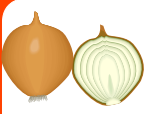


FOR PARENTS EYES ONLY



May's Topic: Eating Healthy



WHAT is eating healthy?

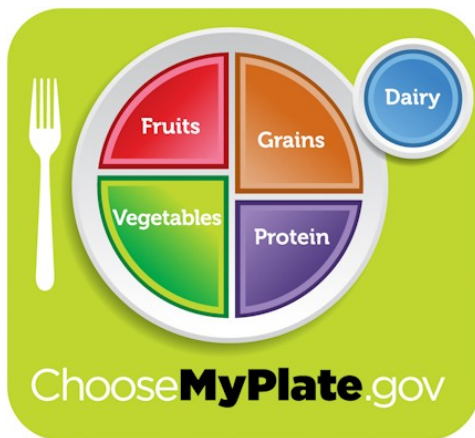
Healthy eating is the ability to eat anything, at anytime—as long as it is with moderation. Healthy eating consists of nutritionally dense meals each day, including foods that are varied and that represent all the food groups. The experts at the Harvard School of Public Health state that a healthy diet should be based on plant foods such as vegetables, fruits and whole grains. A healthy diet have traditional American foods such as red meat, processed meat, refined grains, potatoes, sugary drinks and salty snacks only in small amounts, because these foods contribute to an unhealthy weight and can increase your risk of developing chronic illness.

(from empoweredparents.org and livestrong.com)

WHY is eating healthy important?

Benefits of a healthy diet include a strengthened immune system; improved body weight, energy and physical strength; improved emotional health and extended life expectancy. According to the American Heart Association, a healthy diet is essential to preventing cardiovascular disease, America's leading cause of death. According to BBC News, research conducted at the University London College in 2009 indicates that people with depression who consume a healthy diet based on unprocessed foods are less likely to suffer relapse than those who do not.

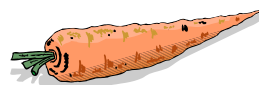
(from livestrong.com)



WHAT can I do to help my family eat healthier?

Changing your lifestyle can be scary, but start small and try to make healthier substitutions. For example you could add one more fruit or vegetable to your meals each day or switch one cola for a glass of tea.

You'll find tips for being a healthy role model for your children on the back!



"FOR PARENTS EYES ONLY" is created by Alisha Bicknell, Homeport's Parent Engagement and Volunteerism AmeriCorps Member. If you have any questions about parent resources or connections please contact her at alisha.bicknell@homeportohio.org or call 614.221.8889 x227



SERVE OHIO
Ohio Commission on Service and Volunteerism

To find out more about how AmeriCorps members contributes to Homeport Community Life Programs, please visit:

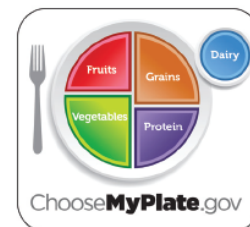
homeportohio.org/live [f Homeport](https://www.facebook.com/Homeport) [t HomeportOH](https://www.tumblr.com/HomeportOH) [614.221.8889](tel:614.221.8889)

homeport
Community Life Programs

10 tips

Nutrition Education Series

be a healthy role model for children



10 tips for setting good examples

You are the most important influence on your child. You can do many things to help your children develop healthy eating habits for life. Offering a variety of foods helps children get the nutrients they need from every food group. They will also be more likely to try new foods and to like more foods. When children develop a taste for many types of foods, it's easier to plan family meals. Cook together, eat together, talk together, and make mealtime a family time!

1 show by example

Eat vegetables, fruits, and whole grains with meals or as snacks. Let your child see that you like to munch on raw vegetables.

2 go food shopping together



Grocery shopping can teach your child about food and nutrition. Discuss where vegetables, fruits, grains, dairy, and protein foods come from. Let your children make healthy choices.

3 get creative in the kitchen

Cut food into fun and easy shapes with cookie cutters. Name a food your child helps make. Serve “Janie’s Salad” or “Jackie’s Sweet Potatoes” for dinner. Encourage your child to invent new snacks. Make your own trail mixes from dry whole-grain, low-sugar cereal and dried fruit.

4 offer the same foods for everyone

Stop being a “short-order cook” by making different dishes to please children. It’s easier to plan family meals when everyone eats the same foods.



5 reward with attention, not food

Show your love with hugs and kisses. Comfort with hugs and talks. Choose not to offer sweets as rewards. It lets your child think sweets or dessert foods are better than other foods. When meals are not eaten, kids do not need “extras”—such as candy or cookies—as replacement foods.

6 focus on each other at the table

Talk about fun and happy things at mealtime. Turn off the television. Take phone calls later. Try to make eating meals a stress-free time.



7 listen to your child

If your child says he or she is hungry, offer a small, healthy snack—even if it is not a scheduled time to eat. Offer choices. Ask “Which would you like for dinner: broccoli or cauliflower?” instead of “Do you want broccoli for dinner?”

8 limit screen time

Allow no more than 2 hours a day of screen time like TV and computer games. Get up and move during commercials to get some physical activity.

9 encourage physical activity

Make physical activity fun for the whole family. Involve your children in the planning. Walk, run, and play with your child—instead of sitting on the sidelines. Set an example by being physically active and using safety gear, like bike helmets.



10 be a good food role model

Try new foods yourself. Describe its taste, texture, and smell. Offer one new food at a time. Serve something your child likes along with the new food. Offer new foods at the beginning of a meal, when your child is very hungry. Avoid lecturing or forcing your child to eat.