



...because health matters!

Nutrition Matters

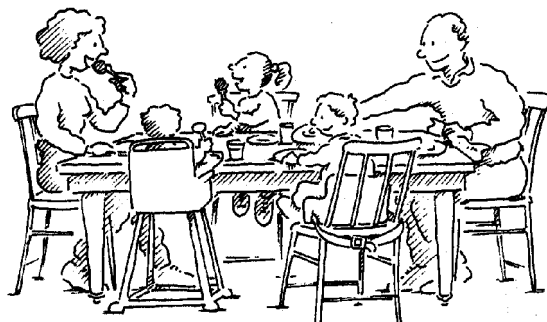
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How to Grow a Child... with Healthy Habits

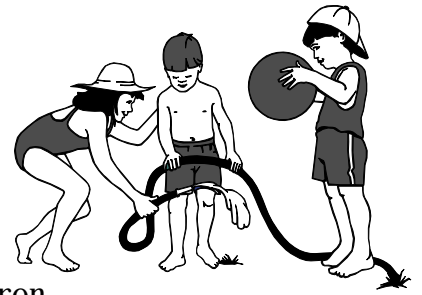
Encourage healthy eating habits

- Respect your child's appetite. Children are born with the ability to know when they are hungry and when they are full. Controlling a child's food intake causes a child to lose that ability. Let children decide what and how much they eat.
- Schedule meals and snacks so that children are hungry when its time to eat (but not too hungry) and let them stop when they are full.
- Offer a healthy balance including a variety of foods from the four food groups according to Canada's Food Guide. Include a good source of iron with every meal (meat, enriched cereals, legumes). Offer low fat milk (2%, 1% or skim) instead of homo milk, after age 2. Limit fruit juice intake to 4-8 oz. per day.
- Don't keep too many high fat, high sugar foods or snacks along with pop or fruit drinks/beverages in the house. Save these treats for special occasions.
- Have readily available snacks such as fresh fruit, cut-up vegetables, pretzels, low-sugar cereals with low fat milk and low fat yogurt.
- Remember all foods can fit into healthy eating. There are no "good" or "bad" foods.
- Do not use food as a reward or punishment. Verbal praise and small gifts work wonders. "Thank-you", "I love you", special stickers or pencils, a big hug!
- Be a good and positive role model. Plan menus, shop and cook together. Eat healthy and so will your kids.
- Mealtime is a chance for you and your family to spend quality time together. Have a good family meal without TV or other distractions but with plenty of good cheer!



Promote fun physical activity

- Make fitness a family affair - play active games together and make fun activities a part of parties, outings and holidays.
- Help children explore a variety of activities and find ones they really enjoy - different activities appeal to different children.
- Limit the time spent in front of the TV or computer or playing video games. Free up more time for riding a bike, skipping, sliding, skating or playing soccer, baseball or hockey.



Build positive self-esteem

- Support your child's skill and interests in school, sports, hobbies, clubs, community service, friendships and relationships.
- Help your child become well-rounded focusing on their strengths and abilities not physical appearance.
- Enjoy your child's many unique qualities and make sure you let them know.



Remember

Don't expect your child to grow according to your wishes - your child's body size and shape is mostly determined by heredity: the size and shape of his mother and father. **ACCEPT** the things you cannot change, **CHANGE** the things you can and have the **WISDOM** to know the difference.