The type of food that we eat makes a difference in all aspects of our lives. This brochure will provide you with helpful insights on how to make healthy eating a way of life, not a daily dilemma.

Who I Am

About Me

I have been a registered dietitian for over 29 years and have provided caring, compassionate education to individuals in need of nutrition and health advice.

References


There is proof that childhood eating and exercise behaviors can be modified more easily than an adults. ** Attend a future seminar for more helpful suggestions on how you and your children can be as healthy as possible.

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Why attend this workshop?

Our nationality, culture, religion and our family have all influenced how we eat. Our ways of eating have changed over the past several decades as shown by an increase in obesity. Studies have shown that our general way of eating is most likely developed when a toddler starts to eat solid foods. The goal of this brochure is to provide ideas on how to make healthier habits appear unnoticed or painless.

Become familiar with what a healthy diet looks like by going to www.myplate.gov

Unfortunately, only a small number of our children eat the daily recommended servings of the food groups and overeat high sugar and fat foods. The prevalence of overweight and obese children ages 5-17 has doubled in the past 30 years. It is our responsibility as parents to stop this trend.

Helpful Ideas for Inside the Home

- Plan meals in advance
- Try meatless Mondays, save $$$ and your heart
- Decorate your kitchen with pictures of colorful fruits and vegetables! A reminder to eat the colors of the rainbow.
- Clean out your cupboards of unhealthy snacks
- Be a role model for your kiddos
- Don’t use food as a reward
- Cut up fruits and veggies so they are readily available
- Make whole grains the norm not the exception
- When your kids get older have re-usable containers with premade healthy premade snacks

Helpful Ideas for Outside the Home

- Be prepared, take healthy snacks with you
- Ask if a salad can be substituted in a fast food meal for fries
- Ask if restaurant will substitute bottled water for soda in a meal (if we keep asking maybe they will change)
- Look for restaurants that offer vegetables as a side on kids’ meals

Increase physical activity

- Invest in a pedometer and track your daily steps
- Park your car at the back of the parking lot
- Take the stairs whenever possible
- Have a daily dance party with your kids
- Enroll in your kiddo in swim classes
- Go to the park and have FUN!
- Decrease amount of time spent watching television

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