

Suggestions for Eating Healthier at Home

By Jennifer Conrad, Wellness Coordinator

Give your child easy access to healthful food choices.

- Keep precut carrot sticks, broccoli florettes and celery sticks in plastic bags in the refrigerator. This helps your child “pick-it-up-and-go.”
- Place a bowl of freshly rinsed fruit in the refrigerator for easy selection.

Replace foods high in sugar and/or fat with low-fat, low-sugar alternatives.

- Substitute nonfat ices or frozen yogurt for ice cream.
- Replace French fries with roasted or baked potatoes.
- Serve semi-frozen fruit juice as a tasty alternative to sugar-rich soda.

Be a food role model for your child.

- Choose healthful foods for yourself, and give your child the reasons for your selections.
- Make healthful selections when eating out, as well as when eating at home.
- Remember that being physically active is a part of your family’s overall wellness. Encourage your child to exercise.

Keep up your good efforts.

Remind your child about eating the servings recommended in the Food Pyramid. On the Internet, visit www.MyPyramid.gov to get more information.

- Include your child when shopping for groceries. Offer choices, such as “would you like green beans or peas this time?”
- Be positive when offering healthful foods. Asking, “Would you like some tasty grapes?” has more appeal than “Don’t eat any more junk food!”
- Be persistent, but don’t expect food habits to change overnight. Continue offering nutritious foods and eliminating unhealthful ones from your shopping list.
- Get active as a family to improve everyone’s fitness level.