

Good Health Begins At Home

- Good health is a family affair
- While a child's health is certainly influenced by others besides their parents, no matter the setting the responsibility for assuring healthy eating belongs to the parent.
- Parents face off every day with an unhealthy environment that grabs children and won't let go. The child's natural environment is littered with junk food and junk food advertising at school, and the supermarket, at the movies, on television, at the mall, and sometimes at their friends' houses and at their grandparents'. It's difficult for even the best parent to compete with all this.
- Home must be a safe haven for healthy eating practices.
- American parents are surrounded by an overabundance of food, yet we are still struggling to learn how to eat
- Parents need to get the bad food out, and let the good food in!

Becoming Food Smart At Home:

- Read it before eating it! Learn how to read nutrition labels. Look at serving sizes, calories, and saturated fat content.
- Consider taking a nutrition class
- Minimize junk food in the home (cookies, donuts, chips, candy, ice cream). If they're not available, kids are less likely to ask.
- Eat real vegetables, not just potatoes! Make sure a non-potato vegetable is present at every lunch and dinner.
- Offer 5 servings of fruits & vegetables a day! Fruits & vegetables are ok anytime for snacking. Keep a drawer full in the fridge!
- Eliminate soda pop from the home. We drink it like water, but it's not. Sugar-sweetened carbonated soft drinks are no more than "liquid candy". These nutrient-empty drinks give children unnecessary sugar, caffeine, and calories while increasing the risk of being overweight, of tooth decay, and of weaker bones.
- Eat at predictable times. Children thrive on routine. Children eat more when unsure when the next meal or snack time is.
- Healthy snacks twice a day under age 5, once a day by elementary-school age.
- Eating only at the table. No roaming with food, and no food in front of a screen!
- Turn off the TV while eating. We eat more when we are distracted by watching.
- No need to make the kids eat if they're not hungry. However, only fruits & vegetables if they decide they're hungry later.
- Eat together. Eating alone means eating more.
- Fast food no more than once a month
- Pack your child's school lunch
- Keep busy! Boredom = hunger.
- Plan, shop for, and prepare meals together

Did You Know?

- The poorest Americans are the most overweight, an astonishing reversal of the relationship between weight and wealth that has prevailed for most of human history.
- With the number of Americans and their children living in poverty climbing, so are their sizes. Families with limited means purchase the most inexpensive and often least nutritious foods, for in America it costs less to eat unhealthy than to eat healthy.
- Calorically-speaking, the best bang for the buck tends to be foods packed with sugar, fat, & refined grains. White bread, boxed macaroni & cheese, ramen, pasta, hot dogs, American cheese,

pork and beans, chips, high-salt canned soups, nachos, hamburger, and bologna are just some examples of nutrition-poor foods that can be stretched to feed a family inexpensively.