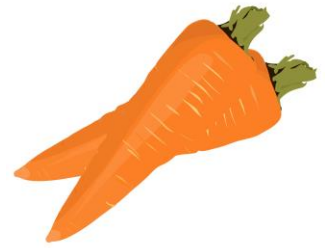




Healthy Habits

- Eat meals together often.
 - Eating meals as a family has been shown to have positive effects on mental and health status.
 - If dinnertime does not work, try sitting down to breakfast as a family.
- Include kids when cooking and choosing recipes, they will be more likely to try new foods.
- Limit sugary beverages. Try water infused with fruit instead.
 - Sodas and energy drinks have lots of sugar but little nutrients
 - Water is the best way to stay hydrated
- Increase your fruit and vegetable intake. Half of your plate should be fruits and vegetables, aim for 5 or more servings each day.
 - Add fruits and vegetables in smoothies as an easy way to meet your daily needs.



Breakfast Smoothie:

1 cup strawberries

1 cup spinach

1/2c plain yogurt

1T chia seeds

1T almond butter

1 cup ice

Water (amount various based on preference)

Blend ingredients together and enjoy!



Additional Resources:

www.myplate.gov

The USDA's website with interactive tools to determine what your nutrition needs are based on age, gender, size, and activity level. There are many great resources on this site.

<https://jillcastle.com/blog/>

Jill Castle is a child nutrition expert with lots of experience feeding families. She has free resources as well as some courses that are great to help parents learn how to feed their children.

<https://www.eatright.org/for-parents>

The Academy of Nutrition and Dietetics, the best source for evidence-based nutrition information has an excellent section geared towards parents.