

THE CHILD HEALTH CONNECTION, INC.

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TIPS FOR HEALTHY KIDS AND FAMILIES

Eating Better

For Children and Families

- Start the day with a healthy breakfast. It refuels your body and gives you energy for the busy day.
- Let kids help plan one meal a week and eat together as a family.
- Eat slowly. It takes 20 minutes for your brain to register that you are full.
- Eat more vegetables and fresh fruit. Keep washed, cut up fruit in the fridge for quick snacks.
- Eat more whole grains. (Oats, brown rice, rye, crackers, whole-wheat pasta, whole-grain cereals).
- Drink plenty of fluids, especially water. Avoid fruit juices and eat the whole fruit instead.
- Serve a variety of foods, especially brightly colored produce.

For Parents

- Reward children with praise rather than food.
- Serve food in smaller portions. Do not demand nor reward the “clean plate.” Let your child serve themselves if they are still hungry.
- Familiarize yourself with nutrition labels. Be sure you understand what a serving size really is and how to incorporate these into your family’s diet. Go to myplate.org for more help with this.
- Bake, broil or grill foods to reduce fat. Be careful not to “blacken” meats as this process releases carcinogens. Rather than cooking with butter or vegetable oil, try olive, canola, or sunflower oil.
- Snacks should be provided two or three times a day for active, growing children. Include a protein with each snack such as boiled eggs, meat snacks or nuts.
- Children learn by example so model good eating habits.

Being More Active

For Children and Families

- Move more. Try to get between 30 and 60 minutes of physical activity every day. Several 10 to 15 minutes periods of moderate activity quickly add up to meet your goal!
- Walk as a family before or after meals. Take your pooch with you to the park.
- Limit TV, computer and video game time to a total of no more than one or two hours a day.

- Get the kids involved in household chores. The work gets done in half the time and everyone gets some exercise!
- Go for active vacations where you can bike ride, swim or hike.

For Parents

- Move more. Park as far away from your destination as you can and use the stairs rather than the elevator.
- Get off the bus one stop earlier and walk the rest of the way.
- Use an exercise machine or lift weights, do pushups and sit-ups while watching TV.

Healthy Habits For Life

- Write down what you eat, how much, when and why. You'll soon see a pattern emerge and you can use this to nip bad habits.
- Record your physical activity. Put workouts in your planner so you stick with the commitment.
- Eat only at the table. Don't eat while driving, watching TV or talking on the phone. Focus on your food and eat slowly.
- Put your exercise clothes out where you can see them first thing in the morning. Set attainable goals for yourself and your kids, i.e. running a 1k together.
- Don't "upsized" meals unless you intend to share them.
- Eat only when hungry and remove the plate from the table if you wish to linger and talk.
- Do not grocery shop when hungry. If you must, then grab a bag of pre-washed veggies to munch while you shop.
- Above all, wash your hands and remind your children to wash their hands periodically throughout the day.