

# Be Choosy Be Nourished

## Nutrition Messages



### Crave Your F. A. V. (Fruits And Veggies)

**Applaud Healthy Appetites** – Praise children when they crave fresh fruits and veggies.

**Crave Your Colors** – Eat many colors of fresh fruits and veggies daily to get a variety of nutrients.

**Plant and Prepare** – Children are more likely to eat foods they grow or help prepare.

**Let Nature Nourish You** – Whole, fresh foods are the best source of vitamins, minerals, and fiber, plus they are low in calories.



### Shop the Sides

**A Little From the Middle** – Eat less processed foods containing chemicals and preservatives. They are usually found in boxes and cans in the middle aisles of grocery stores.

**Drive to the Side** – Eat more foods usually found around the sides of the store like dairy, fresh produce, meat, fish, and bread.

**Parent Power** – Children will eat what you provide them, so purchase and prepare healthy foods.

**Shop and Show** – Take children shopping with you and encourage them to help you to identify and select healthy foods.

**Learn From Labels** – Reading labels will help you be a choosy shopper.



### Drink Less Sugar

**Be Sugar Free** – Sugar causes metabolic imbalance, leading to weight gain and diabetes.

**Water Your Kids** – For normal growth, children need to drink 8 glasses of water each day.

**Water Your Juice** – Add water to 100% fruit juice to reduce sugar consumption.

**Hydrate for Health** – Water hydrates the body and brain, gives us energy, helps with digestion, and helps us think better.

**Flavor Your Water** – Flavor water with lemon, lime, or orange slices to add variety and vitamins.



### Think Tiny Tummies

**Think Small** – A child's stomach is very small, therefore the child's meal does not need to be super-sized.

**Portion Power** – Knowing the appropriate portion sizes and serving amounts for your child empowers you to grow healthy children.

**Don't Force Feed** – Let children determine when they feel full. Do not force them to finish eating all the food on their plate.

**Keep Trying** – Introduce new or non-preferred foods at least 15 times.

**Balance Is Better** – Each meal should be balanced with whole grains, low-fat dairy, lean meat or fish, fruits, and vegetables.

**"New" Nutrition** – Try foods from other countries and cultures to add variety to your nutrition.



### Chat 'n' Chew

**Slow Down** – Chew food thoroughly and slowly for good digestion.

**Do See Do** – Powerful parenting includes being a healthy role model. Children say what parents say and do what they see parents do.

**Family Time** – Helping to select and prepare the food, setting the table, and cleaning up afterward can create bonding time for families.

**Pleasant Please!** – Create a positive mood for mealtime with pleasant conversation. Positive emotions and conversations aid in digestion.

**Turn it Off** – Bring everyone to the table for the family meal. Turn off phones, TVs, computers, and other distractions.



### Choosy Snacks

**Planned Snacking** – Avoid mindless snacking by selecting and planning snacks ahead of snack time.

**Edible Art** – Children are more likely to choose healthy foods if they participate in the preparation of edible, creative snacks.

**Make it Easy** – Have healthy snacks readily available and within easy reach.