

Food for Thought

How to Teach Nutrition to Kids

Dr. Fisher, an Assistant Professor of Pediatrics at the Children's Nutrition Research Center, states eating behavior reflects unlearned tendencies as well as the environmental conditions in which eating occurs." Studies show young children self-regulate intake of foods they consume. Parents influence the types and amounts of foods their children consume in and outside the home.

TEN STEPS TO IMPROVE THE HEALTH OF YOUR CHILD

- 1. Limit time spent in sedentary activities.** The goal is 60 minutes of physical activity each day for children and adults.
- 2. Encourage active play.** Children will be better behaved when they are encouraged to "spend their energy."
- 3. Be an advocate for daily physical activity at school.** Physically active children perform better in the classroom.
- 4. Overhaul your kitchen.** Stock your cupboards with healthful snacks and ingredients for meals.
- 5. "Merchandise" healthy food choices.** We "eat" with our eyes, so have plenty of healthful snacks such as raw veggies, low fat yogurt, whole grain crackers, and popcorn.
- 6. Plan weekly menus.** A little preparation and planning can lead to healthier selections at mealtime.
- 7. Make better choices when eating out.** Choose items that are lower in calories, fat, and saturated fat.
- 8. Tempt hungry kids with healthy snacks.** Kids often need snacks between meals so provide a great opportunity to improve nutrition.
- 9. Limit the amount of "liquid calories".** Beverages such as soda and "fruit" drinks are poor sources of nutrition. Instead, encourage water, milk, and 100% fruit juice.
- 10. Resist making every activity an eating activity.**

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"Kids who drink 1 can non-diet soda a day are likely to add 10 pounds to their normal body weight in a year.

--KAFHK

The Exercise Pyramid

