

Keeping Kids Healthy

10 Tips for Parents

1. Be a good role model of healthy eating and active living

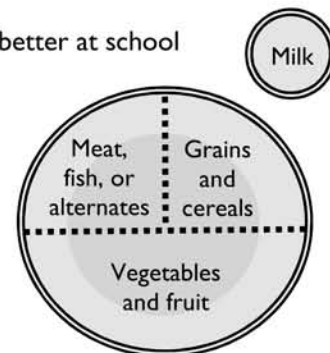
- Parents have the greatest influence on children
- Shop for less processed foods in the store and walk rather than drive

2. Eat regularly—three meals and three snacks

- Regular meals feed the brain and tests show students perform better at school
- Choose something from the four different food groups

3. Emphasize healthy food and portion size

- Imagine a plate divided so that 1/4 of the plate is for meat, fish or alternates, 1/4 is for rice, pasta or other grains, and 1/2 is for vegetables and fruit
- Adding colourful vegetables and fruit in salads, sandwiches, wraps or pasta looks and tastes delicious



4. Eat at least one meal as a family together daily

- Studies show that meals eaten together are enjoyed more, and healthier food is eaten
- Involve your kids in planning or preparing meals

5. Drink water or milk as the preferred beverage

- Sweetened juices, punch or soda can have 15 - 20 tsp of sugar per can and provide few nutrients

6. Encourage your child to choose activities they love, which boosts self-esteem and can become part of daily living

- Dance, theatre, art, bicycling promotes overall well-being



7. Plan active and fun things together as a family

- Ride bicycles, go for a walk or hike, swim, play tennis, plant a garden

8. Fast food or convenience food is very tempting on busy schedules, but be choosy

- Choose smaller servings, or share larger portions and complement with salads, milk, or soup
- At home, purchase ready-to-serve vegetables, lower fat cheese, or trail mix to serve with convenience food

9. Be persistent and positive about changes the family is making to be healthier

- It may take a dozen times for your family to change habits, but even small steps count

10. Seek help for fast, tasty, easy meal and snack ideas

- Eat Well. Play Well. Stay Well: www.bcma.org/healthykids
- Nutrition Information, Healthy Eating: www.dialadietitian.org/nutrition.asp
- Eat Well, Live Well: www.dietitians.ca/eatwell
- Action Schools!BC: www.actionschoolsbc.ca

