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.