

Teach Your Child These Healthy Habits:

1. Wash your hands before you eat.
2. The healthier we eat, the better we feel.
3. Eating a healthy breakfast is the best way to start the day.
4. It is okay to eat as much or as little as you want at a meal/snack. Take what you think you will REALLY eat, and you can always have more if you are still hungry after that.
5. You can eat again at the next meal/snack, but not in-between.
6. Don't eat if you are full.
7. It's good to try new things, you might like it.
8. It's okay to have "junk" foods SOMETIMES. They may taste good but aren't good for our bodies. If we have them all the time, our bodies won't work or feel very well.
9. Help out! Set the table, help make meals/snacks, clean up after yourself.
10. Be polite! If you don't like something, just say "no thank you."

Sources:

Satter, Ellyn/Child of Mine: Feeding with Love and Good Sense/ Bull Publishing Co./ Bolder, Co/ 2000

U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2010, 7th Edition.

www.ChooseMyPlate.gov



COLLEGE OF AGRICULTURE
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COOPERATIVE EXTENSION

THE UNIVERSITY OF ARIZONA
COLLEGE OF AGRICULTURE AND LIFE SCIENCES
TUCSON, ARIZONA 85721

HEATHER VAUGHN
Instructional Specialist, Sr.

EVELYN WHITMER, M.ED.
Area Agent, Family & Consumer Health Sciences

DARCY DIXON, MS
*Santa Cruz County Extension Director and Area Agent,
Family & Consumer Sciences (Santa Cruz & Pima)*

CONTACT:
EVELYN WHITMER
emarkee@cals.arizona.edu

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A parent's Guide to Raising Healthy and Happy Eaters

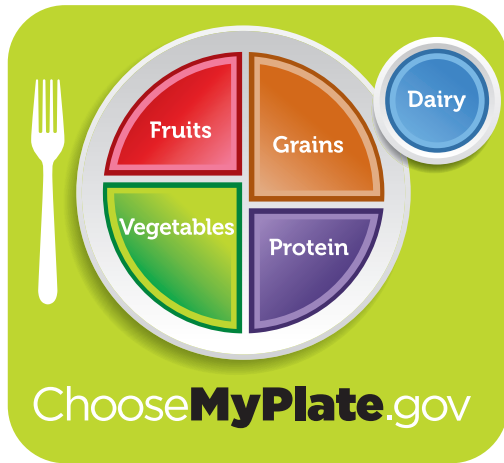


Healthy Habits for Healthy Eating

Heather Vaughn
Evelyn Whitmer, M.Ed.
Darcy Dixon, MS

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My Plate



MyPlate illustrates the five food groups that are the building blocks for a healthy diet.

Fruits—Focus on Fresh *Fruits*—Fresh fruits have more nutrients than canned fruits and juices. Limit children’s daily juice intake to no more than 4 ounces (1/2 cup).

Vegetables—*Vary Your Children’s Veggies*—Different vegetables contain different nutrients.

Grains—*Make Half Your Grains Whole Grains*—*Whole grains* provide many nutrients your children’s bodies needs for proper growth and energy maintenance.

Protein—*Go Lean and Low with Protein*—Serve your children beans, nuts, peanut butter, legumes, soy products, seafood (limit to two servings per week for young children), lean cuts of chicken, pork, beef and low-sodium lunch meats.

Dairy—*Choose low-fat high-calcium foods*—Switch to skim or 1% dairy products.

Daily Servings Suggestions

Food Group	Daily Servings	Child Serving Size
Fruit	2	¼- ½ cup 4 oz. 100% juice ¼ cup dried
Vegetable	3	1 cup raw ½ cup cooked 2 cups leafy
Grains	6	½ slice bread ¼ cup cooked ½ cup dry cereal
Protein	2	1 ounce meat ¼ cup cooked beans 1 egg 1tbsp. nut butter
Dairy (Calcium)	3	4-6 ounces ½ cheese slice/stick

These goals are to help in meal planning and what children are **offered** throughout day. Some days children will eat more or less from a food group, but as long as they are getting at least this amount over a few days, their needs are being met.

Healthy Eating Habits

YOU are in control of **WHAT**, **WHEN**, and **WHERE** your child eats:

What:

- Follow MyPlate guidelines to know what & how much to offer daily
- Serve proper portion sizes :
 - 1-3 years=One tablespoon per year of age
 - 4-8 years=¼- ½ of an adult serving (see chart)
 - 10-12+ =adult serving size

When:

- 3 meals, 2-3 snacks offered daily
- Preschoolers should eat every 2-3 hours & children every 3-4 hours
- Offer food at consistent times so children know they will have opportunities to eat throughout the day. If a healthy child doesn’t eat much at a meal or a snack, don’t worry, they will eat more at the next one.

Where:

- Eat at the table with no distractions (TV, toys, phones, etc...)

YOUR CHILD is in control of **HOW MUCH** he/she eats:

- Never **FORCE** a child to eat
- Encourage trying a bite, tasting, etc... but if your child doesn’t want it, don’t **MAKE** them eat.