



10 tips Nutrition Education Series



MyPlate MyWins

Based on the Dietary Guidelines for Americans

MyPlate snack tips for parents

Snacks can help children get the nutrients needed to grow. Prepare snacks that include two or more food groups. For younger children, help them get just enough to satisfy their hunger. Let older kids make their own snacks by keeping healthy foods in the kitchen. Visit ChooseMyPlate.gov to help you and your kids select a satisfying snack.

1 Save time by slicing veggies
Store sliced vegetables in the refrigerator and serve with hummus. Top half of a whole-wheat English muffin with spaghetti sauce, chopped vegetables, and low-fat shredded mozzarella and melt in the microwave.

2 Mix it up
For older school-age kids, mix dried fruit, unsalted nuts, and popcorn in a snack-size bag for a quick trail mix. Put fat-free yogurt, 100% fruit juice, and frozen peaches in a blender to make a tasty smoothie.



3 Grab a glass of milk
A cup of low-fat milk or fortified soy beverage is an easy way to drink a healthy snack.

4 Go for great whole grains
Offer whole-wheat breads, popcorn, and whole-oat cereals that are high in fiber and low in added sugars, saturated fat, and sodium. Limit refined-grain products such as snack bars, cakes, and sweetened cereals.



5 Snack on protein foods
Choose protein foods such as unsalted nuts and seeds, hummus or other bean dips, and hard-cooked (boiled) eggs for a healthy, easy snack. Store hard-cooked eggs in the refrigerator for up to 1 week for kids to enjoy any time.

6 Keep an eye on the size
Snacks shouldn't replace a meal, so look for ways to help your kids understand how much is enough. Store snack-size bags in the cupboard and use them to control serving sizes.

7 Fruits are quick and easy
Fresh, frozen, dried, or canned fruits, such as applesauce, frozen grapes, or raisins, can be easy "grab-and-go" options that need little preparation. Offer whole fruit and limit the amount of 100% juice served. Choose canned fruits that are lowest in added sugars.



8 Consider convenience
A single-serving container of low-fat yogurt or individually wrapped string cheese can be just enough for an afterschool snack.



9 Swap out the sugar
Keep healthier foods handy so kids avoid cookies, pastries, or candies between meals. Add seltzer water to a 1/2 cup of 100% fruit juice instead of offering soda.

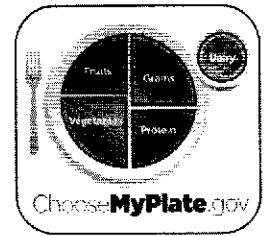
10 Prepare homemade goodies
For homemade sweets, add dried fruits like apricots or raisins and reduce the amount of sugar in the recipe. Adjust recipes that include fats like butter or shortening by using unsweetened applesauce or prune puree for half the amount of fat.

10 tips

Nutrition Education Series

be an active family

10 tips for becoming more active as a family



Physical activity is important for children and adults of all ages. Being active as a family can benefit everyone. Adults need 2½ hours a week of physical activity, and children need 60 minutes a day. Follow these tips to add more activity to your family's busy schedule.

1 set specific activity times
Determine time slots throughout the week when the whole family is available. Devote a few of these times to physical activity. Try doing something active after dinner or begin the weekend with a Saturday morning walk.



2 plan ahead and track your progress
Write your activity plans on a family calendar. Let the kids help in planning the activities. Allow them to check it off after completing each activity.

3 include work around the house
Involve the kids in yard work and other active chores around the house. Have them help you with raking, weeding, planting, or vacuuming.



4 use what is available
Plan activities that require little or no equipment or facilities. Examples include walking, jogging, jumping rope, playing tag, and dancing. Find out what programs your community recreation center offers for free or minimal charge.

5 build new skills
Enroll the kids in classes they might enjoy such as gymnastics, dance, or tennis. Help them practice. This will keep things fun and interesting, and introduce new skills!

6 plan for all weather conditions
Choose some activities that do not depend on the weather conditions. Try mall walking, indoor swimming, or active video games. Enjoy outdoor activities as a bonus whenever the weather is nice.

7 turn off the TV
Set a rule that no one can spend longer than 2 hours per day playing video games, watching TV, and using the computer (except for school work). Instead of a TV show, play an active family game, dance to favorite music, or go for a walk.

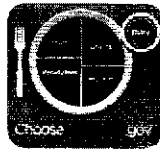
8 start small
Begin by introducing one new family activity and add more when you feel everyone is ready. Take the dog for a longer walk, play another ball game, or go to an additional exercise class.



9 include other families
Invite others to join your family activities. This is a great way for you and your kids to spend time with friends while being physically active. Plan parties with active games such as bowling or an obstacle course, sign up for family programs at the YMCA, or join a recreational club.



10 treat the family with fun physical activity
When it is time to celebrate as a family, do something active as a reward. Plan a trip to the zoo, park, or lake to treat the family.

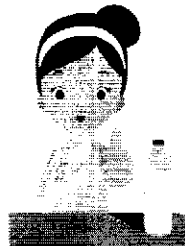


Cut back on your kid's sweet treats

Set your kids on a path for lifelong healthy eating by limiting the amount of added sugars they eat. Sweet treats and sugary drinks have lots of calories but few nutrients. Most added sugars come from sodas; sports, energy, and fruit drinks; cakes; cookies; ice cream; candy; and other desserts.

1 **Serve small portions**
Show kids that a small amount of treats can go a long way. Use smaller bowls and plates for these foods and serve them in bite-size portions.

2 **Sip smarter**
Soda and other sugar-sweetened drinks contain a lot of sugar and are high in calories. Offer water when kids are thirsty.



3 **Use the checkout lane that does not display candy**
Most grocery stores will have a candy-free checkout lane to help avoid temptation. Waiting in a regular checkout lane tempts children to ask for candy that is right in front of them.

4 **Choose not to offer sweets as rewards**
By offering food as a reward for good behavior, children learn to think that some foods are better than other foods. Reward your child with kind words and comforting hugs, or give them non-food items, like stickers, to make them feel special.

5 **Make fruit the first choice**
Offer a variety of fruits in different ways. Make fruit kabobs using cantaloupe, bananas, and strawberries or offer whole fruits such as pears, clementines, or apples.



6 **Make food fun**
Sugary foods that are marketed to kids are advertised as "fun foods." Make nutritious foods fun by preparing them with your child's help and being creative together. Create a smiley face with sliced bananas and raisins. Cut fruit into fun and easy shapes with cookie cutters.

7 **Encourage kids to invent new snacks**
Make your own snack mixes from dry whole-grain cereal, dried fruit, and unsalted nuts or seeds. Let school-age kids choose the ingredients to create their own snack.



8 **Play detective in the grocery aisle**
Show kids how to find the amount of total sugars on the Nutrition Facts label in various cereals, yogurts, and other products. Challenge them to compare products they like and select the one with the lowest amount of sugar.

9 **Make treats "treats," not everyday foods**
Treats are okay once in a while. Just don't make treat foods an everyday thing. Limit sweet treats to special occasions.

10 **If kids don't eat their meal, they don't need sweet "extras"**
Keep in mind that candy or cookies should not replace foods that are not eaten at meal time.



Why Is Hand Washing So Important?

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Kids don't always listen when parents tell them to wash their hands before eating, after using the bathroom, or when they come inside from playing.

But it's a message worth repeating — **hand washing is by far the best way to keep kids from getting sick** and prevent the spread of germs.

How Do Germs Spread?

Germs can spread many ways, including:

- touching dirty hands
- changing dirty diapers
- through contaminated water and food
- through droplets in the air released during a cough or sneeze
- on contaminated surfaces
- through contact with a sick person's body fluids

When kids come into contact with germs, they can become infected just by touching their eyes, nose, or mouth. And once they're infected, it's usually just a matter of time before the whole family comes down with the same illness.

How Do Clean Hands Help Health?

Good hand washing is the first line of defense against the spread of many illnesses — from the common cold to more serious infections, such as meningitis, bronchiolitis, the flu, hepatitis A, and many types of diarrhea.

What's the Best Way to Wash Hands?

Here's how to scrub those germs away. Teach this to your kids — or better yet, wash your hands together often so they learn how important this good habit is:

1. Wash your **hands in warm water**. Make sure the water isn't too hot for little hands.
2. **Use soap** and lather up for about 20 seconds (antibacterial soap isn't necessary — any soap will do).
3. Make sure you **get in between the fingers** and under the nails where germs like to hang out. And don't forget the wrists!
4. **Rinse and dry** well with a clean towel.

When Should Kids Wash Their Hands?

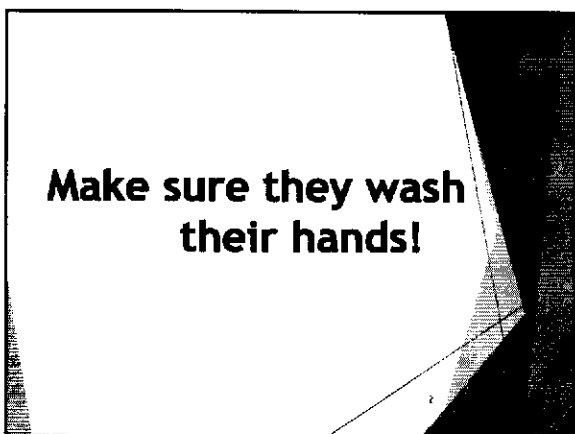
To stop the spread of germs in your family, make regular hand washing a rule for everyone, especially:

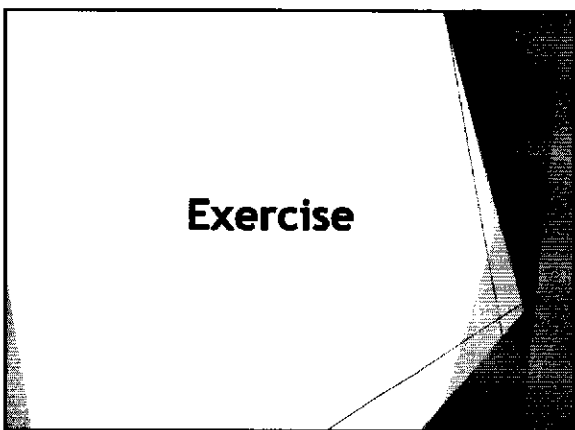
- before eating and cooking
- after using the bathroom
- after cleaning around the house
- after touching animals, including family pets
- before and after visiting or taking care of any sick friends or relatives
- after blowing one's nose, coughing, or sneezing
- after being outside (playing, gardening, walking the dog, etc.)

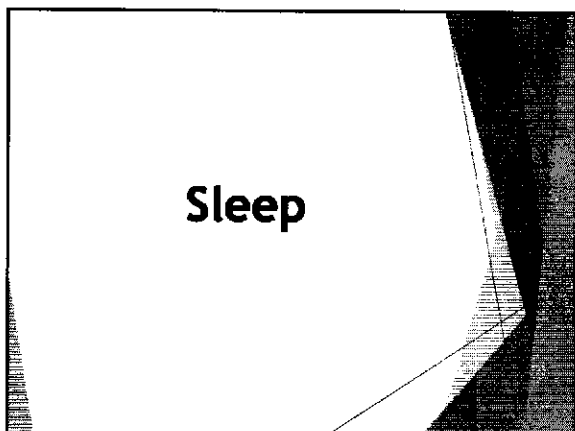
Don't underestimate the power of hand washing! The few seconds you spend at the sink could save you trips to the doctor's office.

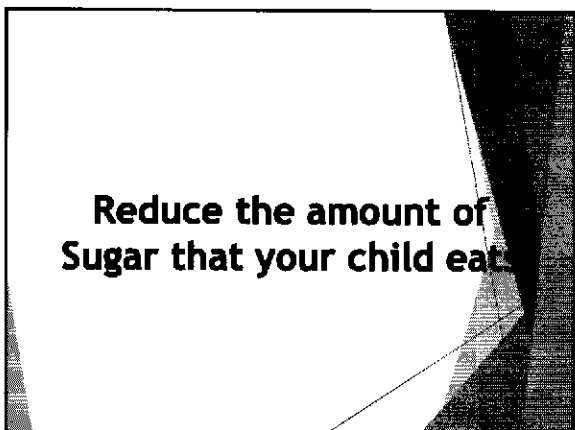
Reviewed by: Elana Pearl Ben-Joseph, MD
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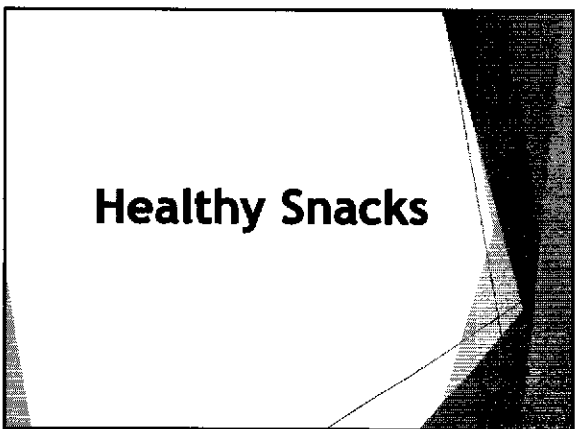


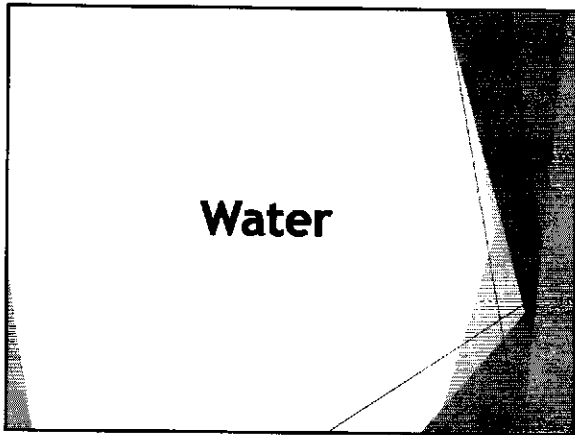


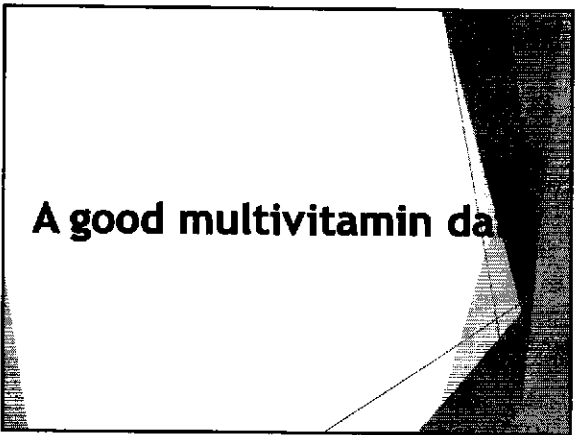


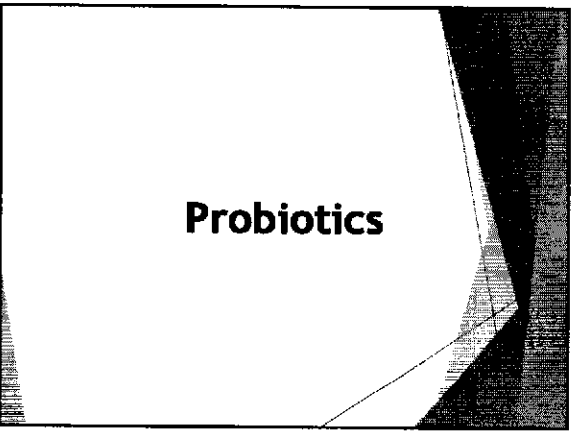












Reduce their toxic load

Cut the chemicals
