

Healthy Tips for Kids

Nutrition

1. Set up a schedule for meal and snack times, and allow eating only at these set times.

In general, young children need two snacks and three meals per day, but by age eight, an afternoon snack and three meals are plenty. If kids are still hungry in between meal and snack times, offer water, fruits and veggies. Set aside soda, punch and flavored waters for special occasions.

2. Restrict eating and snacking to a specific place in your home, such as the kitchen or dining room.

Discourage eating in front of the television or computer. If a child typically eats in a certain area, such as near the television, it may remind that child to eat when near the T.V., with or without the presence of hunger.

3. Makeover your kitchen.

Move party foods such as cookies, chips and soda in a basement storage area or in higher to reach cupboards. Create a designated snack drawer and fill it up with things like dried fruit, vanilla wafers, raisins, low fat granola bars. Place a fruit bowl on an easy to reach counter top. Preportion foods into small plastic bags.

4. Substitute rewarding or food bribery with alternatives.

Instead, offer stickers, small toys, hugs, or say, "You did a great job!" Activity as an alternative is beneficial to everyone. Mom can propose a swimming outing. Dad can walk with the kids at a park. The entire family can ride bikes together.

5. Have family dinners as often as possible.

Enjoy each other's company at the dinner table. When parents act as positive role models, kids learn. They also learn the social satisfaction of eating well. Focus on eating well, having good conversation, limiting fast food to once a week or less and turning off the T.V. Remember; don't use this time to scold your child.

Physical Activity

1. Set time limits on sedentary activities (T.V., computer, video games).

Thirty minutes to an hour of television per day is sufficient. Remove the T.V. from your child's bedroom. If he or she complains of boredom, don't worry. Boredom usually leads to creativity.

2. Enjoy kid-oriented activities designed for the whole family.

The whole family can enjoy walking the dog, riding bikes, swimming and hiking.

3. Make sure your child grows up with an individual sport or activity that he or she enjoys (e.g. running, swimming, golf, tennis).

Enroll your child in sports and recreational activities that work for both you and your child. Make it a priority!

4. Be active, daily.

Children can use the stairs instead of elevators, walk to school or ride a bike. Walk with your child around the neighborhood to benefit yourself and your child. Create an active-friendly home- make jump ropes, bikes and balls easily accessible.

Nutritious Snacks to Hold Kids Over

Vegetables

Serve cut up fresh veggies (broccoli, green beans, carrots, green peas, cauliflower, turnip sticks, celery and zucchini) with peanut butter, cheese, milk or cottage cheese.

Fresh Fruit

Serve sliced or whole fruits (apples, apricots, bananas, berries, grapefruit, pineapple, peaches, pears and grapes) with cottage cheese, peanut butter, ricotta cheese, yogurt or milk.

Dried Fruit

Served dried fruit (apples, apricots, dates, figs, peaches, pears, prunes and raisins) with nuts, almonds, peanuts, cashews, or with seeds (pumpkin, sunflower, squash).

Juices

Pour a glass of 100% fruit and vegetable juices.

Milk

Serve with crackers, cereal, bread, etc. Create a healthy shake by mixing with orange juice,

Criteria for a Healthy Snack

- 1. Low in added sugar, salt and fat.
- 2. Reasonable portion size.
- 3. Is tasty!
- 4. More fresh ingredients over processed ones.
- 5. Uses a variety of foods.
- 6. Includes a vegetable, fruit or both!
- 7. Contains foods from more than one food group and can be considered a "mini-meal."

For more information or a 1:1 wellness consultation, please contact Julie Chobdee, MPH, Wellness Program Coordinator, at <u>Julie.Chobdee@ucr.edu</u> or x2-1488.

bananas or other fruits. Add vanilla extract, molasses, honey or a pinch of sugar.

Dry Cereals

Purchase dry cereals with less than 3 grams of sugar or sucrose. Serve with milk and add dried fruits, nuts and seeds for more nutrients.

Breads

Try various breads, such as whole wheat, rye, oatmeal and mixed grains. Serve with peanut butter and cheese. Try breakfast bars or granola for after school treats. Serve with low fat milk.

Popcorn

Instead of salt and butter, try grated cheese. Serve with water, 100% fruit juice or milk.

Treats- occasionally

Bake your own cookies or banana bread and serve with low fat milk.



