



Tips for Making Nutrition Work

Eating SMART

- ◆ Be consistent, establish a family meal routine, and set times for breakfast, lunch, dinner, and snacks. Eat together whenever possible.
- ◆ Take charge of foods your children eat (Kids- let parents take charge). When serving meals your child can choose to eat or not, but do not let them talk you into a less healthy option than what you have prepared.
- ◆ Limit snacking options- put a bowl of fresh fruits on the table and get rid of the chips.
- ◆ Turn off the TV when eating meals and snacks. It is easy to lose track of what you're eating when you're watching TV. If you do decide to snack or eat in front of the TV do not just grab a bag of pretzels, instead, put only one serving in a small bowl. Once they are done do not get more.
- ◆ Serve fruits and vegetables with each meal or snack
- ◆ Reward children with praise and fun instead of food
- ◆ Involve children in meal planning. They are more likely to eat what they help make.
- ◆ While shopping and cooking with your child teach them about the different food groups.
- ◆ Teach children the basics for reading food labels. Quiz them on it by asking how many calories are in a serving, how many servings they are eating, etc.
- ◆ Serve water, fat-free or low fat meals instead of sodas. (Exception- children under 2 years old are recommended to drink whole milk- talk to your physician about specific recommendations for young or special-needs children).
- ◆ Teach children to make wise food decisions away from home (schools, cafeterias, Birthday parties, vending machines)
- ◆ Teach children to pay attention to both the quantity and quality of their food. Emphasize good portion sizes of healthy foods.

Eating on a BUDGET

- ✓ Don't waste food, eat leftovers, and try not to let food go bad
- ✓ Take a grocery list to the store- keeps you from making impulse decisions (meal plan so you'll know what you need).
- ✓ Beans!- they are a good source of protein and packed with nutrients, and they are cheaper than most meats.
- ✓ Drink lots of water (it's free!)
- ✓ Buy generic brands
- ✓ Use coupons and store specials
- ✓ Shop when you are full - you buy more when hungry
- ✓ Take lunch to work instead of eating out
- ✓ Prepared/pre-cut foods are typically more expensive than raw foods
- ✓ Check out the farmer's market and local farmers
- ✓ Eat smaller meals
- ✓ Canned tuna and brown rice are healthy examples of inexpensive food