

Fall into Healthy Eating



Dear Families

Children form lifelong eating habits based on the kind of foods served to them when they are young. Food preferences and attitudes towards food are developed as young as infancy. It is important to introduce foods to your child that are healthy and enjoyable at the same time. Try these best practices to create a healthier lifestyle.

Serve Fruits and vegetables at every meal— fruits and vegetables have important nutrients that help children grow healthy and strong.



Limit pre-fried food— reduce those pre-fried foods that are high in fat, sodium and cholesterol

Serve meals family-style— eat together as a family. Making healthy changes can benefit you as well.

Picky Eaters

Your child doesn't want to eat what you cooked, so what do you do? Children's food preference changes over time. Children may desire food because of color, texture, what they see others eating, foods talked about in school and many others. Try these quick tips to help your child try new foods at home.

- Eat family-style
- Plan the meal together
- Change the taste with different seasonings
- Cook the meal as a family
- Don't give up!



Looking Ahead: December

Cold Weather Fun

With the weather getting colder, sometimes finding fun activities to do with your child can be challenging. Next month will focus on:

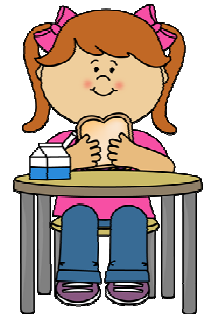
- Healthy, cold weather foods
- Indoor activities to get your family moving .

www.healthywaytogrow.org

Eating Foods Away from Home

With a busy schedule, many times it is hard to prepare meals every night. Many times we go to places that we know are quick and will fill our stomachs, but may not always be good for us. But there are some ways you can turn a quick stop into a healthy one.

- 1) Consider your drink— choose water instead of sweetened beverages and juices
- 2) Start your meal with a salad— fill up on veggies that will satisfy your hunger quicker
- 3) Share a meal— split a meal with a family member to reduce the amount of food you eat. Just because the plate is full doesn't mean you have to eat it all.
- 4) Customize your meal— order an appetizer instead of an entrée to eat smaller amounts.
- 5) Get your whole grains— request whole grain or 100% wheat breads, pastas and rolls



Healthier Lunches

Packing your child's lunch can be somewhat challenging. Think about some ways you can create a lunch your child will enjoy eating and is healthier for them.

- Make sandwiches on whole grain or 100% whole wheat bread, muffins or tortilla rolls
- Add a bottle of water
- Include a fruit and vegetable
- Choose 100% juice
- Choose whole-grain chips and crackers

