwich Cut-Outs: Make a sandwich on whole grain bread. Cut out your favorite shape using a big cookie cutter. Eat the fun shape and the edges, too!
7. Banana Split: Top a banana with low-fat vanilla and strawberry frozen yogurt. Sprinkle with your favorite whole-grain cereal.
8. Apple Pie Oatmeal: Make one packet of microwave oatmeal with low-fat milk. Mix in 1/4 cup unsweetened applesauce. Sprinkle with apple pie spice or cinnamon.
9. Mix together peanut butter and cornflakes in a bowl. Shape into balls and roll in crushed graham crackers.
10. Microwave a cup of tomato or vegetable soup and enjoy with whole-grain crackers.
11. Fill a waffle cone with cut-up fruit and top with low-fat vanilla yogurt.



12. Sprinkle grated Parmesan cheese on hot popcorn.
13. Peel a banana and dip it in yogurt. Roll in crushed cereal and freeze.
14. Spread celery sticks with peanut butter or low-fat cream cheese. Top with raisins.
15. Stuff a whole-grain pita pocket with ricotta cheese and Granny Smith apple slices. Add a dash of cinnamon.
16. Mix together ready-to-eat cereal, dried fruit and nuts in a sandwich bag for an on-the-go snack.
17. Smear a scoop of frozen yogurt on two graham crackers and add sliced banana to make a yummy sandwich.
18. Microwave a small baked potato. Top with reduced-fat cheddar cheese and salsa.
19. Make snack kabobs. Put cubes of low-fat cheese and grapes on pretzel sticks.
20. Toast a whole-grain waffle and top with low-fat yogurt and peaches.
21. Mix together low-fat cream cheese, mixed dried fruit bits and shelled sunflower seeds. Spread on a toasted English muffin.
22. Blend low-fat milk, frozen strawberries and a banana for thirty seconds for a delicious smoothie.
23. Make a mini-sandwich with tuna or egg salad on a whole-grain dinner roll.
24. Sprinkle grated Monterey Jack cheese over a corn tortilla; fold in half and microwave for twenty seconds. Top with salsa.
25. Spread peanut butter on apple slices.

Dip it! Bonus Snacks

- Dip baby carrots and cherry tomatoes in low-fat ranch dressing.
- Dip strawberries or apple slices in low-fat yogurt.
- Dip pretzels in mustard.
- Dip pita chips in hummus.
- Dip graham crackers in applesauce.
- Dip baked tortilla chips in bean dip.
- Dip animal crackers in low-fat pudding.
- Dip bread sticks in salsa.
- Dip a granola bar in low-fat yogurt.
- Dip mini-toaster waffles in cinnamon applesauce.

Find more healthy eating tips at:

www.kidseatright.org

www.eatright.org/nutritiontipsheets

For a referral to a registered dietitian and for additional food and nutrition information visit www.eatright.org.



The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy.

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