

FIT KIDS!

Parent Newsletter

Issue 1

All Our Fruits & Vegetables

MyPlate

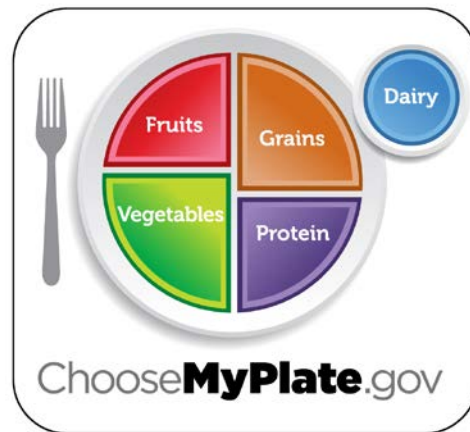
MyPlate is a handy guide to remind you to eat a variety of healthy foods. To use MyPlate, choose foods from each of the different groups at most meals.

Each colored section represents a different food group. The size of the section shows how much to eat of each food group. The sections for vegetables and fruits make up half of the plate—so remember to fill half of your plate with fruits and vegetables.

The grain group includes any food made from wheat, rice, oats, cornmeal, barley or another cereal grain. Bread, pasta, oatmeal, cereals, and tortillas are examples of grain products. Try to choose whole grains at least half of the time.

Choose a variety of lean or low-fat protein foods such as meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds.

Milk, cheese, yogurt and calcium-fortified soymilk are all part of the dairy group. Remember to choose low-fat and non-fat dairy products.



Yummy Foods!

Encourage your child to try new fruits and vegetables on a regular basis. When children learn to try new foods, they tend to eat healthier foods as they grow up. Start by coaxing them to try just “one-bite,” but don’t force the issue.

Sometimes it takes children many times of seeing a new food before tasting or liking it. It is important to keep serving these foods over and over so your child gets used to seeing them and eventually will probably try them. It often takes 10-15 times before a child will accept a new food. So have patience!



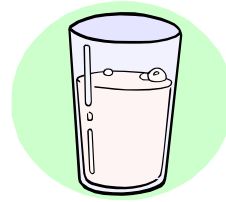
Parents Play Big Role in Children's Healthy Habits

Parents play a big role in helping their children learn healthy ways to eat. By setting an example and buying certain foods, parents teach children how to eat, what to eat and when to eat. Eating habits get started early in childhood and can last a lifetime – both good habits and bad ones! Try these tips to help your child learn healthy ways to eat:

- Decide which foods to buy...
 - Do you keep fruits and vegetables IN the home and easy to reach?
 - Do you keep potato chips, soda pop, fruit flavored drinks, cookies, and other sweet and fatty foods OUT of the home most of the time?
 - Do you eat at fast-food restaurants just once a week or less?

Give yourself and your child the gift of lifelong health: eat three well-balanced meals and a healthy snack or two each day. You'll feel better, and be a model of healthy eating for your whole family.

Tips from Laura Griner Hill, Ph.D. Washington State University – Department of Human Development.



Cool Smoothie

Cool and creamy, a great way to eat yogurt and fruit! Makes two 8-ounce servings

Ingredients:

- 1 very ripe, medium banana, peeled
- 3/4 cup pineapple juice
- 1/2 cup low fat vanilla yogurt
- 1/2 cup strawberries, stem removed and rinsed

Directions:

1. Break banana into small pieces and put in the blender with pineapple juice, yogurt, and strawberries. Secure lid and blend until smooth.
2. Divide shake between two glasses and serve immediately.

Just Do It!

Together as a family, chart how many servings of foods from each group you eat at each meal. Are you getting some from each group? Aim for eating several whole grain foods each day, plus plenty of vegetables and fruits. Go easy on the protein foods. Children ages 2-8 need 2 cups of milk per day, everyone older needs 3 cups.

. USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program. (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233. Reasonable accommodations will be made for persons with disabilities and special needs who contact Julie Evenson at 345 6th St, Suite 550, Bremerton WA 98337- (360)-337-7157 #6264, jlevenson@wsu.edu at least two weeks prior to the event