

Healthful Eating Tips

- Eat slowly. This gives your body time to tell you if it is still hungry or full.
- Eat at least 5 servings of fruits and vegetables each day!
- Choose low-fat or non-fat dairy products if 2 years of age or older.
- Take the skin off of poultry and cut the fat off of other meat.
- Limit eating out or fast-food to once a week.
- Substitute the same amount of non-fat plain yogurt or applesauce for oil in baking recipes.
- When using oil, use olive or canola oil.
- Limit juice to no more than 6 oz (3/4 cup) per day.



Set small goals.

Example: I will take a walk with my child for 30 minutes three times a week.

Once your healthy behavior has become a habit, move on to another goal!

Your Goal

*Write Your Goal



*When will you meet your goal? (Set a date)

*How will you achieve your goal?

References:

Weight-control Information Network. Helping Your Child-Tips for Parents. <http://win.niddk.nih.gov>. Accessed 11/16/04.

American Family Physician. Helping Your Child Keep a Healthy Weight. <http://www.aafp.org>. Accessed 11/16/04.

The American Academy of Pediatrics. Television—How it Affects Children. 2002. www.aap.org. Accessed 01/28/05.

www.athealth.com. Helping Your Overweight Child. Accessed 11/16/04.

In accordance with Federal Law and U.S. Department of Agriculture (USDA) policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W Whitten Building, 1400 Independence Ave SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

Utah WIC Program
1-877-WIC-KIDS
www.health.utah.gov/wic



Utah WIC Program



How Can I Help My Child Have a Healthy Weight?

What can parents do to help their children have a healthy weight?

Be a good role model! When parents eat fruits, vegetables, and other low-fat, healthy foods, children learn to like these foods too.

- Involve the whole family in healthy eating and being active. Don't single anyone out.

- Shop wisely! If you don't want your children to snack on cookies and soda, don't buy them.



- Do not make children finish what is on their plate if they are full. Offer a small serving to begin with and give more if your child is still hungry.

Helpful web-sites on physical activity

- www.fns.usda.gov/tn/
- www.fitness.gov
- www.schoolmenu.com/activity_pyramid.htm

- Don't offer dessert as a reward for finishing a meal. This teaches children to value sweets more than other foods.



Why eat healthy foods and increase your activity?

Eating healthy and exercising helps children in many ways:

- Grow
- Learn
- Build strong bones and muscles
- Have energy
- Maintain a healthy weight
- Avoid disease, like type 2 diabetes
- Get plenty of nutrients



Let's talk about the T.V.!

Avoid eating while watching T.V. Why? It is harder to pay attention to feelings of fullness and easier to overeat.

Children who watch a lot of T.V. are more likely to be overweight than children who are active.

The Rule of 2

Doctors advise children younger than 2 years of age should not watch T.V. Children older than 2 should not watch more than 2 hours of T.V. per day.

What else is there to do?

- Read
- Take a walk
- Run
- Play games
- Dance
- Grocery shop together
- Clean the house
- Work in the garden
- Rake leaves
- Build a snowman
- Go swimming

