

Healthy Beginnings



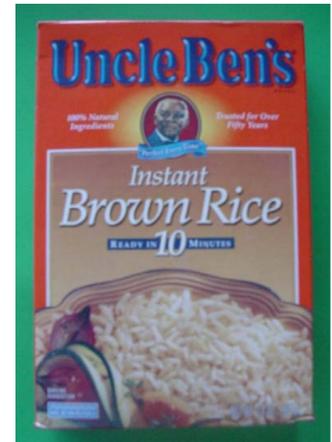
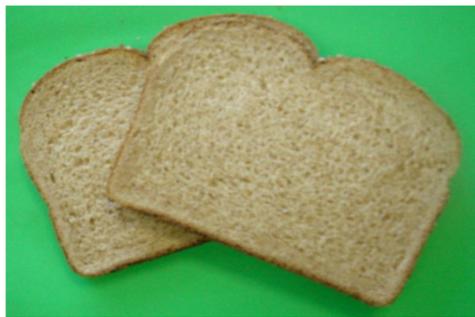
Raising a Healthy Eater



Teach Children About Nutrition

Go, Glow, Grow!

Go Foods: Energy to Run and Play!



Glow Foods: Healthy Hair, Eyes, Skin, and Immune System!



Grow Foods: Strong Bones and Muscles and Healthy Blood!



Help Children Try New Foods

1. Try new foods with your child.
2. Be patient - allow children to try new foods at their own pace.
3. Offer new foods often - it may take 10-15 exposures to a food before a child tries it or likes it.
4. Serve new foods with familiar foods.
5. Compare new foods to familiar foods.
6. Let children help you grow, buy, and cook new foods!

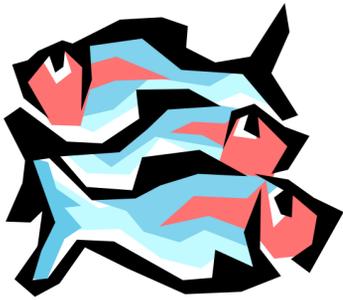


Introduce Children to a Variety of Healthy Foods

Healthy Fats

Children need omega-3 and omega-6 fat for brain and eye development

Sources of omega-3 fat:



FISH



FLAXSEED



TOFU

Sources of omega-6 fat



- Safflower oil
- Soybean oil
- Corn oil
- Canola oil

Water

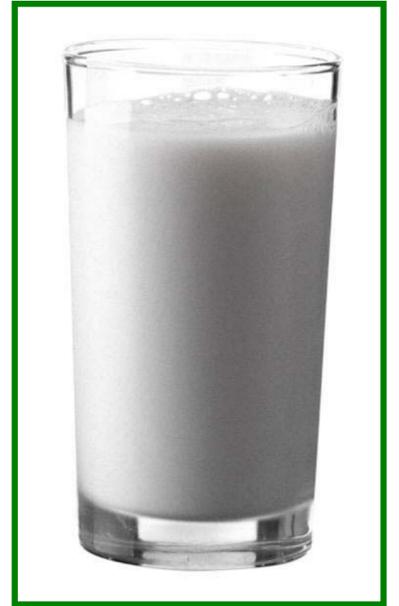
Give children their own water bottle to get them excited about drinking water



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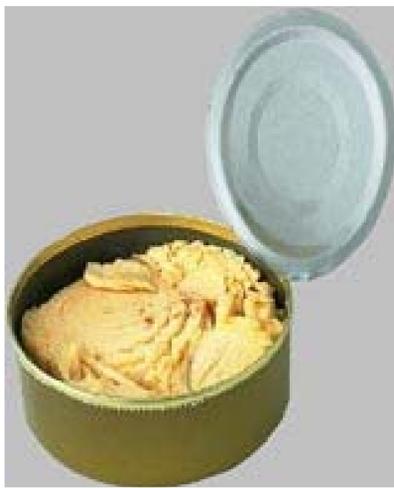
Dairy Foods

Offer lowfat milk (1% or nonfat) to children older than 24 months

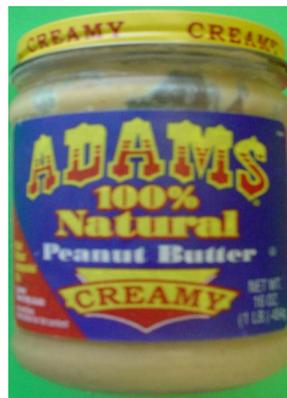


Meats/Meat Alternates

Offer options that are low in saturated fat:



FISH



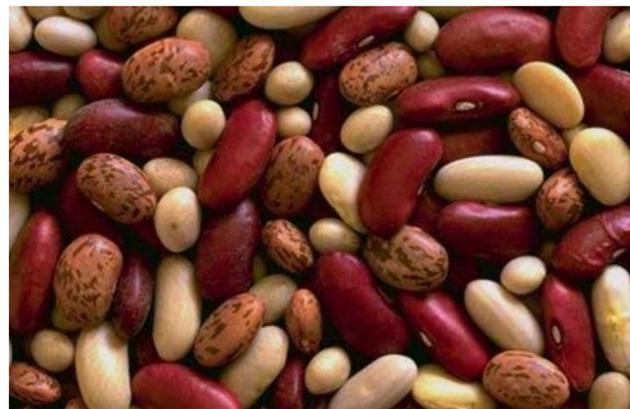
PEANUT BUTTER



EGGS



CHICKEN/TURKEY



BEANS

Introduce Children to a Variety of Healthy Foods

Fruits & Vegetables

1. Provides:

Vitamins, Minerals
Fiber, Phytochemicals

2. Eat a variety of

COLOURS



3. Offer:

- Fresh
- Frozen
- Canned
- Fruit canned in 100% juice or water



4. Offer whole fruit instead of juice

Children should drink no more than 4-6 oz. of 100% juice/day



Introduce Children to a Variety of Healthy Foods

Whole Grains

1. Look for the words “whole” or “whole grain” before the name of the first ingredient on the list.

INGREDIENTS: **WHOLE GRAIN OATS**, MODIFIED CORN STARCH, CORN STARCH, SUGAR, SALT, CALCIUM CARBONATE, OAT FIBER, TRIPOTASSIUM PHOSPHATE, WHEAT STARCH. VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS.

2. Look for foods that have at least 2 grams of fiber per 100 calories.

Nutrition Facts

Serving Size 1 cup (50g)
Servings Per Container About 13

Amount Per Serving	
Calories	180
Calories from Fat	10
	% Daily Value
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 420mg	
Potassium 190mg	
Total Carbohydrate 40g	
Dietary Fiber 5g	
Soluble Fiber 1g	
Sugars 5g	
Other Carbohydrate 30g	
Protein 5g	

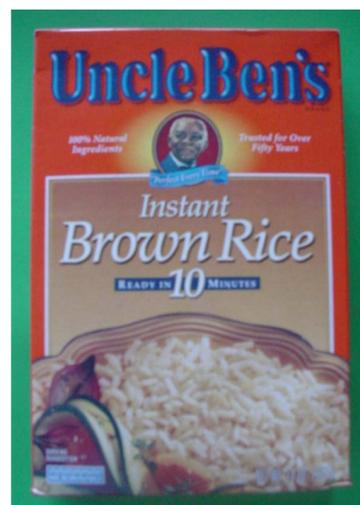
Examples of whole grains



Whole wheat tortillas



Whole wheat English muffins



Brown rice



Oatmeal



Whole wheat bread

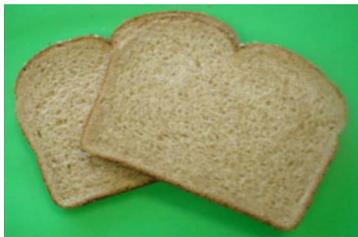


Whole grain cereals

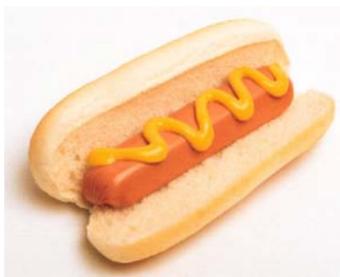
Teach Children About Nutrition

Sometime vs. Everyday Foods

- Go, Glow, and Grow foods are everyday foods - we need to eat them often to be healthy.



- Sometimes foods do not contain much nutrition - we should only eat them once in awhile because they don't help us to have healthy bodies.



To limit sometimes foods:

1. Offer a choice between 2-4 everyday foods at meals and snacks.
2. Stock your house with everyday foods instead of sometimes foods.
3. Reward with love and time, not food treats.
4. Limit TV - advertisers target preschoolers!