



RD PARENT EMPOWERMENT PROGRAM

Registered Dietitians Helping Empower Parents to Adopt the
8 Habits of Healthy Children and Families™ to:

- Shop Smart
- Cook Healthy
- Eat Right

Parent Guidebook



Made possible by:

**MetLife
Foundation**



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Registered Dietitians Helping Empower Parents to Adopt the **8 Habits of Healthy Children and Families™** to:

- Shop Smart.
- Cook Healthy.
- Eat Right.

The Academy of Nutrition and Dietetics Foundation

The Academy of Nutrition and Dietetics is the world’s largest organization for registered dietitians and nutrition professionals. The Academy’s Foundation is a 501(c)3 charity devoted exclusively to nutrition and dietetics and funds scholarships and awards, public awareness and research projects and Academy strategic initiatives. The Foundation’s mission is, “advancing public health and nutrition utilizing the expertise of Registered Dietitians.” Visit the Academy of Nutrition and Dietetics at www.eatright.org. Visit the Academy Foundation at www.eatright.org/foundation.

The 8 Habits of Healthy Children and Families, described in this parent guidebook, are some of the most effective behaviors to promote health and wellness, achieve a healthy body weight and prevent diseases like diabetes and high blood pressure for you and you children.

Parent Guidebook Overview

The RD Parent Empowerment Program Parent Guidebook is for all parents, grandparents, foster parents and caregivers. Parents nationwide, in big cities and in small towns, are all concerned about the eating habits of their families. And for good reason. Being a healthy role model for your family is one of the most important things you can do. Registered dietitians (RDs) developed and tested this program with parents like you in communities across the country. This guidebook includes simple strategies to help you be the health leader for your family. This guidebook is designed to help empower all parents to adopt healthy habits for their children and families. The guidebook is available in English, Spanish and Chinese. The recipes included in the guidebook can be adapted to include other healthy and culturally appropriate ingredients as desired.

Topics:

| | |
|--|---------|
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My Goals

Setting goals is an important step in making healthy changes in your family!

Remember, your goals should be **SMART**:

- **S**pecific
- **M**easurable
- **A**chievable
- **R**ealistic
- **T**imely

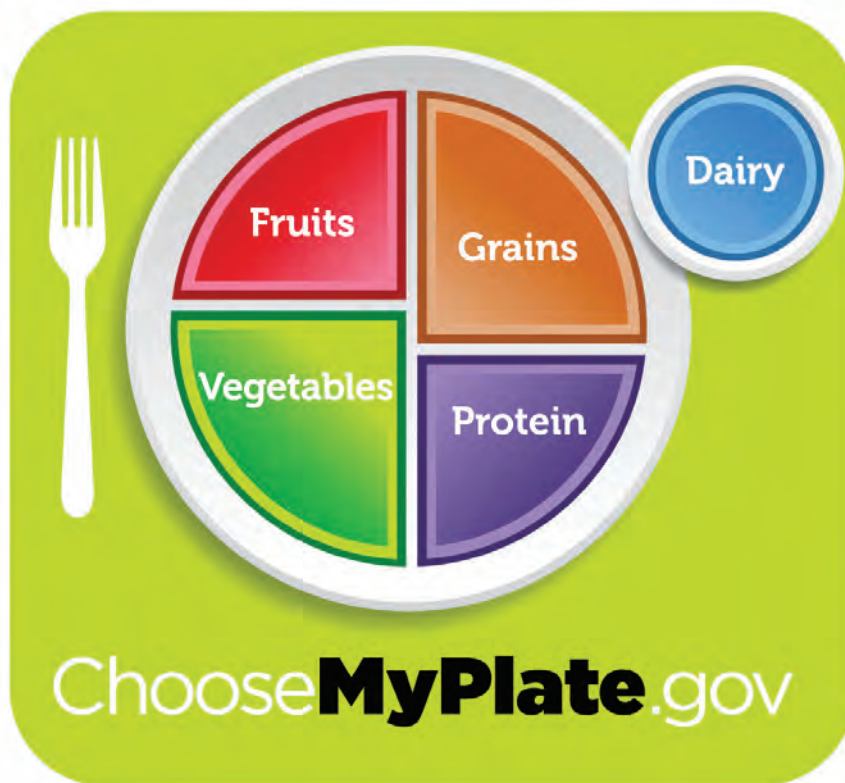


This is an example of a SMART goal:

"I will serve water or low-fat milk at dinner every night this week."

| SECTION | MY GOAL | DID IT | PARTLY DID IT | TRIED |
|---------|---------|--------|---------------|-------|
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |

How Much Do We Need Each Day for Good Health?



| AGE | 2-3 years | 4-8 years | 9-12 years | 14-18 years | 19-30 years | 31-50 years | 51+ years |
|------------------|-----------|------------|------------|-------------|--------------|-------------|-------------|
| VEGETABLE | 1 cup | 1.5 cups | 2-2.5 cups | 2.5-3 cups | 2.5-3 cups | 2.5- cups | 2-2.5 cups |
| FRUIT | 1 cup | 1-1.5 cups | 1.5 cups | 1.5-2 cups | 2 cups | 1.5-2 cups | 1.5-2 cups |
| GRAINS | 3 ounces | 5 ounces | 5-6 ounces | 6-8 ounces | 6-8 ounces | 5-7 ounces | 5-6 ounces |
| PROTEIN | 2 ounces | 4 ounces | 5 ounces | 5-6½ ounces | 5½-6½ ounces | 5-6 ounces | 5-5½ ounces |
| DAIRY | 2 cups | 2.5 cups | 3 cups | 3 cups | 3 cups | 3 cups | 3 cups |

What Counts?

Vegetables

1 cup vegetables =

- 1 cup fresh (raw or cooked), frozen, or canned
- 2 cups leafy greens, like fresh spinach, romaine lettuce, or kale

Tasty Tip: Choose frozen vegetables without added salt or fat and canned vegetables with no salt added. If you have regular canned vegetables, rinse them well to reduce the sodium. Instead of frying collard greens, cook in chicken broth for a tasty, low-fat version.

Fruit

1 cup fruit =

- 1 cup fresh, frozen, canned, or 100% juice
- ½ cup dried fruit

Tasty Tip: Choose frozen fruit without added sugar and canned fruit packed in its own juice or water.

Grains

1 ounce grains =

- 1 piece bread
- ½ cup cooked rice or pasta
- 6" tortilla
- 1 cup dry cereal
- ½ cup cooked cereal

Tasty Tip: Make at least half your grains whole by starting to use 100% whole grain bread, brown rice, whole-wheat pasta and whole-wheat tortillas.

Protein

1 ounce protein =

- 1 ounce cooked beef, poultry, pork, or fish
- 1 egg
- 1 Tablespoon peanut butter
- ½ ounce nuts
- ¼ cup cooked beans

Tasty Tip: Go lean with proteins by taking the skin off chicken and rinsing lean ground beef. Include fish, beans and lentils often.

Dairy

1 cup dairy =

- 1 cup (8 ounces) milk
- 1 cup (8 ounces) soy milk
- 1 cup (8 ounces) yogurt
- 1 ½ ounces hard cheese (cheddar, Swiss)
- ⅓ cup shredded cheese
- 2 ounces processed cheese (American) (or 3 slices)

Tasty Tip: Choose low-fat dairy foods like low-fat or fat-free milk and low-fat or fat-free yogurt.

From: MyPlate.gov

What is Kids Eat Right?

The screenshot shows the homepage of Kids Eat Right. At the top, there is a navigation bar with "My Recipe Box", a search bar, and "Log In or Register" links. The main header features the "KIDS eat right." logo and a menu for "all ages" including baby, toddler, preschooler, gradeschooler, and teen. A large green banner below the header contains the text "Welcome to KidsEatRight.org" and a description of the site as a source for scientifically-based health and nutrition information. To the right of the text is a photo of a family eating together. Below the banner, the page is organized into several sections: "shop smart" (encouraging healthy lifestyle choices), "cook healthy" (involving children in meal preparation), "eat right" (emphasizing family time), "article of the week" (featuring "Does My Child Need A Supplement?"), "recipe of the week" (featuring "Baked Onion Rings"), "hot tip" (about National Eat Better, Eat Together Month), and "featured video" (featuring "Getting Breakfast on the Table"). There are also social media icons and a "My Recipe Box" section at the bottom left.

Visit www.kidseatright.org for tips, articles, recipes and videos to help parents shop smart, cook healthy and eat right. The Kids Eat Right website was created by the Academy of Nutrition and Dietetics and their Foundation to promote quality nutrition for children and teens.

8 Habits of Healthy Children and Families™

Welcome to the **8 Habits of Healthy Children and Families™**!

Making the 8 Habits part of your daily routine will be beneficial to all of your family members. In addition to the practical tips provided here, we'll be discussing more strategies about the 8 Habits in our parent workshops. There are practical tips provided here and in our parent workshops discussions more strategies about using the 8 Habits will be shared.



8 Habits of Healthy Children and Families™



1. Be physically active at least 1 hour a day.



2. Spend less than 2 hours a day playing video, computer and cell phone games or watching TV.



3. Eat a healthy breakfast every day.



4. Eat vegetables and fruits at all meals and snacks.

8 Habits of Healthy Children and Families™



- 5.** Make time for healthy family meals at home.



- 6.** Be wise about portion size.



- 7.** Drink water, low-fat, or fat-free milk instead of soft drinks and other sweetened beverages.



- 8.** Ensure regular bedtime for your children and teens to include at least 9 hours of sleep every night.



1. Be physically active at least 1 hour a day.

Top 10 Benefits of Being Active—Adults

1. Improve blood glucose management. Activity makes your body more sensitive to the insulin you make. Activity also burns glucose (calories). Both actions lower blood glucose.
2. Lower blood pressure. Activity helps your heart pump stronger and slower.
3. Improve blood fats. Exercise can raise good cholesterol (HDL) and lower bad cholesterol (LDL). These changes are heart healthy.
4. Take less insulin or diabetes pills. Activity can lower blood glucose and weight. Both of these may lower how much insulin or diabetes pills you need to take.
5. Lose weight and keep it off. Activity burns calories. If you burn enough calories, you will trim a few pounds. Stay active and you will keep the weight off.
6. Lower risk for other health problems. Reduce your risk of a heart attack or stroke, some cancers and bone loss.
7. Gain more energy and sleep better. You will get better sleep in less time and have more energy, too.
8. Reduce stress, anxiety and depression. Work out or walk off daily stress.
9. Build stronger bones and muscles. Weight-bearing activities, such as walking, make bones stronger. Strength-training activities, such as lifting light weights (or even cans of beans), make muscles strong.
10. Be more flexible. Move easier when you are active.

From: <http://www.diabetes.org/food-and-fitness/fitness/fitness-management/top-10-benefits-of-being.html>

And for the Kids...

In addition to the activity benefits above, kids of all ages do better in school when their bodies are fit. Being physically active every day is the best way to achieve fitness. Activity helps kids focus and pay attention, reduces anxiety and stress and has positive effects on self esteem.

From: <http://www.cdc.gov/youthcampaign/pressroom/article/physical.htm>

How much physical activity do we need?

Children: At least 1 hour a day

Adults: At least ½ hour a day (more for weight loss)

How can I help my child to be more active?

- **Be a good role model.** Children name parents as their top role models. When you are physically active, it will help your children to become active, too.
- **Make it fun!** Get everyone involved, including parents and children. See who can do the most jumping jacks or sit ups.
- Focus on fun activities your family will **want** to do.
- **Be supportive** of your child trying new activities. Encourage joining a team sport or after school physical activity program.
- **Use time with your child** to be active—go for a bike ride, jump double-dutch, toss a softball, or dance around the house.
- If your family likes to watch TV, **add activity** by getting up during commercials. Do some fun short activities, like play tug of war with the dog or see who can hold the yoga pose the longest, etc. Better yet, turn off the TV and play outside!
- Ask your child to **hunt for items** at home that can become a weight, like cans of soup or books.
- **Be active together** by joining a community garden project as a family.

What is one way you and your family will be more active today?

Just Do It!—even if it is only 10–15 minutes. You can be physically active 3 times a day for 15 minutes and get the same benefit as exercising 45 minutes at one time!

Tasty Tip:

Water is refreshingly necessary before, during and after physical activity. So drink up!

\$Best Bite:

Physical activity does not have to cost a penny...take a walk! Play outside in the park after school. Is it unsafe outdoors? Play active games inside and have dance contests with family and friends.

Fun Physical Activities!

Baseball
Basketball
Bike-riding
Dancing
Football
Gardening
Gymnastics
Hockey
Jumping Rope
Playing Tag
Skating
Skateboarding
Soccer
Swimming
Swinging on the Swings
Taking walks/runs in the schoolyard/park
Tennis



2. Spend less than 2 hours a day playing video, computer and cell phone games or watching TV.

Why should we limit TV or video game time?

Too much time spent watching TV or playing video games may result in:

- Risk of becoming overweight.
- Grades dropping.
- Lower math scores.
- Poor concentration level.
- Social isolation from friends and family.
- Less physical activity and a more sedentary lifestyle.
- Burning very few calories.
- Triggering unhealthy eating choices and increased caloric intake because TV commercials often advertise foods high in fat and added sugar.

From:

Council on Communications and Media. Policy Statement—Children, Adolescents, Obesity, and the Media. *Pediatrics* 2011;128:201.

Pagani L, Fitzpatrick C, Barnett T, Dubow E. Prospective Associations Between Early Childhood Television Exposure and Academic, Psychosocial, and Physical Well-being by Middle Childhood. *Arch Pediatr Adolesc Med.* 2010;164(5):425–431.

Active family habits

Find fun activities your family enjoys together. Being active does not have to be a chore—or costly. Play in a park, join your local YMCA or Boys & Girls Club. Going for a walk after dinner is a great habit to start with your family. Make activity time fun.



Turn off the TV

If your TV is on all the time, this becomes the norm for your children. Limit the time the TV is on at your home.

What if my child insists on playing video games or watching TV?

Establish the amount of time you allow your child to play video games and watch TV (up to, but not more than 2 hours total a day). Set rules as to what games your child plays and the TV shows your child watches.

What is one way you will help your child spend less than 2 hours a day playing video, computer and cell phone games or watching TV?



Tasty Tip:

Does your child have a TV in his or her room? It is a good idea to remove TVs from your child's bedroom because it will help to reduce how much TV your child watches. Too much TV watching is associated with childhood overweight, poor grades, sleeping problems, behavior problems, obesity and risky behavior.

From: University of Michigan Health System: <http://www.med.umich.edu/yourchild/topics/tv.htm>

\$Best Bites:

Instead of buying your child expensive video games as gifts, buy things like jump ropes, water toys, sidewalk chalk, water balloons and frisbees.



3. Eat a healthy breakfast every day.

Why eat breakfast?

- Breakfast provides important nutrients for growing children.
- Children who eat breakfast are less likely to be overweight.
- Eating a healthy breakfast every day improves academic performance, including improved memory and concentration and improved test scores.
- Children who eat breakfast have fewer behavioral problems, including referrals to the Principal's office.

Kids that are breakfast eaters have higher daily intakes of fiber, calcium, vitamin A, vitamin C, riboflavin, zinc and iron compared to breakfast skippers.

From: <http://www.foodinsight.org/Content/6/IFIC%20Brkfast%20Review%20FINAL.pdf>

Kid-friendly breakfast ideas

Yo-Munch: low-fat yogurt, sliced fruit, whole grain cereal and nuts.

PB & Banana Bagel: Whole-wheat mini bagel with peanut butter and topped with sliced banana.

Pizza for Breakfast: Whole-wheat English muffin with sliced tomato, shredded mozzarella cheese and Italian seasoning. Place in the toaster oven until cheese is bubbly.

NRG Smoothie: Fat-free yogurt, frozen berries, frozen banana.

Simply Toast and Fruit: 100% whole-wheat toast with sliced peaches canned in its own juice.

On-The-Go Burrito: Egg, beans, peppers, tomato and salsa wrapped in a whole-wheat tortilla.

Egg Sandwich: Whole-wheat English muffin with egg and 2% cheddar cheese.

Fruit Parfait: Favorite fat-free yogurt and fruits of choice layered with granola on top.

Waffle Delight: Whole-wheat toaster waffle topped with fresh berries.

Southwest Scramble: Scramble an egg with peppers, onions and tomatoes.

Trail Mix of Choice: Nuts of choice, whole grain cereal of choice and dried fruit of choice.

Fruity Oatmeal: Oatmeal with toppings like fresh, canned or dried fruit and nuts.

Leftovers for Breakfast: Healthy leftovers are great for kids, like pasta, veggie and cheese pizza, or rice and beans.

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In a hurry?

Try these healthy breakfasts to fuel the whole family on the way out the door!

- Apple and string cheese
- 100% whole-wheat bread with peanut butter and banana
- Banana and almonds
- Trail mix with whole grain cereal, dried fruit and nuts
- Hard-boiled egg and fruit
- Fruit smoothie

Other ideas: _____



What is one way you will make sure you and your family will eat a healthy breakfast every day?

Tasty Tip:

Parents need to eat breakfast, too! Your children notice your breakfast eating habits, so be sure to eat a healthy breakfast with your children. It's good for your children, but it's also good for you!

\$Best Bites:

Children can eat a healthy breakfast at school! Many children may be eligible for free or reduced-price breakfasts. The School Breakfast Program provides children with needed energy and nutrients (e.g. protein, calcium, vitamin A, vitamin C) to start their day out right!



4. Eat vegetables and fruits at all meals and snacks.

Why eat vegetables and fruits?

Eating more vegetables and fruits has been linked to a lower risk of developing many types of cancers and other chronic diseases.

Vegetables and fruits are high in many nutrients, like these:

- **Vitamin A** for a healthy body—skin, hair and eyes.
- **Vitamin C** for a healthy immune system.
- **Potassium** for a healthy heart.
- **Fiber** for a healthy digestive system and fullness.
- Most fruits and vegetables are naturally low in fat and calories and are filling.
- They taste GREAT!

From: <http://www.cancer.org/Healthy/EatHealthyGetActive/ACSGuidelinesonNutritionPhysicalActivityforCancerPrevention/acs-guidelines-on-nutrition-and-physical-activity-for-cancer-prevention-diet-cancer-questions>
<http://www.cdc.gov/nutrition/everyone/fruitsvegetables/index.html>

What kinds of vegetables and fruits should we eat?

- All vegetables and fruits count! Fresh, frozen, canned, dried and 100% juice.
- Look for no salt or fat added to frozen and canned vegetables.
- Choose frozen and canned fruits without added sugar.
- Buy 100% vegetable or fruit juice.
- Enjoy whole vegetables and fruits most often—they are higher in fiber than juices. They can help you feel full, too.
- Regularly choose a rich-colored rainbow of veggies for all five vegetable categories: dark green, orange, legumes (dry beans), starchy vegetables and other vegetables.
- Enjoy 3 cups each week of dark-green vegetables, like spinach and collard greens; 2 cups each week of orange vegetables, like carrots and sweet potatoes.

How many cups of vegetables and fruits should we eat every day?

| Age | 2–3 years | 4–8 years | 9–12 years | 14–18 years | 19–30 years | 31–50 years | 51+ years |
|------------|-----------|------------|------------|-------------|-------------|-------------|------------|
| Vegetables | 1 cup | 1.5 cups | 2–2.5 cups | 2.5–3 cups | 2.5–3 cups | 2.5–3 cups | 2–2.5 cups |
| Fruits | 1 cup | 1–1.5 cups | 1.5 cups | 1.5–2 cups | 2 cups | 1.5–2 cups | 1.5–2 cups |

What counts as a cup?

1 cup vegetables =

1 cup of raw or cooked vegetables
 2 cups of leafy greens

1 cup fruit =

1 cup of fruit (about the size of a tennis ball)
 ½ cup of dried fruit, like raisins

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How do I get my child to eat vegetables and fruits?

- Start with the ones they like and are familiar to them.
- Ask your child to pick out a new vegetable or fruit each month. It makes healthy eating fun.
- Wash and prepare vegetables and fruits so your child can enjoy them easily.
- Grow a garden. Involve your child in growing the garden, harvesting, preparing and tasting the produce.
- Offer vegetables and fruits multiple times. Even if your child did not like broccoli the last time you offered it, keep trying!
- Avoid being pushy. Make mealtime fun and encourage trying new foods. Praise your child when trying new foods.
- Offer the fruits/vegetables you want to encourage when your child is hungry.

Cool Snacks for School Kids

- Cucumber rounds with low-fat yogurt dip.
- Baby carrots and hummus.
- Frozen grapes.
- Peaches.
- Cauliflower with low-fat salad dressing.
- Yogurt topped with berries.
- Papaya, mango and pineapple fruit salad.
- Red bell pepper strips with low-fat vinaigrette dressing.
- Strawberry banana smoothie.
- Apple slices.
- Broccoli with low-fat ranch dip.

How can I help my child to choose vegetables and fruits as snacks?

- **Keep vegetables and fruits easy and in sight.** A bowl of fruit on the counter makes them appealing. Keep bowls of washed grapes and snow peas, cut cantaloupe and sliced veggies at eye-level when your child opens the refrigerator.
- **Buy more produce.** Buy fewer less healthy snacks so it is not so hard to resist.
- **Ask your child to help you make a healthy snack grocery list.** A healthy list contains mostly vegetables, fruits and snacks low in fat and added sugar and high in nutrients.
- **Be a good role model!** If you eat vegetables and fruits as snacks, your child will be more likely to eat them, too.

What is one way you will make sure you and your family eat more vegetables and fruits?

\$Best Bite: Choose fresh vegetables and fruits when they are in season. Fresh produce such as corn, okra, berries, peaches, tomatoes, kale and apples taste great and can be cheaper when in season. Farmers markets and farm cooperatives are good bets for good prices. Many of these markets also accept WIC and SNAP vouchers.



5. Make time for healthy family meals at home.

Why should we eat meals at home together?

Children who eat meals with their family often are more likely to have healthier eating behaviors. They are also less likely to use alcohol and drugs and even do better in school. Family meals at home usually include more fruits and vegetables.

From: <http://now.tufts.edu/articles/eating-meals-together-family-help>

When Oprah Winfrey challenged five families to eat dinner together every night for a month in the “Family Dinner Experiment,” they admitted it was difficult at first. But, at the end of the month, they were hooked on this new ritual. The biggest surprise to the parents was how much their children treasured this family time each evening.

From: <http://nutrition.wsu.edu/ebet/background.html#Benefits>

How do we get everyone together?

- Make it a priority.
- Work with your family’s schedule.
- Some nights one or two family members might have to miss out, but make it the exception rather than the rule.
- Make mealtime enjoyable so that family members want to eat together.

8 Habits of Healthy Children and Families™

Make your life easier at www.kidseatright.org.

Here you will find great tips, articles, recipes and videos that make cooking healthy meals at home so much easier! You will love making the easy kid-friendly recipes and your children will love eating dinner at home!

Quick Meal Ideas

- Grilled chicken, mashed potatoes, green beans, whole-wheat dinner roll, peaches and low-fat or fat-free milk.
- Spaghetti with meat sauce with whole-wheat-blend pasta, spinach and dried cranberry salad and low-fat or fat-free milk.
- Tofu stir fry with bok choy, sweet peas, bamboo shoots, water chestnuts, cauliflower and broccoli, served with brown rice, grilled pineapple and low-fat or fat-free milk.
- Romaine salad with chick peas, carrots, cucumbers, fresh pineapple and 2% reduced-fat cheese.
- Tuna casserole with steamed broccoli, fresh apple slices and low-fat or fat-free milk.



Make eating out a special occasion.

Eating at home more will mean eating out less, which is better for you and your wallet. When you do eat out, follow a few helpful tips:

- Choose restaurants that offer healthy menu choices.
- Look for healthy options, like steamed, grilled, broiled, baked and roasted.
- Split a meal.
- Order salad dressings or sauces “on the side” to manage the amount.
- When ordering pizza, opt for veggies instead of meat and extra cheese.
- Order a side salad with low-fat dressing on the side, instead of fries or chips.
- Choose water to save calories and money.

What is one way you will eat more family meals?

Tasty Tip:

Involve the family in planning the menu for the week. Have each family member take a day or two and plan (and help prepare) dinners that include healthy foods from each food group. Healthy for them, easy for you!

\$Best Bite:

Use leftovers wisely and creatively! Make a lot of grilled chicken one night and then use the leftover chicken the next night for grilled chicken sandwiches.



6. Be wise about portion size.

What is the “right sized” portion?

Vegetables:

1 cup =
Baseball

Fruit:

1 cup =
Tennis ball

Grains:

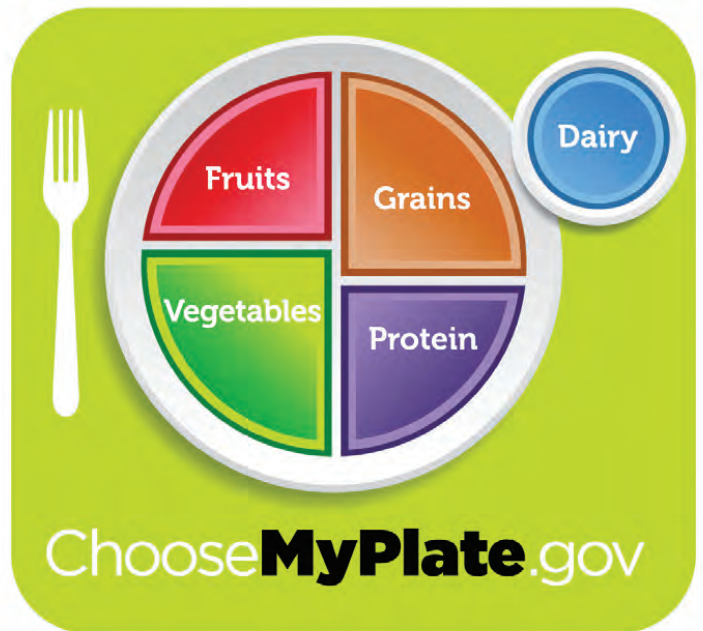
1 ounce cooked brown rice =
½ baseball

Protein:

3 ounce chicken breast =
Deck of cards

Dairy:

1 cup milk =
Small school milk carton or container



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Where do we start?

- Use a smaller plate.
- Fill half your plate with vegetables and fruits first, before you fill the rest of your plate.
- Include all food groups in your meal.
- Eat slowly and stop eating when full.
- Serve food from the stove, not from the table. You are less likely to go back for more food.
- Enjoy fruit as a wise choice for dessert.
- Portion out small servings of snack items to avoid eating from the box or bag.



Do not be tricked!

Beware of portions that look like single servings but are not! For example, a bakery bagel might be 5 ounces instead of 1 ounce. There might be three servings in that bag of trail mix, not one. Read the Nutrition Facts Label for number of servings per container.

Avoid cleaning your plate when you are full

Eat slowly and only what you need to satisfy your hunger. Make sure your child knows when to stop eating, too. Remember, leftovers can be delicious the next day.

What is one way you will help control your portions and your family's portions?

Tasty Tip: For a healthy body, enjoy large helpings of low-calorie, nutrient-filled vegetables!

\$Best Bites: Use smaller plates to help eat right-sized portions. Smaller portions on a small plate will look larger, so you will be satisfied with less food.

For more tips on portion size, see:

<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet18EnjoyYourFood.pdf>



7. Drink water, low-fat, or fat-free milk instead of soft drinks and other sweetened beverages.

Why do we need water?

- Over half the body is water and water is the main ingredient in our blood, which carries nutrients throughout the body.
- Water keeps us cool when we are hot.
- Water helps prevent constipation.
- Water helps keep our skin soft and healthy.
- Water helps keep us alert and helps our muscles from getting tired.
- Water has no calories. Drinking it helps us feel full, so can be helpful to avoid overeating.

From: <http://www.webmd.com/diet/features/6-reasons-to-drink-water>

How much water do we need?

- Although there are no strict guidelines, it is a good idea for healthy kids and adults to drink water frequently throughout the day along with eating vegetables, fruits and other water-filled foods. We need more water when we are in hot weather and when we are very active. A large adult will need more water than a small child.

What if my child does not like water?

- Try seeing if your child likes water better if it is really cold or maybe lukewarm. If preferred cold, keep a small pitcher of water (or water bottle) in the refrigerator where your child can reach it. Add ice.
- Add sliced lemons or limes for a splash of flavor.
- Use a special favorite cup or water bottle for your child and only allow water in it. Add a straw for extra fun.
- Stop buying sweetened beverages. If the only beverage choices in the house are water and low-fat or fat-free milk, it will be easy to drink more of these healthy beverages!
- Be a good role model and drink water yourself!

Why drink low-fat or non-fat milk?

- Milk contains vitamins and minerals important for bone development and bone strength, like calcium and vitamin D.
- Whole or 2% reduced-fat milk is high in saturated fat, which can contribute to high cholesterol levels. Choose 1% low-fat or fat-free milk.

8 Habits of Healthy Children and Families™

How much milk do we need?

See chart below for how much from the Dairy Group you need every day. The Dairy Group includes milk, soy milk, yogurt and cheese. Chose low-fat options for less saturated fat.

| Age | 2–3 years | 4–8 years | 9–12 years | 14–18 years | 19–30 years | 31–50 years | 51+ years |
|-------|-----------|-----------|------------|-------------|-------------|-------------|-----------|
| Dairy | 2 cups | 2.5 cups | 3 cups | 3 cups | 3 cups | 3 cups | 3 cups |

What if my child does not like milk?

- Start by encouraging your child to drink a small amount and gradually increase the amount.
- Make smoothies with fruit and yogurt.
- If your child will not drink milk, it is okay to add a small amount of flavoring to milk or offer water instead. Be sure your child eats other calcium-rich foods like low-fat or fat-free yogurt and cheese.

What if my child is lactose intolerant?

- People with lactose intolerance lack the enzyme to digest the natural lactose sugar in milk. Some can tolerate a small amount of milk when consumed with a meal. Many can eat yogurt and cheese without any problems.
- Purchase calcium and vitamin-D-fortified milk alternatives, like soy milk or lactose-free milk.

What is one way you will help reduce sweetened beverages in your home?

Tasty Tips:

Choose 1% low-fat or fat-free milk for family members age 2 or older. They are lowest in fat.

One can (12 fluid ounces) of regular soft drink contains a whopping 10 teaspoons of sugar. That adds up to a lot of “empty” calories, which means a lot of calories with little or no nutrition. Limit these “empty calorie” sweetened beverages: soft drinks, lemonade, sweetened tea, juice drinks, sports drinks, energy drinks, fruit punch, etc.

\$Best Bite:

Drink tap water. Depending on where you live, it may contain fluoride, which is great for teeth, and most bottled waters do not. It is not necessary to drink bottled water. *Bonus: It is also good for the environment!*





8. Ensure regular bedtime for your children and teens to include at least 9 hours of sleep every night.

Sleep recommendations are different based on the age of the child.

Infants may need up to 18 hours of sleep a day, toddlers up to 14 hours, preschoolers up to 13 hours, school age kids up to 11 hours and teens up to 9 or more hours of sleep a night.

From: <http://www.sleepfoundation.org/article/sleep-topics/children-and-sleep>

Why do children and teens need so much sleep?

- Helps prevent illness.
- Reduces behavior problems and improves mood.
- Increases alertness in school.
- Helps maintain a healthy weight.
- Promotes growth.



Tasty Tip:

After a good night's sleep, it is important to start the day with a healthy breakfast! Try something hot and toasty like oatmeal with dried or fresh fruit, or something cool and refreshing like a fruit smoothie.

8 Habits of Healthy Children and Families™

How parents can make sure children get more sleep

- **Set regular routines.** Encourage a regular schedule for going to sleep and waking up each morning. Bedtime routines might include bath time, story time, or quiet reading time. Routines for waking up each morning should include a healthy breakfast.

What is one bedtime routine you can start in your home to ensure you and your kids get adequate sleep each night?

- **Slow down.** Allow more time in the evenings for everything that needs to get done. When possible, eat dinner early, do some family physical activity, finish homework and still have time to relax before bedtime.

What is one way you can start to 'slow down' in your home?

- **Remove the TV from the bedroom.** Even when you think your children are asleep, they might not be. If they have a TV in their bedroom, they may be staying up late watching TV or playing video games. You may even want to remove phones from their room, too, as kids could be texting or playing phone games late at night as well.

If your child has a TV in the bedroom, how will you approach a discussion to remove it, or to reach an agreement with your child on TV "rules"?

- **Be a good role model.** You need sleep, too! Keep similar routines as the ones you have set for your child.

How can you make sure you get enough sleep?

RD Parent Empowerment Challenge!

Fill In the blanks:

The 8 Habits of Healthy Children and Families™

1. Be physically active at least _____ a day.
2. Spend less than _____ a day playing video, computer and cell phone games or watching TV.
3. Eat a healthy _____ every day.
4. Eat _____ at all meals and snacks.
5. Make time for healthy _____ at home.
6. Be wise about _____ size.
7. Drink _____, low-fat, or fat-free milk instead of soft drinks and other sweetened beverages.
8. Ensure regular _____ for your children and teens to include at least _____ hours of sleep every night.

1. Be physically active at least 1 hour a day.
2. Spend less than 2 hours a day playing video, computer and cell phone games or watching TV.
3. Eat a healthy breakfast every day.
4. Eat vegetables and fruits at all meals and snacks.
5. Make time for healthy meals at home.
6. Be wise about portion size.
7. Drink water, low-fat, or fat-free milk instead of soft drinks and other sweetened beverages.
8. Ensure regular bedtime for your children and teens to include at least 9 hours of sleep every night.

Shop Smart

This section involves tips for planning family meals, creating a grocery list, shopping strategies, label reading and selecting healthy options for each food group.



A Healthy Lifestyle Means More...



Physical activity

Healthy Habit #1:

Be physically active at least 1 hour a day.



Vegetables and fruits

Healthy Habit #4:

Eat vegetables and fruits at all meals and snacks.



Breakfast

Healthy Habit #3:

Eat a healthy breakfast every day.



Sleep

Healthy Habit #8:

Ensure regular bed time for your children and teens to include at least 9 hours of sleep every night.

Less...



Time spent watching TV and playing video & computer games

Healthy Habit #2:

Spend less than 2 hours a day playing video, computer and cell phone games or watching TV.



Sweetened beverages, like soft drinks, sports drinks and fruit drinks

Healthy Habit #7:

Drink water, low-fat, or fat-free milk instead of soft drinks and other sweetened beverages.



Foods eaten away from home

Healthy Habit #5:

Make time for healthy family meals at home.



Portions

Healthy Habit #6:

Be wise about portion size.

3 Simple Steps to Shop Smart

Step 1: Plan family meals

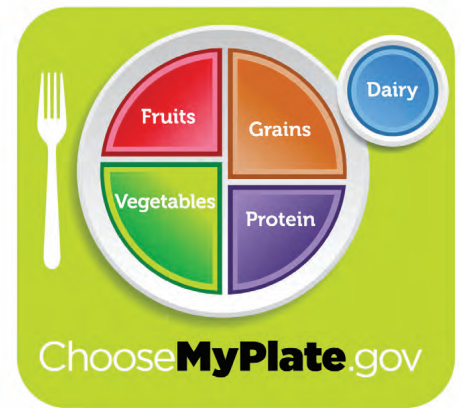
Involve your family in planning healthy meals for the week. Decide what to make each night. Use weekly supermarket ads or sale flyer to help determine your meals. Remember to include leftovers.

Vegetables and Fruits – Fill ½ of the plate with colorful fruits and vegetables.

Whole Grains – Fill about ¼ of the plate with whole grains, like brown rice, whole-wheat pasta, whole-wheat bread, or whole-wheat tortillas.

Protein – Fill about ¼ of the plate with lean proteins like fish, tofu, chicken or turkey without skin, lean beef, eggs, nuts, beans and lentils.

Low-Fat Dairy – Drink low-fat or fat-free milk or soy milk, or eat low-fat yogurt or cheese.



Step 2: Make a grocery list

Make a grocery list based on your family meal plan. Check what you already have on-hand and add to the list any foods that you do not have in your cupboard.

Step 3: Shop smart!

Buy healthy foods! Read the Nutrition Facts Label to make healthier choices. Do not be tempted to buy impulse items. Learn to shop smart with or without your children at the grocery store.



Family Meal Schedule:

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

Friday: _____

Saturday: _____

Sunday: _____

Grocery List

Vegetables and Fruits

Lean Proteins

Low-Fat Dairy

Whole Grains

Papergoods, Toiletries, Other

step 3: shop smart!

Grocery List Makeover

Instead of...

- Sweetened cereal.....
- Potato chips.....
- Cookies.....
- Chocolate.....
- White bread.....
- Ice Cream.....
- Whole milk or 2% milk.....
- Regular cheese.....
- Canned fruit in heavy syrup.....
- Regular salad dressing.....
- Regular sour cream.....

Buy This:

- Whole-grain, low-sugar cereal
- Whole-wheat crackers or nuts
- Graham crackers
- Low-fat, low-sugar hot chocolate mix
- 100% whole-wheat bread
- 100% frozen fruit juice bars
- 1% low-fat or fat-free milk
- 2% or fat-free cheese
- Canned fruit in its own juice
- Low-fat salad dressing
- Low-fat sour cream

Circle at least one new item from the list above that you will start buying instead of its full-fat/sugar counterpart.

Successful Shopping Strategies

Stop! Do not shop when you are hungry!

Shop after you have eaten. You will be able to stick to your list better.

Know the tricks of the trade

No matter which isle you are in, it is easy to make smarter choices when you know what to look for on the label.

- Buy “round” or “loin” or 80% lean or greater for leaner meats. (Tip: It is best to buy 95% or greater lean beef, but you can buy the less expensive 80–90% lean and drain and rinse it well.)
- Buy 100% whole-grain bread and buy whole-grain cereals, tortillas, pastas and crackers.
- Buy no-salt-added canned vegetables.
- Buy canned fruit packed labeled “in its own juice” or packed in water.
- Buy 1% low-fat or fat-free milk.

Be a food inspector

- Buy canned goods that are free of dents.
- Buy fresh produce without bruises or dark spots.
- Buy items with expiration and best-if-used-by and sell-by dates that are as far out as possible. Quick definition of differences:
 - Expiration date = Throw out food by this date.
 - Best-if-used-by date = Food is still safe to eat after this date, but the quality might not be as good.
 - Sell-by date = Food is generally still safe to eat for a period after this date. It is the food manufacturer’s recommended date to remove the food from grocery store shelves. For example, milk usually lasts about a week longer than its sell-by date.



How to Read the Nutrition Facts Label

- Serving Size** – This is the amount of food that the nutrition information is based on. If you eat more than this amount, you will be getting more of everything else listed on the label.
- Servings per Container** – This is important since some people eat the contents of the entire container rather than the one serving.
- Calories** – This is the amount of calories (energy) provided by one serving.
- Total Fat** – It is important to limit high-fat foods in our diet. Based on a 2000 calorie diet we should limit our total fat to less than 65 grams a day. Saturated fats are unhealthy fats that may increase your blood cholesterol. Saturated fat should be limited to less than 20 grams a day for a 2000 calorie diet. Trans fats are also unhealthy fats that may increase your “bad” or LDL blood cholesterol and decrease your “good” or HDL blood cholesterol. Trans fat should be limited to less than 1% of your total calories.
- Vitamins and Minerals** – Choose foods high in vitamins and minerals by looking at the percent daily value. The percent daily value helps you see how a food fits into your diet. Look for 10% as a “good” source and 20% as an “excellent” source.

| Nutrition Facts | | | |
|--|-----------|--------------------------|--------|
| Serving size: 1 cup (30g) | | Servings Per Container 8 | |
| Amount Per Serving | | | |
| Calories | 110 | Cal. from Fat 16 | |
| % Daily Value* | | | |
| Total Fat | 2g | 4% | |
| Saturated Fat | 0g | 0% | |
| Trans Fats | 0g | | |
| Cholesterol | 0mg | 0% | |
| Sodium | 200mg | 8% | |
| Total Carbohydrate | 22g | 8% | |
| Dietary Fiber | 3g | 10% | |
| Sugars | 1g | | |
| Protein | 3g | | |
| Vitamin A | 15% | Vitamin C | 10% |
| Calcium | 10% | Iron | 55% |
| * Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. | | | |
| | Calories | 2,000 | 2,500 |
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Calories per gram: | | | |
| Fat | 9 | Carbohydrate | 4 |
| | | Protein | 4 |

What about the ingredient list?

The ingredient list is important, too. Ingredients on the label are listed in order by weight from high to low. Make sure added sugars are not one of the first three ingredients. Sugar may be listed as sucrose, glucose, high fructose corn syrup, corn syrup, maple syrup and fructose.

Whole milk vs. fat-free milk

- Whole milk is high in saturated fat. Too much saturated fat can lead to heart disease.
- Whole milk and fat-free milk have the same vitamins and minerals
- Fat-free milk does not contain any fat.

| Nutrition Facts | |
|-------------------------------|------------------|
| Serving size: 1 cup (244g) | |
| Servings Per Container 1 | |
| Amount Per Serving | |
| Calories 140 | Cal. from Fat 71 |
| % Daily Value* | |
| Total Fat 8g | 10% |
| Saturated Fat 5g | 25% |
| Trans Fats 0g | |
| Cholesterol 24mg | 8% |
| Sodium 98mg | 4% |
| Total Carbohydrate 11g | 4% |
| Dietary Fiber 0g | 0% |
| Sugars 13g | |
| Protein 8g | |
| Vitamin A 4% | Vitamin C 0% |
| Calcium 30% | Iron 0% |

Whole Milk

| Nutrition Facts | |
|-------------------------------|-----------------|
| Serving size: 1 cup (245g) | |
| Servings Per Container 1 | |
| Amount Per Serving | |
| Calories 83 | Cal. from Fat 2 |
| % Daily Value* | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fats 0g | |
| Cholesterol 5mg | 2% |
| Sodium 103mg | 4% |
| Total Carbohydrate 12g | 4% |
| Dietary Fiber 0g | 0% |
| Sugars 12g | |
| Protein 8g | |
| Vitamin A 10% | Vitamin C 0% |
| Calcium 30% | Iron 0% |

Fat-Free Milk

| Nutrition Facts | |
|--------------------------------|-----------------|
| Serving size: 12 oz can (370g) | |
| Servings Per Container 1 | |
| Amount Per Serving | |
| Calories 155 | Cal. from Fat 0 |
| % Daily Value* | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fats 0g | |
| Cholesterol 0mg | 0% |
| Sodium 6mg | 0% |
| Total Carbohydrate 40g | 15% |
| Dietary Fiber 0g | 0% |
| Sugars 37g | |
| Protein 0g | |
| Vitamin A 0% | Vitamin C 0% |
| Calcium 0% | Iron 0% |

12-Ounce Soft Drink

12-ounce can soft drink

Soft drinks are high in sugar.

Soft drinks do not contain any vitamins and minerals.

Soft drinks contain calories with no nutrition value.

Shopping for Vegetables

Fresh, frozen, canned and 100% juice are all great choices for buying vegetables. No matter what you choose, do not overcook vegetables to preserve the nutrients and to make vegetables taste their best.



Fresh

Buy vegetables when in-season. There are many vegetables that are available year-round at about the same price, including root vegetables like radishes, daikon radishes, potatoes, sweet potatoes, yams and carrots.

Eat fresh vegetables soon after buying them to maintain freshness and nutritional quality.

Frozen

Especially during cold-weather months, it is often best to buy frozen vegetables. At any time of year, frozen vegetables are convenient because they last longer than fresh. Frozen vegetables are picked at their peak freshness, then flash frozen, so they are full of nutrients. Frozen vegetables also have a very low cost per serving, especially when on sale.

Check the Nutrition Facts label on frozen vegetables and look for low-fat and low sodium choices. The ingredients should list the vegetable(s) themselves, without any other ingredients.

Canned

Buy canned vegetables with no salt added.

If you already have canned vegetables that contain sodium in your cupboard, rinse them really well to get rid of much of the sodium.

100% vegetable juice

Choose reduced-sodium versions of 100% vegetable juice.

Choose fresh, frozen and canned vegetables most often for the lowest sodium and highest fiber choices.

Shopping for Fruit

Fresh, frozen, canned, dried and 100% juice are all great choices for buying fruit.

Fresh

Buy fruits when in-season.

Frozen

Especially during cold-weather months, it is often best to buy frozen fruit. At any time of year, frozen fruits are convenient because they last longer than fresh. Frozen fruits are picked at their peak freshness, then flash frozen, so they are full of nutrients.

Buy frozen fruits without any added sugar. The ingredients should list the fruit(s) themselves, without any other ingredients.

Canned

Buy canned fruit in its own juice or packed in water.

If you already have canned fruit packed in syrup in your cupboard, rinse them really well to get rid of much of the sugar.

Dried

Buy dried fruit without added sugar, like raisins or dates.

Remember when you eat $\frac{1}{4}$ cup of dried fruit it counts as $\frac{1}{2}$ cup for the day because it is so dense.

100% fruit juice

If you buy fruit juice, only buy 100% fruit juice.

Choose fresh, frozen, canned and dried fruit most often for the most satisfying, highest fiber choices.



Shopping for Grains

When shopping for grains, remember to make at least half your grains whole. Whole grains provide more nutrients like B-vitamins and fiber.

Bread

Look for “100% whole grain” or “100% whole-wheat” on the front of bread, bagels, tortillas and roll packages.

Pasta

Buy whole-wheat pasta.

Rice

Buy brown rice.

Cereal

Look for whole-grain cereal low in sugar and high in fiber.

Crackers

Buy 100% whole grain crackers.

Tortillas

Buy 100% whole-wheat tortillas or corn tortillas.



Shopping for Protein

When shopping for foods from the protein food group, choose lean protein whenever possible and choose more plant-based proteins like tofu, beans, lentils and nuts.

Meat and poultry

Look for beef, lamb and pork with the key words “loin” or “round.” These “lean” meats include sirloin, top loin, tenderloin, top round, bottom round and eye of round.

Breast and other white meat is the leanest in poultry like chicken and turkey, but dark meat is still relatively lean compared to fatty cuts of beef. Whichever you prefer, just enjoy it without the skin. Bake, grill, or broil poultry instead of frying.

Eggs

Eggs are an inexpensive, nutrient-rich protein source. You can enjoy one a day and still be under the daily 300mg cholesterol intake limit.

Fish

To get enough of the heart-healthy omega-3 fatty acids, fish is recommended at least twice per week.

Nuts and peanut butter

Nuts are an excellent source of plant-based protein. Unsalted nuts, natural peanut butter and other nut butters are preferred.

Beans and lentils

Buy dried beans or canned beans. Rinse canned beans well to reduce the sodium content. Beans not only provide protein and carbohydrates, but also more fiber than most vegetables. Buy lentils and soybeans, like edamame.

Buy Big

Family-sized packages of meat usually cost less per pound than smaller packages. So, buy one big package and divide it into the portions that you need and freeze the rest for another meal.

Enjoy More Meatless Meals

Aim for at least one meatless dinner a week.

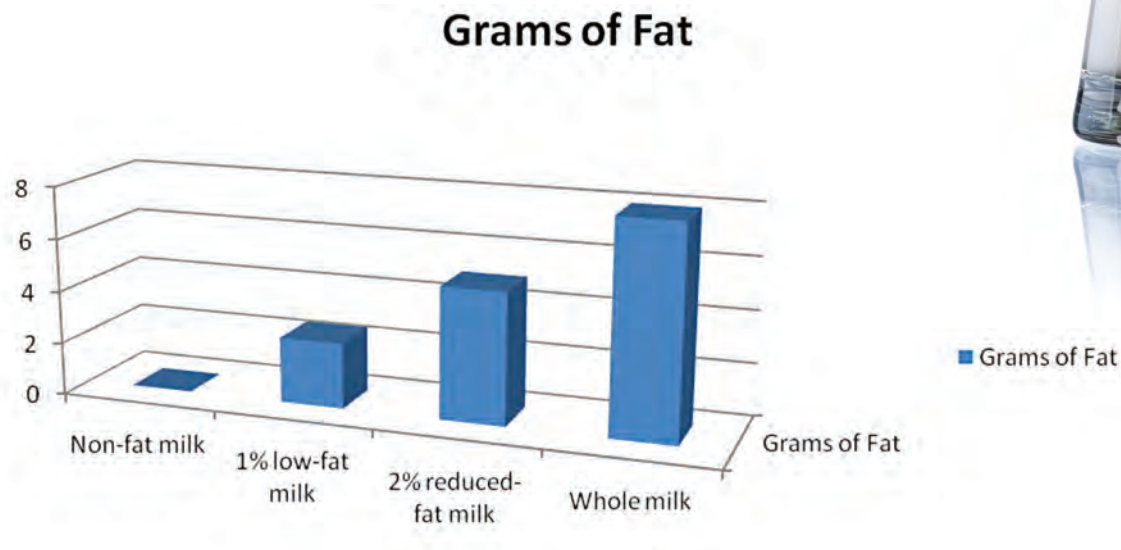


Shopping for Dairy

It is important that children and adults consume enough calcium and vitamin D from dairy foods. Choose low-fat dairy foods to limit saturated fat intake.

Buy low-fat or non-fat milk and milk products

- Buy low-fat or fat-free milk.
- Buy low-fat or fat-free yogurt.
- Buy 2% or lower fat cheeses.



What is the difference?

*1% low-fat and non-fat milk are healthier choices.

What if milk and milk products hurt your stomach?

Lactose is the natural sugar in milk. Lactose intolerance is a condition when your body is not able to breakdown this sugar—or is not able to break it down well. The result may be cramping, stomach aches and maybe even diarrhea shortly after having milk and milk products.

You can still enjoy milk and milk products!

- Take lactase enzyme tablets. They can help your body break down the lactose in milk and milk products.
- Drink lactose-free milk or soy milk.
- Enjoy foods that are naturally low in lactose, like yogurt.

Shopping on a Budget

There are many ways you can save money at the grocery store without sacrificing good nutrition. Follow these tips to shop smart, even on a tight budget.

Watching portions of meat items

- Meat and poultry can eat up a large portion of our food dollar. Most people only need 5-6 ounces of foods from the protein group, but they consume much more than this. If you eat more than you need, you are wasting money, so watch your portions of meat and poultry.
- Mix meat and poultry with other foods. For example, instead of eating steak and vegetables for dinner, make a stir fry, where a smaller amount of steak can go a long way. Instead of eating chicken, rice and vegetables, make chicken tacos and a salad to make the chicken go a little further.



Saving on milk

- Buy extra milk when on sale. Freeze milk safely for to 3 months.
- Purchase fat-free powdered milk. It does not need refrigeration until you add water to it.
- Drink milk to meet your calcium needs. Milk costs less per serving than yogurt and cheese.

Fruits and vegetables—don't skip, buy smart!

- Choose fresh vegetables and fruits in season for the best value.
- Purchase frozen vegetables and fruits when they are on sale.
- Canned fruits are generally low-cost.
- Shop at local farmer's markets when possible. WIC Farmers' Market Program benefits are often accepted.
- If you visit food pantries, look for fruits, vegetables and low-fat milk there—more food pantries are offering these healthy options.

Buying more for less

- Review store ads before shopping. Check for reward offers while shopping.
- Clip coupons IF they are for foods you normally buy.
- Stock up on sale items in amounts you can use before they spoil.
- Look up and down at shelves, since costly items are often placed at your eye level. Store brands are often less expensive than popular brands.
- Look for price per unit on the price tag. Buy in bulk if it has a lower price per unit and if it is something you can use before it spoils. For example, if a small bag of brown rice has a price per ounce of \$0.19/oz. and a big bag of brown rice has a price per ounce of \$0.12/oz., the big bag of brown rice is a better deal and it has a long shelf-life, so it will not go to waste.
- Buy store brands of packaged foods—from frozen vegetables to whole grain cereal—for better value.
- Buy in bulk. But be wise! It is only a better value if you need it and can use it before it spoils. Apples, beets, cabbage, carrots, potatoes, winter squash and celery can last a month if stored properly, whereas fresh spinach, mushrooms and peaches will spoil within a week.

\$Best Bite: Stretch your food dollar with low-cost foods like beans, fresh in-season produce, low-fat or fat-free milk and 100% whole grain bread. Day old breads and store brands are often just as tasty and a better buy.



Kid-friendly shopping trips

Have kids with you? Here are some tips for making grocery shopping a fun enjoyable experience with children.

With kids under 8:

- Before your trip to the grocery store, talk to your children about the healthy foods that you plan to buy.
- Let your child choose one new vegetable or fruit each time they go shopping with you. Let them choose it on their own. Ask the produce manager to explain more about the vegetable or fruit and describe how to prepare it.
- Play “I Spy” for the food items you intend to buy. Start giving your child clues (“I spy a fruit that is yellow”) to help them find the food. This helps make shopping fun for you and your child!
- If you have a young child in the cart, bring a toy.
- Expect your children to behave at the grocery store. Avoid buying them something special at the grocery store every week as a reward for good behavior. Save your rewards for something your child does beyond your expectations. Otherwise, your children with “expect” you to give them a reward every time at the grocery store and may be very upset when their expectations are not met.
- Do not buy items your child asks for that are not on the list. This will help prevent your child for asking for items or being upset when you do not buy them.



With kids 8 and older:

- Before you go shopping, involve your children in meal planning. Encourage them to plan a meal with healthy foods from each of the 5 food groups.
- Put your child in charge of sticking to the shopping list— whether 5 items or 50. Have them cross foods off listed items as you toss them in the basket.
- Using a small calculator, have your child do some math. Have them compare unit prices on two items to determine the best buy. Or, request they add up the prices as you stay within a budget.
- If you are shopping with older children, have them read Nutrition Facts labels to compare how much sugar is in one item versus another. In the cereal aisle, have them find a ready-to-eat cereal for the family that contains at least 3 grams of fiber and less than 10 grams of sugar.

Remember: 8 Habits of Healthy Children and Families™

1. Be physically active at least 1 hour a day.
2. Spend less than 2 hours a day playing video, computer and cell phone games or watching TV.
3. Eat a healthy breakfast every day.
4. Eat vegetables and fruits at all meals and snacks.
5. Make time for healthy meals at home.
6. Be wise about portion size.
7. Drink water, low-fat, or fat-free milk instead of soft drinks and other sweetened beverages.
8. Ensure regular bedtime for your children and teens to include at least 9 hours of sleep every night.

RD Parent Empowerment CHALLENGE!

Fill in the blanks. Shop Smart.

Review these tips to make shopping easier and healthier:

- Plan meals and make a _____ list.
- Read _____ for serving size and servings per container. Choose items low in calories and fat and high in vitamins and minerals.
- Make shopping with your child more enjoyable by _____ them in the process.
- What kind of milk should you buy? _____

- Review these tips to make shopping easier and healthier:
- Plan meals and make a grocery list.
- Read Nutrition Facts Labels for serving size and servings per container. Choose items low in calories and fat and high in vitamins and minerals.
- Make shopping with your child more enjoyable by involving them in the process.
- What kind of milk should you buy? 1% low-fat or fat-free milk.

Cook Healthy

Including children in meal preparation teaches them how to cook, try new foods and make healthy choices. Learn how to create quick, easy and healthy meals and snacks together with your family.



Engaging children in the kitchen

One of the easiest ways to teach children about healthy eating is to get them involved in cooking meals and snacks.

Where to start

- Select a simple, healthy recipe that you and your child want to try.
- Use ingredients that your child enjoys.
- Try new ingredients with your child.
- Take your child shopping to buy the ingredients.
- Get cooking in the kitchen with your child!

Make it fun!

All ages of children can help in the kitchen. Younger children can help by washing fruits and vegetables, stir and help measure ingredients. Older children can cut vegetables and fruits and read detailed instructions. Whatever you task your child with, make sure they will feel successful and praise them often for their great work.



Make it easy for little ones!

- Get a stool for little ones to safely stand on so they can help you more easily.
- Give your child one instruction at a time.
- Have ingredients handy so your child does not have to reach.
- Keep it short. If the recipe takes a long time to prepare, ask your child to help you with part of it instead of the whole thing.

Cooking with Kids Quiz

Circle T for true and F for false:

1. T or F: The first thing you and your child should do when cooking together is wash your hands in hot soapy water.
2. T or F: It's important to keep raw meats separate from ready-to-eat foods.
3. T or F: It is recommended to leave food at room temperature no longer than three hours.
4. T or F: You should defrost meat, fish and poultry on the counter.
5. T or F: Never leave a young child unattended in the kitchen.



Answers:
1. True.
2. True.
3. False, it is recommended to leave food at room temperature no longer than two hours, one on a hot day. Always keep hot foods hot and cold foods cold.
4. False, never defrost meat, fish, or poultry on the counter. Instead, defrost items in the refrigerator.
5. True.

Foods to cook with

The food items in the left column are less healthy. Use the choices from the right column for your best route to a healthy family.

| Instead of... | Use this: |
|---|---|
| Whole or 2% milk | 1% low-fat or non-fat milk |
| Cream, light cream or half-n-half | Fat-free half-n-half or evaporated fat-free milk |
| High-fat meats (like ground beef, ribs and wings) | 80% lean or greater ground beef or turkey (drained and rinsed well), round or loin meat, skinless white meat poultry, or fish |
| Fried chicken | Bake, broil, boil, or grill skinless poultry |
| Bacon | Reduced-fat bacon or turkey bacon |
| Sour cream and mayonnaise | Plain low-fat yogurt or light sour cream and light mayonnaise |
| Cheese, like cheddar cheese | Reduced-fat cheese or mozzarella cheese |
| Refined grains (like white rice, pasta and refined cereals) | Brown rice, whole-wheat pasta and whole-grain cereals |

Other healthy substitutions:

| | |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

\$Best Bite: When making casseroles or one-pot meals, portion out what you need for that meal. Refrigerate or freeze the rest for another meal. This will discourage you from going back for seconds.

Healthy cooking tips

Cook healthy meals with these simple tips.

Less fat

- Bake, steam, boil, broil, grill, or microwave foods. Avoid frying in oil or lard.
- When you do use oil, use a small amount. Oils with more heart-healthy fats, like canola oil are recommended.
- Add herbs and spices instead of fat to flavor foods.

Lean Meats

Types of meat and cuts of meat have different amounts of fat in them. The meats on the left are high-fat meats. Use the meats on the right for a healthier meal.

| Instead of... | Use this: |
|----------------------|---|
| 80% lean ground beef | 95% lean ground beef or turkey is preferred, but you can still use 80% lean ground beef and rinse and drain it really well to get rid of excess fat |
| High-fat meats | "Round" or "loin" meats, fish, or beans |
| Poultry with skin-on | Skinless poultry, preferably white meat |

Tasty Tip:

Flavor cooked veggies with fresh or dried herbs, like parsley or dill and a squirt of lemon juice.

Cooking with vegetables

Give these two-step tips a try to help you and your child enjoy more veggies. Try different combos until you find ones that your child says are “just right.”

Tasty Tip: You may need to offer a new food as many as 10-20 times before accepted by a child.

Steamers

1. Steam a vegetable of choice, like broccoli or cauliflower.
2. Squirt a little lemon juice on it and season with herbs and spices.



Drop-ins

1. Prepare any soup or rice.
2. Drop in fresh or frozen veggies such as corn, cabbage, broccoli or tomatoes to soup or rice while it is cooking.

Toppers

1. Microwave or bake a potato.
2. Top with veggies.

Tasty Tips: Place extra veggies on sandwiches and salads. Sprinkle and stir them into scrambled eggs. Add some to your favorite spaghetti sauce while simmering.

Shred zucchini or carrots into meatloaf, casseroles, lean burgers, soups, or burritos.

Healthy recipes suggested by parents and recommended by kids

Zapped Broccoli

(Recipe originally developed by parent Emma Sanchez, Los Angeles)

4 cups broccoli florets cut in bite size pieces
Juice of 1/2 lemon
1/4 teaspoon salt or garlic salt

1. Place broccoli in a microwave-safe bowl.
2. Add lemon juice and garlic powder.
3. Cook in microwave on high power for 2 minutes.

Tasty Tip: For an added Asian flair, drizzle broccoli with low-sodium soy sauce instead of using lemon and salt. Sprinkle with sesame seeds after microwaving.

Makes 4 servings.

Per serving: 20 Calories, 4g Carbohydrates, 2g Protein, 0g Total fat, 0g Saturated fat.

"It's not good. It's delicious!" Adaly Camacho, 11, Los Angeles

Cutie Cukes

(Recipe originally developed by parent Maria Cuevas, Los Angeles)

2 large or 3 medium cucumbers, thinly sliced
1 small or 1/2 large red onion, thinly sliced
Juice of 2 lemons
2 tablespoons pine nuts (optional)

1. Place cucumbers and onion in a bowl.
2. Sprinkle with lemon juice.
3. Cover bowl and let marinate in the refrigerator for 30-45 minutes.
4. Sprinkle with pine nuts, if desired, before serving.

Tasty Tip: For flavor and a calcium boost, sprinkle Cutie Cukes with feta cheese.

Makes 4 servings.

Per serving: 50 Calories, 11g Carbohydrates, 2g Protein, 0g Total fat, 0g Saturated fat.

"I don't like onion, but it tastes good with cucumber." Amber Bennett, 9, Los Angeles

Cooking with fruit

Eating more fruits can be fun! Give these super-simple tips a taste to help you and your child enjoy more fruits with meals and snacks.

Sippers

1. Pour in 1 cup of low-fat or non-fat milk and/or yogurt in an electric blender.
2. Add a splash of 100% fruit juice.
3. Add about 1 cup of any frozen, sliced fruit.
4. Cover and blend until smooth.
5. Enjoy!

Tasty Tip: One of the easiest ways to consume more fruits is to blend them into smoothies.

Dippers

1. Chop fresh or frozen fruit of choice (try mango, peaches or papaya) and stir into store-bought salsa.
2. Dip baked tortilla chips into the salsa.

Sprinklers

1. Chop or slice fresh fruit.
2. Sprinkle it onto leafy salads, like spinach or romaine.
3. Top with dried fruit, like raisins or dried cranberries.



Fresh Fruit-n-Cream

(Recipe originally developed by parent Sharli Singleton, Atlanta)

1 cup fat-free sour cream
1 tablespoon brown sugar
1/2 teaspoon apple cider vinegar
1/8 teaspoon ground cinnamon
4 cups bite-size pieces of fresh fruit of choice, such as strawberries, peaches, apples, or bananas

1. In a small bowl, stir together the sour cream, brown sugar, vinegar and cinnamon until well combined.
2. Serve alongside fruit for dipping.

Tasty Tip: Mix the fruit with the dip and make it a creamy fruit salad!

Makes 4 servings.

Per serving: 140 Calories, 31g Carbohydrates, 4g Protein, 1.5g Total fat, 0.5g Saturated fat.

“You need to get a patent for this!” Joshua Holt, 16, Atlanta

Fancy Fruit Salad

(Recipe originally developed by parent Rosa Ortega, Los Angeles)

1 cup cubed melon, such as watermelon, cantaloupe, or honeydew
1 cup red or white seedless grapes
1 cup pineapple chunks
1 cup cubed mango
Juice of 1/2 lemon

1. Gently stir together all fruits in a bowl.
2. Add lemon juice.
3. Serve in fancy bowls.

Tasty Tip: For a fun, colorful treat, insert the fruit onto bamboo skewers, alternating fruit types.

Makes 4 servings.

Per serving: 80 Calories, 23g Carbohydrates, 1g Protein, 0g Total fat, 0g Saturated fat.

“I want more!” Christian Rodriguez, 9, Los Angeles

Cooking with whole grains

It is easy to add more whole grains when you are cooking with these wholesome tips.

Swap-Its

1. Use whole-wheat pasta in place of regular pasta noodles.
2. Use brown rice in place of white rice.
3. Use whole grain cereal instead of refined cereal.
4. Use 100% whole-wheat tortillas instead of flour tortillas.

Bagel-icious

1. Toast a whole-wheat bagel.
2. Top with peanut butter and sliced banana.

Teasers

1. Toast a whole-wheat waffle for breakfast.
2. Enjoy a 100% whole-wheat tortilla burrito for lunch.
3. Air-pop popcorn for a whole grain snack.
4. Enjoy a 100% whole-wheat roll with dinner.



Tasty Tip: Whole grains have more fiber, so you can eat less and feel fuller longer.

Turkey Toastie Strips

(Recipe originally developed by parent Mariana Cajamarta, New York)

4 slices whole-wheat bread
4 slices (3/4-ounce each) reduced-fat American cheese
4 slices (1 ounce each) turkey
6 thin slices tomato, if desired
2 tablespoons honey mustard, or to taste

1. Toast bread.
2. Place 2 slices cheese, 2 slices turkey and 3 slices tomato on each of the toast slices.
3. Top with remaining 2 toast slices.
4. Cut each sandwich in half vertically. Then cut each half into three strips.
5. Serve with honey mustard as a dipping sauce.

Tasty Tip: Prefer it warm? Microwave on high for 15 seconds or until cheese begins to melt.

Makes 4 servings.

Per serving: 160 Calories, 21g Carbohydrates, 14g Protein, 3g Total fat, 1g Saturated fat.

“It was delicious. DELICIOUS!”

Brittany Umana, 10, Los Angeles

Oh-So-Good Oatmeal Cookies

(Recipe originally developed by parent Della Tillman, Atlanta)

3/4 cup margarine (1 1/2 sticks)
1 cup brown sugar
1 cup sugar
2 large eggs
1 teaspoon vanilla extract
1 1/3 cups all-purpose flour
1/2 teaspoon salt
1 teaspoon baking soda
3 cups quick-cooking oats
2/3 cup raisins

1. Preheat oven to 375°F.
2. Cream margarine and sugars thoroughly with an electric mixer.
3. Add eggs and vanilla; beat well.
4. Sift flour, salt and baking soda in a bowl.
5. Add flour mixture and oats to creamed butter and eggs.
6. Mix the batter with a spoon until thoroughly combined.

7. Stir in raisins.
8. Form ping-pong-sized balls and place on ungreased cooking sheet.
9. Bake 10 to 12 minutes. Cool cookies on pan for 5 minutes.

Tasty Tip: Feeling nutty? Toss in a handful of nuts and enjoy the nutty flavor they give oatmeal!

Makes 24 servings.

Per serving (1 cookie): 190 Calories, 29g Carbohydrates, 3g Protein, 7g Total fat, 1g Saturated fat.

“Can we have these every week?”

Antonio Roberts, 9, Atlanta

Cooking with lean proteins

There are many lean, or low-fat, foods in the protein group to choose from. Use these leanest and meanest cooking tips.

Rollers

1. Fill a 100% whole-wheat tortilla with peanut butter or hummus.
2. Roll it up and enjoy!

Fiber-Fillers

1. Make black bean enchiladas.
2. Add more beans, like kidney beans, to soups and chili.
3. Top salads with beans, like chick peas.

Walk-Its

1. Stuff a whole-wheat pita half with filling of choice, like tuna salad, bean salad, or turkey and reduced-fat cheese.
2. Pack a trail mix to go with nuts, whole grain cereal and dried fruit.



Tasty Tip: Eat more plant-based proteins for less fat and more fiber. Plant-based proteins include beans, lentils, nuts, nut butters and seeds.

Top-a-Tuna

(Recipe originally developed by parent Teresa Bolivar, Los Angeles)

2 cans (6-ounces each) light tuna in water, flaked with fork*
1 medium tomato
1 cup canned/drained or frozen/thawed corn
1 large carrot, shredded
2 tablespoons low-fat mayonnaise
1/2 teaspoon onion powder
4 large leaves romaine lettuce
16 baked tortilla chips or 4 large whole grain crackers, crumbled

1. Stir together in a bowl the tuna, tomato, corn, carrot, mayonnaise and onion powder.
2. Place a scoop of tuna salad atop each lettuce leaf.
3. Sprinkle with chips or crackers.

Tasty Tip: Not a tuna fan? Use 2 cans (5-ounces each) chunk white chicken in water instead of tuna.

Makes 4 servings.

Per serving: 200 Calories, 19g Carbohydrates, 22g Protein, 2.5g Total fat, 0g Saturated fat.

“I want to eat the whole bowl.” Denys Castillo, 9, Los Angeles

Nutty Butter Apple Rings

(Recipe originally developed by parent Ana Hassan, New York)

2 large apples
1/2 cup peanut butter, almond butter or other nut butter
1 cup low-fat granola or other favorite cereal

1. Core both apples, preferably using an apple corer. Cut a thin slice off top and bottom of each apple and discard (or eat). Slice each apple into 8 rings.
2. Spread one side of each of the apple rings with 1/2 tablespoon peanut, almond, or other nut butter.
3. Press onto each 1 tablespoon granola or other cereal.
4. Serve immediately.

Tasty Tip: For fun, serve 4 rings stacked!

Makes 4 servings.

Per serving: 360 Calories, 41g Carbohydrates, 7g Protein, 20g Total fat, 2.5g Saturated fat.

“I give this an A!” Alexandria Serrata, 9, New York

Cooking with low-fat dairy

Make foods taste great using creamy low-fat dairy products. Use these helpful tips to get the most out of dairy.

Dollop-ers

1. Add a dollop of low-fat plain yogurt to baked potatoes.
2. Place a dollop of low-fat or fat-free fruit yogurt to a whole-wheat waffle.
3. Top a bowl of fresh berries off with a dollop of low-fat yogurt and granola.



Cream-easies

1. Make soups creamy and full-flavored without the fat by using evaporated fat-free milk.
2. Use low-fat or fat-free milk in place of whole milk in recipes.

Mix-Its

1. Mix in a blender your favorite combination of fresh or frozen fruits with low-fat or non-fat milk or yogurt.
2. Make sugar-free, fat-free pudding with low-fat or fat-free milk.
3. Enjoy a cup of sugar-free hot cocoa made with low-fat or fat-free milk.

Tasty Tip: For a lower-fat recipe that calls for cheddar cheese, substitute 2% reduced-fat cheddar. The cheese will melt well and make your recipe tasty and healthy.

Body-wise Banana Blast

(Recipe originally developed by parent Riah Zaragoza, Los Angeles)

2 large or 3 medium bananas, peeled, broken into pieces
1 1/2 cups or 2 containers (6 ounces each) low-fat vanilla yogurt
1/2 cup fat-free milk
4 fluid ounce container pasteurized, fat-free egg substitute (optional)

1. In a blender, add banana, yogurt and milk.
2. Cover and blend until desired consistency.

Tasty Tip: Do not use raw eggs in place of pasteurized egg substitute.

Makes 4 servings.

Per serving: 150 Calories, 30g Carbohydrates, 6g Protein, 1.5g Total fat, 1g Saturated fat.

"It is delicious." Alicia Ortiz, 7, New York

Yogurt Fruit Crunch

(Recipe originally developed by parent Mariana Cajarmarta, New York)

1 cup fruit, fresh, frozen/thawed or canned in natural juices/drained (berries are great)
2 cups (16 ounces) low-fat vanilla yogurt
1 cup of your favorite dry, whole grain cereal, such as low-fat granola

1. Mix together fruit and yogurt in a bowl.
2. Serve in 4 individual bowls or cups.
3. Sprinkle the top of each with cereal.

Tasty Tip: Make a parfait by layering the fruits, yogurt and cereal.

Makes 4 servings.

Per serving: 230 Calories, 41g Carbohydrates, 9g Protein, 3g Total fat, 1.5g Saturated fat.

"I really like it." Preston Anderson, 7, New York

Speedy snack ideas

These simple, speedy snacks are great anytime!

Volcano Apple

Hollow out an apple with a small paring knife. Fill it with cereal, snack mix or a mixture of air-popped popcorn, fruit pieces and nuts.

Crunchy Cucumber Toppers

Mix together drained, canned tuna or chicken with a little low-fat mayonnaise. Top several sliced cucumbers with this creamy tuna or chicken.

Fruit-n-Cheese Picks

Slide two grapes and a little cube of low-fat mozzarella cheese onto a toothpick.

Veggies and Dip

Slice cucumbers, peppers, carrots, broccoli and cauliflower. Serve with 1 tablespoon low-fat dip.

Crunchy Cakes

Spread peanut butter on one large rice cake. Serve with low-fat or non-fat milk.

Personal Pizza

Toast a whole-wheat English muffin. Top with tomato sauce and shredded low-fat mozzarella cheese.

Frozen Fruit Poppers

Freeze blueberries or grapes. Enjoy 'popping' these frozen treats!

Celery Boats

Fill celery with hummus. Add diced tomatoes or red peppers.



Tasty Tips: Snack time is a great time for your child to get more fruits and veggies.

Help your child write a snack menu for the week and put it on the fridge.

Cool Apple Salad

(Recipe originally developed by parent Maria Perez, New York)

- 1 cup (8 ounces) low-fat vanilla yogurt
- 2 large or 3 medium red apples, cored and diced
- 1/4 cup raisins
- 1/4 cup pecan halves, chopped

1. Mix yogurt and apples in a medium bowl.
(Do this quickly so apples don't brown.)
2. Stir in raisins and pecans.

Tasty Tip: Add celery for extra crunch!

Makes 4 servings.

Per serving: 180 Calories, 31g Carbohydrates, 4g Protein, 6g Total fat, 1g Saturated fat.

“Yummy!” Gabriela Soto, 10, Los Angeles)

Dilly Dip with Veggies

(Recipe originally developed by parent Sharli Singleton, Atlanta)

- 1/3 cup light mayonnaise
- 1/3 plain low-fat yogurt
- 1/3 cup fat-free sour cream
- 1/8 teaspoon dried dill weed
- 1/4 teaspoon garlic powder
- 8 cups raw vegetables, such as baby carrots, broccoli or cauliflower florets, bell pepper strips and/or cucumber slices

1. In a small bowl, stir together mayonnaise, yogurt, sour cream, dill and garlic or seasoned salt until smooth.
2. Serve dip alongside veggies.

Tasty Tip: Try a dollop of this dip on top of grilled fish!

Makes 4 servings.

Per serving: 150 Calories, 19g Carbohydrates, 5g Protein, 7g Total fat, 1.5g Saturated fat.

“This snack looks good. My grade is A!”
Waldemar Borrero, 7, New York)

Cooking up good habits

1. Be physically active at least 1 hour a day.



Tips for Parents:

- Encourage your child to be active every day.
- Find a safe playground or park to kick a ball, skate or run around with your child.
- Encourage your child to be physically active during free time.
- Enroll your child in sports or activities with a coach or leader.
- Do physical activity together as a family. For example, play soccer or dance at home.
- Be a good role model. Find time to be physically active every day.
- Activity can be split up (i.e. 20 minutes 3 times a day).

2. Spend less than 2 hours a day playing video, computer and cell phone games or watching TV.



Tips for Parents:

- Limit the amount of TV your child watches. Avoid having a TV in your child's bedroom.
- Set limits on video, computer and cell phone game playing.

3. Eat a healthy breakfast every day.



Tips for Parents:

- Encourage your child to drink low-fat or non-fat milk at breakfast.
- Encourage your child to eat fruits and vegetables at breakfast.

4. Eat vegetables and fruits at all meals and snacks.



Tips for Parents:

- Offer a variety of fruits and vegetables instead of salty and sugary snacks at all meals and snack times.
- Wash and prepare fruits and vegetables to make them easily accessible for your child.
- Each week, introduce "new" vegetables and/or fruits for your family to try.



5. Make time for healthy family meals at home.

Tips for Parents:

- Eat meals together as a family.
- Eat less fast food in and out of the home.
- Eat right-sized portions.
- Use fewer pre-prepared, heat-and-serve meals such as microwave dinners, frozen pizza, or macaroni-and-cheese.
- Add vegetables to the plate first.



6. Be wise about portion size.

- Read the Nutrition Facts label for serving size and servings per container.
- Help your children read labels and become aware of healthy serving sizes.
- Monitor the amount of chips, cookies and candy your child eats.
- Avoid using candy, ice cream, or other foods as a reward for good behavior.



7. Drink water, low-fat, or fat-free milk instead of soft drinks and other sweetened beverages.

Tips for Parents:

- Encourage your child to drink low-fat or fat-free milk at all meals and snacks.
- Limit the amount of soft drinks or other sweetened beverages your child drinks.
- Keep a pitcher or individual bottles of tap water in the refrigerator.



8. Ensure regular bed time for your children and teens to include at least 9 hours of sleep every night.

Tips for Parents:

- Be a good role model and get enough sleep every night. Most adults need about 8 hours of sleep every night.
- Create a daily routine for your child's bedtime.

Remember: 8 Habits of Healthy Children and Families™

1. Be physically active at least 1 hour a day.
2. Spend less than 2 hours a day playing video, computer and cell phone games or watching TV.
3. Eat a healthy breakfast every day.
4. Eat vegetables and fruits at all meals and snacks.
5. Make time for healthy meals at home.
6. Be wise about portion size.
7. Drink water, low-fat, or fat-free milk instead of soft drinks and other sweetened beverages.
8. Ensure regular bedtime for your children and teens to include at least 9 hours of sleep every night.

RD Parent Empowerment CHALLENGE!

Fill in the blanks.

Review these tips to cook healthy:

- One of the easiest ways to teach children about healthy eating is to get them involved in _____ meals and snacks.
- Instead of buying high-fat meats, buy _____ or _____ meats, fish, or beans.
- What are some healthy cooking methods? _____

- Remember these tips to cook healthy:
- One of the easiest ways to teach children about healthy eating is to get them involved in preparing meals and snacks.
- Instead of buying high-fat meats, buy "round" or "loin" meats, fish, or beans.
- What are some healthy cooking methods? Bake, steam, boil, broil, grill, or microwave.

Eat Right

Eat right, at home and away from home. Learn new tips and strategies about enjoying more family meals at home, eating proper portion sizes and ordering healthier options when eating out and choosing healthy snacks.



How to be a good role model:

- **Set a good example.** You can play an important part in your child's health. For example, if you drink low-fat milk with dinner, your children will be much more likely to drink it, too.
- **Praise your child.** When your child makes a healthy choice help them to feel good about their success. Notice small changes. For example, focus on how proud you are of their effort to eat some vegetables today, or that they played outdoors instead of watching TV.
- **Share it with other parents.** Parents often struggle with being a good role model for their child. Share with them what works for you and learn what works for them to help you continue to get better at it, too.



Tasty Tips: Give your children control over how much they eat. Encourage them to eat only when hungry and stop when full.

Let your children know what they are doing right at mealtime!

Make mealtime enjoyable

It is mealtime.

It is more than food.

- Children learn by imitating what they see. Set a good example by eating meals at regular times when possible, offering and choosing healthy foods and beverages and eating proper portions.
- Mealtime can be quality family time. Preparing food and eating together brings a family together.



Tasty Tip: If you are doing it, they will do it!

Toss these phrases away!

“Clean your plate!”

“No dessert until you eat your vegetables!”

“If you behave, you can have a piece of candy!”

Bribing your child may cause more problems than it solves.

Keep the conversation positive:

“I am proud of you for trying a new vegetable. What does it taste like?”

“Tell me something good that happened at school today.”

“What was the best thing that happened to you today?”

“What are you looking forward to tomorrow?”

“Have you had enough to eat?”

Eat together as a family

Eat together as a family at least three times a week. If you eat together more often, even better!

Why eat family meals?

1. Gives children a chance to learn about healthy meal times.
2. Provides a time when healthy foods and drinks can be served.
3. Allows family time to catch up and talk about the day.
4. Children who eat family meals are more likely to have good grades, a balanced diet, a healthy weight and other healthy behaviors.

What are your challenges and solutions to eating family meals?

Challenges

Solutions

How can you help encourage more family meals in your home? _____

Tasty Tip: Family meals: Any meal can count! If dinner is more difficult to gather the family around the table, plan to eat breakfast together instead.

Did you know...?

Compared to teens that eat 3 family meals a week, teens that eat dinner with their families 5 to 7 times a week are:

- Four times less likely to use tobacco.
- Two times less likely to use alcohol.
- Two and a half times less likely to use marijuana.

From: *The Importance of Family Dinners VII*, Columbia University, National Center on Addiction and Substance Abuse, 2011.

Be wise about portion size

How much do we need?

| AGE | 2-3 years | 4-8 years | 9-12 years | 14-18 years | 19-30 years | 31-50 years | 51+ years |
|------------------|-----------|------------|------------|-------------|--------------|-------------|-------------|
| VEGETABLE | 1 cup | 1.5 cups | 2-2.5 cups | 2.5-3 cups | 2.5-3 cups | 2.5- cups | 2-2.5 cups |
| FRUIT | 1 cup | 1-1.5 cups | 1.5 cups | 1.5-2 cups | 2 cups | 1.5-2 cups | 1.5-2 cups |
| GRAINS | 3 ounces | 5 ounces | 5-6 ounces | 6-8 ounces | 6-8 ounces | 5-7 ounces | 5-6 ounces |
| PROTEIN | 2 ounces | 4 ounces | 5 ounces | 5-6½ ounces | 5½-6½ ounces | 5-6 ounces | 5-5½ ounces |
| DAIRY | 2 cups | 2.5 cups | 3 cups | 3 cups | 3 cups | 3 cups | 3 cups |

Eat smaller portions. Bigger is NOT better.

Did you know...?

- Americans are eating and drinking about 25% more calories than they did 20 years ago. Many people may not realize that their portion sizes have increased gradually over time.
- Increased portion sizes are contributing to the obesity epidemic in both adults and children.
- Children are likely to eat and drink what they are served. **Parents play a very important role in helping to reduce portion sizes.**

How to eat smaller portions and help your family do the same

- Do a serving search. The serving size is one of the most important parts of the Nutrition Facts label and one of the most overlooked. Check the serving size on the label before helping yourself to your usual portion. It is a true eye-opener!
- Use measuring cups or measuring spoons to get a real feel for the right size. Involve your kids in measuring, too!
- Avoid super-sized portions at home and away from home.
- Fill half your plate with vegetables and fruits.
- Use smaller plates, bowls, cups and spoons. It makes foods and beverages look bigger—and more satisfying.
- Do not eat out of the bag or box. Portion out the serving size listed on the Nutrition Facts label into a bowl or plate.
- Eat meals slowly. You will likely eat less and enjoy more.
- Allow each family member to serve themselves.
- Wait a few minutes after you're finished before going back for seconds.
- Only eat seconds of fruits and vegetables.
- Make mealtime a no TV, no phone zone.

What is one thing you can do to “be wise about portion size?” _____

Tasty Tip: Still want more? Bring on more vegetables to fill you up!

\$Best Bite: When making casseroles or soups, portion out what you need, then refrigerate or freeze the rest for another meal.

Order healthy foods when eating out

Top tips for families:

1. Have a small snack, like a piece of fruit at home before going out. You will not be as hungry when you arrive and will probably eat less.
2. Encourage your child to listen to their stomach and stop eating when feeling satisfied but not too full.
3. Share a meal.
4. Wrap up extra food and take it home for another meal.
5. Set rules ahead of time for your children. For example, make sure they understand that everyone will drink water instead of soda.



May I take your order?

Salad:

The adult menu may have salad selections and the kids menu may not. So, order salads to share with low-fat dressing on the side.

Main course:

Look for healthy terms, like grilled, baked, or broiled. Request any sauces to be on the side.

Side dishes:

Order a side of veggies instead of fries.

Dessert:

Opt for fruit salad or fresh berries or have a healthy dessert at home.

\$Best Bite: Since the cost of beverages are higher at restaurants and they have a lot of sugar anyway, choose ice water with lemon for a calorie-free FREE beverage!

Enjoy small portions when eating out

Out of all the people in the world, Americans eat the largest food portions. Eating big portions can cause parents and children to gain weight. Eating smaller portions of foods can help everyone stay healthy!



Menu Lingo

These words mean **BIG** portion:

- Jumbo
- Biggie
- King
- Grande
- Double
- Triple
- Large
- Extra-Large

Tasty Tip: The portion sizes of many common foods and beverages have increased over time. In many cases, the portion size has doubled or tripled!

Smart fast food orders:

- Children's sized meals.
- Regular-size burger instead of the double or quarter-pound size.
- A slice of veggie or cheese pizza.
- Roasted or broiled chicken breast, remove the skin.
- Bean or veggie burrito.
- Salad with low-fat dressing.
- Sub sandwiches with lots of veggies like spinach, tomato, peppers and onions.
- Request mustard, barbecue sauce, salsa, ketchup, taco sauce or hot sauce instead of mayo or other creamy condiments.
- Small fruit-based smoothie.
- Water or low-fat or fat-free milk.

Tasty Tip: When eating out, down-size your order. Chose the small fries instead of the large. Order smaller burgers instead of the larger selections.

Fast-food makeover

Before:

| | |
|-----------------------------|------------------------------|
| Quarter-Pounder with Cheese | 520 calories 26 grams fat |
| Large Fries | 500 calories 25 grams fat |
| Large Regular Soft Drink | 310 calories 0 grams fat |



TOTAL:

1,330 calories, 51 grams fat

After:

| | |
|---------------------------|-------------------------------|
| Small Hamburger | 250 calories 9 grams fat |
| Apple Slices with Caramel | 85 calories 0.5 grams fat |
| 1% low-fat milk | 100 calories 2.5 grams fat |

TOTAL:

435 calories, 12 grams fat

Tasty Tips: Visit the website of your favorite restaurant for up-to-date menus with nutrition information. Another great resource is www.calorieking.com. Look for choices that are lower in calories, fat, added sugar and salt.

Bigger snacks mean more calories. That may add up to an unhealthy weight. Experts tell us that the larger the portion size offered, the larger the amount consumed.

Eat the right snacks

Cereal: Not just for breakfast anymore.

Whole grain cereal is a top fiber pick and tasty snack. Read the Nutrition Facts Label and choose cereals that have less than 10 grams of sugar per serving.

5 super-simple snack suggestions

Preparing and enjoying these produce-packed snacking choices is the best route to healthy eating for a healthy family.

1. Serve sliced vegetables and fruit with low-fat salad dressing.
2. Serve fresh or canned fruit (in own juice) in a bowl.
3. Add sliced bananas or strawberries to whole grain/low sugar cereal.
4. Make a fruit smoothie.
5. Mix up a trail mix of nuts, whole grain cereal and dried fruit.



Remember:



1: Be physically active at least 1 hour a day.



2: Spend less than 2 hours a day playing video, computer and cell phone games or watching TV.



3: Eat a healthy breakfast every day.



4: Eat vegetables and fruits at all meals and snacks.



5: Make time for healthy family meals at home.



6: Be wise about portion size.



7: Drink water, low-fat, or fat-free milk instead of soft drinks and other sweetened beverages.



8: Ensure regular bed time for your children and teens to include at least 9 hours of sleep every night.

RD Parent Empowerment CHALLENGE!

Fill in the blanks.

Shop Smart:

- Plan meals and make a _____.
- Read _____ for serving size, servings per container. Choose items low in calories and fat and high in vitamins and minerals.
- Make shopping with your child more enjoyable by _____ them in the process.
- What kind of milk should you buy? _____

- Review these tips to make shopping easier and healthier:
- Plan meals and make a grocery list.
- Read Nutrition Facts Labels for serving size and servings per container. Choose items low in calories and fat and high in vitamins and minerals.
- Make shopping with your child more enjoyable by involving them in the process.
- What kind of milk should you buy? 1% low-fat or fat-free milk.

Cook Healthy:

Remember these tips to cook healthy:

- One of the easiest ways to teach children about healthy eating is to get them involved in _____ meals and snacks.
- Instead of buying high-fat meats, buy _____ or _____ meats, fish, or beans.
- What are some healthy cooking methods? _____

- Remember these tips to cook healthy:
- One of the easiest ways to teach children about healthy eating is to get them involved in preparing meals and snacks.
- Instead of buying high-fat meats, buy "round" or "loin" meats, fish, or beans.
- What are some healthy cooking methods? Bake, steam, boil, broil, grill, or microwave.

Eat Right:

- Make mealtime _____.
- When eating out, order a _____ instead of a _____.
- Snacks should be low in _____ and _____.
- Why are family meals important? _____

Make mealtime enjoyable.
When eating out, order a small instead of a large.
Snacks should be low in fat and added sugar.
Why are family meals important? Children learn about healthy meals, they consume healthy foods and drinks, allows the family time to catch up and talk and children who eat family meals are more likely to have good grades, a balanced diet, a healthy weight and other healthy behaviors.

Congratulations!

You have successfully completed the RD Parent Empowerment Program!

What top 3 things did you learn?

1. _____
2. _____
3. _____

What top 3 changes are you making with your family?

1. _____
2. _____
3. _____

How are you a better role model now than you were before the RD Parent Empowerment Program?



RD PARENT EMPOWERMENT PROGRAM

