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Washington State Department of Health
DOH Pub 962-929 10/2006

WA State WIC Nutrition Program
Adapted from the MA WIC Program

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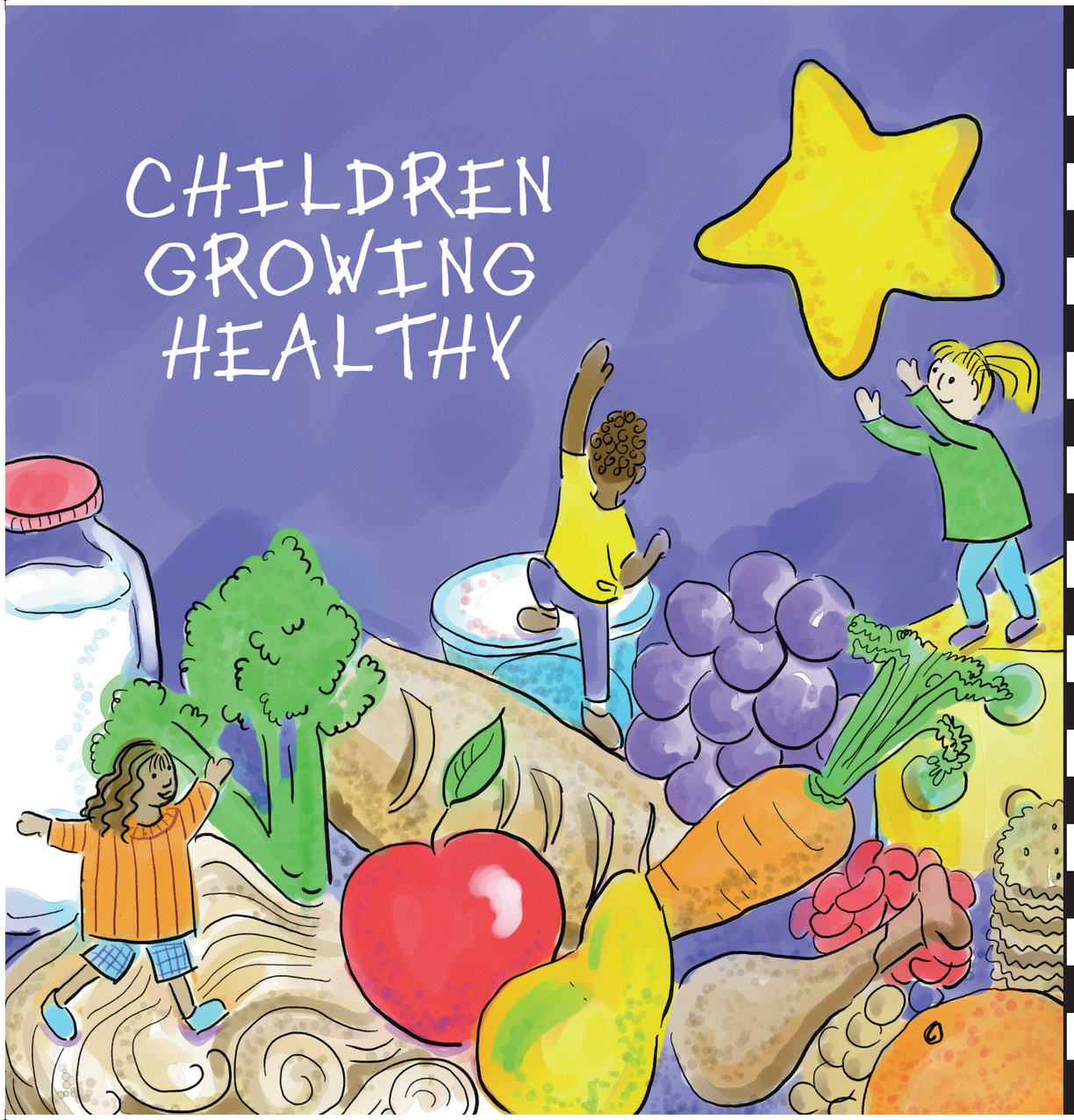
CHILDREN GROWING HEALTHY



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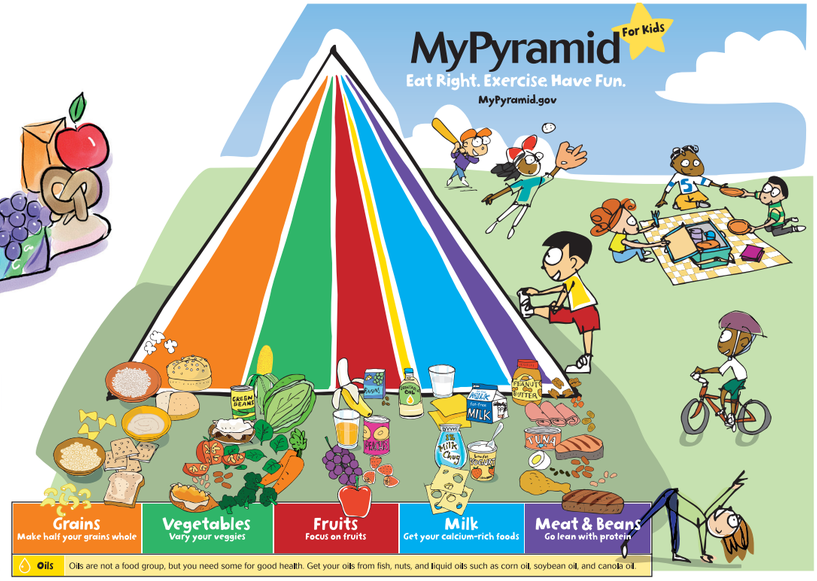
Balancing Healthy Meals and Snacks at Home

Use the Food Pyramid to help you plan a well-balanced day of meals and snacks.



Food Guide Pyramid

Make meal and snack planning simpler

Arrange your cupboards and refrigerator by food groups. Give each of the groups (see list at right) their own area.

Make snacks more nutritious by selecting foods from at least two different areas. Mix colors and textures for an appealing and tasty treat with variety. The more colorful the plate, the more nutrients!

Make a snack spot where children can help themselves to healthy choices.

In your cupboard store these foods together:

1. Pasta, rice, breads, cereals, and other grain products
2. Canned fruits, dried fruits and canned vegetables
3. Dried beans, tuna fish, sardines, nuts and seeds

In your refrigerator store these foods together:

4. Milk, yogurt, cheese and eggs
5. Fruits (apples, grapes, oranges, etc.)
6. Vegetables (carrots, peppers, lettuce, tomatoes, etc.)

These kids have been active today and are very hungry!

Find the hidden snacks in the picture below.

Family Members Work Together...

Plan Together

Eat Together

Shop Together

Cook Together

Walk Together and

Play Together...

for a Healthy Future!

It takes a strong and healthy family to raise a strong and healthy child.

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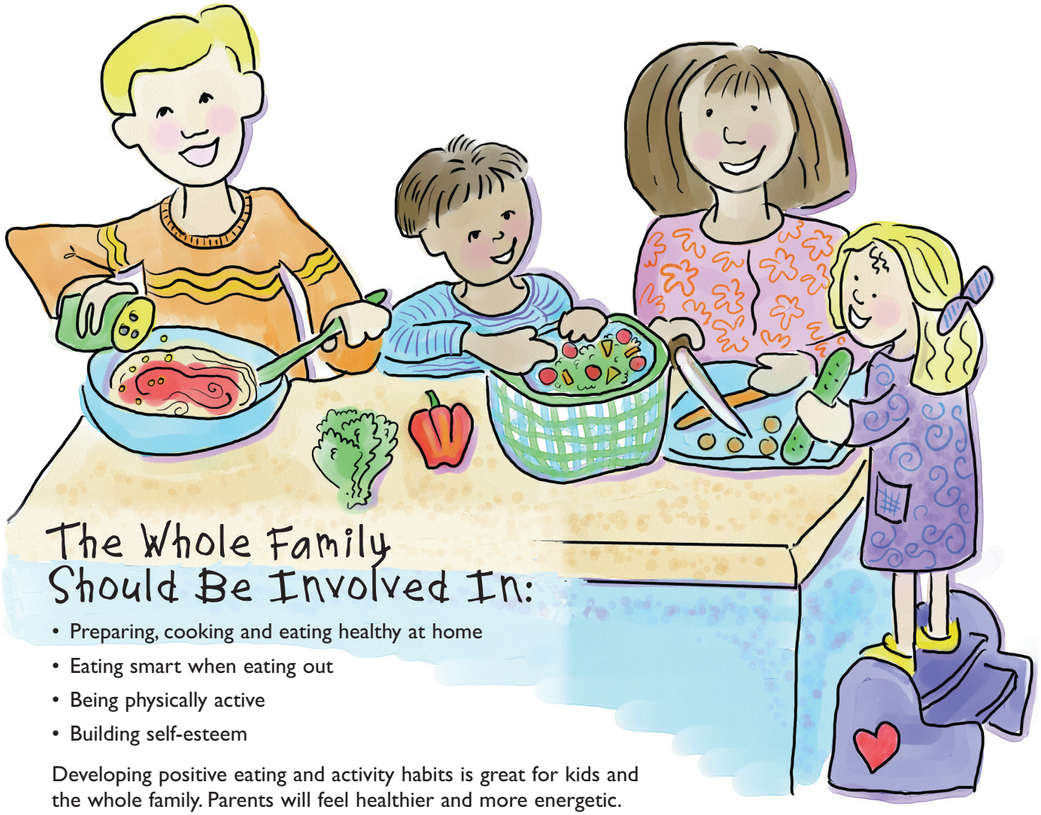
A Healthy Lifestyle is a Family Issue

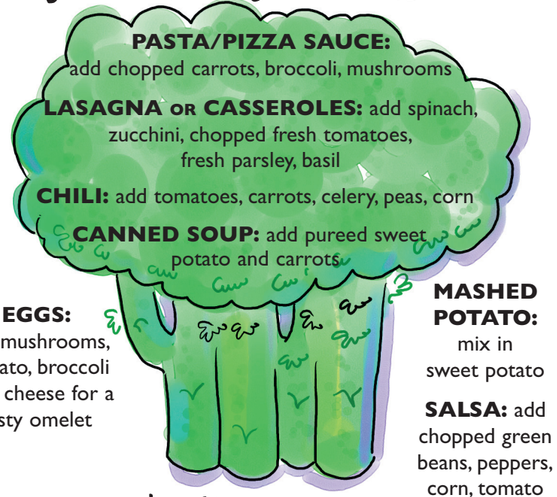


The Whole Family Should Be Involved In:

- Preparing, cooking and eating healthy at home
- Eating smart when eating out
- Being physically active
- Building self-esteem

Developing positive eating and activity habits is great for kids and the whole family. Parents will feel healthier and more energetic. Kids will grow to be healthy teens and young adults. Building a healthy lifestyle is for your family, now and in the future.

Sneaky Vegetables



PASTA/PIZZA SAUCE: add chopped carrots, broccoli, mushrooms

LASAGNA OR CASSEROLES: add spinach, zucchini, chopped fresh tomatoes, fresh parsley, basil

CHILI: add tomatoes, carrots, celery, peas, corn

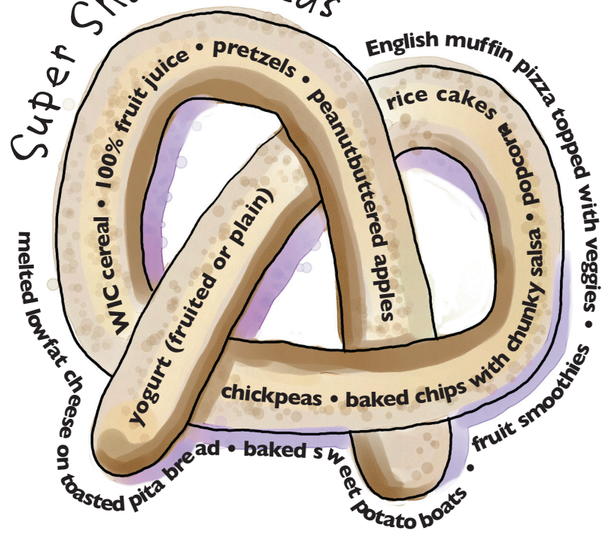
CANNED SOUP: add pureed sweet potato and carrots

EGGS: add mushrooms, tomato, broccoli with cheese for a tasty omelet

MASHED POTATO: mix in sweet potato

SALSA: add chopped green beans, peppers, corn, tomato

Super Snack Ideas



Food Rules

- Keep meal times and snack times about the same each day.
- Offer foods first, drinks/beverages last.
- If child is thirsty in between meals and snacks, offer water.
- If child plays with food without eating it, remove food after 10-15 minutes.
- If food is thrown in anger, end the meal.
- Keep table talk about the day's activities and fun topics.
- Don't comment on food intake.
- Don't praise, reward or punish for food eaten or not eaten.
- Instead of giving food as a reward, read, dance, play, and laugh with your child.
- Don't give food as a present.
- It's OK if your child likes to eat the same food everyday if it's a nutritious food. Just keep offering a variety of foods.

Remember!

You offer a variety of nutritious meals and snacks in ways your child can eat...

Child decides which foods to eat and how much.

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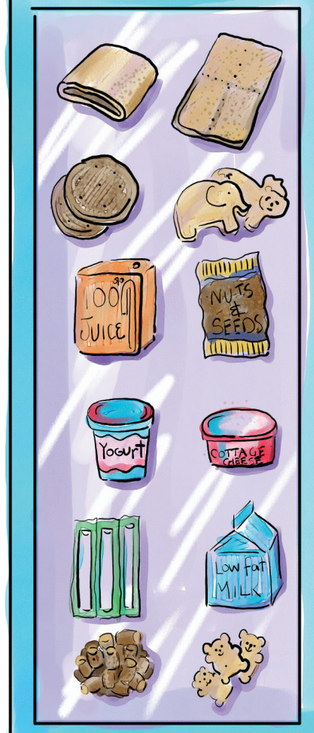
Eat Smart When Eating Out

If you're out and about and need a snack there are many "star picks" to grab at convenience stores or from vending machines. Look for **graham crackers**, **fig newtons**, **animal crackers**, **ginger snaps**, **100% juice**, **baked chips, pretzels**, **nut and seed mixes**, **raisins**, **yogurt**, **cottage cheese** and **string cheese**. It's fun to eat on the go and you can eat healthy.

Star Picks



- **fig newtons**
- **graham crackers**
- **ginger snaps**
- **animal crackers**
- **100% juice**
- **nut & seed mixes**
- **yogurt**
- **cottage cheese**
- **string cheese**
- **low fat milk**
- **pretzels**
- **teddy grahams**

As a Family Do we...

	Yes	No
Share our feelings?	____	____
Talk with, not at?	____	____
Practice being courteous and civil?	____	____
Encourage individuality?	____	____
Act in loving and trusting ways?	____	____
Allow mistakes to be made without punishment?	____	____
Help each other to succeed?	____	____
Take joy in each other's successes?	____	____

Positive Parenting

1. Compliment and encourage your child every day.
2. Smile a lot in your home.
3. Always have a listening ear and feeling heart with your child.
4. Tell them you love them as a person, although there may be a behavior you dislike.
5. Understand and try to meet your child's need for attention in a positive way to reduce the need for negative attention.
6. Each child is as an individual. Treat each child as being special and unique.
7. If your child fails at something, remind him of all his successes and that he will succeed again.

If a child lives with tolerance...

She learns to be patient

If a child lives with encouragement
He learns to be confident

If a child lives with praise
She learns to appreciate

If a child lives with fairness
He learns to be just

If a child lives with security
She learns to have faith

If a child lives with approval
She learns to like herself

If a child lives with friendship
He learns to find love in the world.

Create a positive environment for a happy, healthy child.

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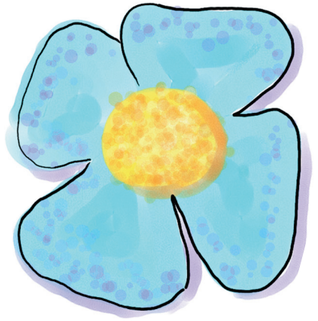
Teaching Confidence and Self-Love

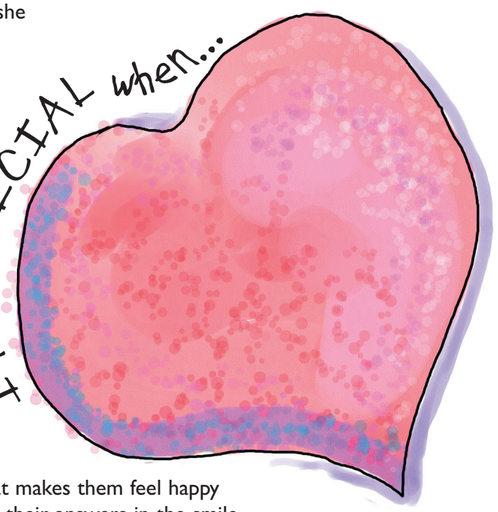
A child's self-image comes from their parent.

Children develop feelings of self worth when they feel valued by you. Spend time reading, singing, and playing with your child.
Listen to your child.
Be positive and always tell your child what she is doing well.

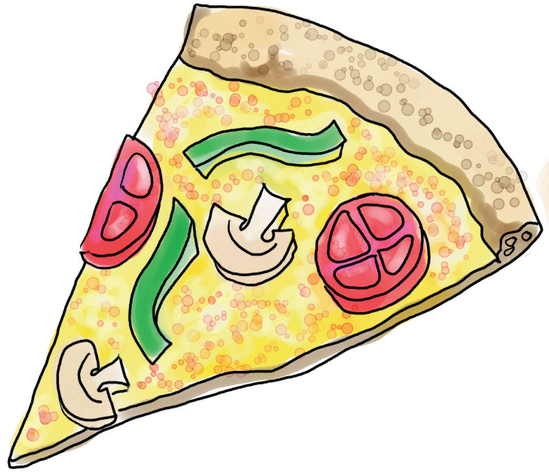


I feel HAPPY when...

I feel SPECIAL when...



Ask your child what makes them feel happy and special and write their answers in the smile and heart above!



On the Run? Be Prepared!

Don't be stuck with high fat snacks when you're out and about. It's easy to bring nutritious snacks with you.

Fill a baggy or plastic container with:

- WIC cereal with raisins
- Bagel pieces
- Whole grain bread slices
- Crackers
- Pear, banana, orange or apple slices
- Mini carrots
- Dried fruits with pretzels

These are "star picks" for fiber, vitamins and minerals and are also low in fat.

Fast Food Choices and Fix Ups!

- Order pizza with veggies (mushrooms, green pepper, fresh tomato, onion, broccoli) in place of pepperoni, sausage and other high fat meats.
- Order sandwich with extra tomato and lettuce, on whole wheat bread with mustard in place of mayo.
- Give your salad a makeover – use clear dressings in place of creamy, and ask for it on the side. Go with veggies that are dark in color.
- Pick a non-creamy soup with chunks of vegetables or pasta and rice. Soups with beans are a treat and filling too. Try vegetable lentil, split pea or black bean.
- Ask for tomato or marinara sauce on pasta dishes. Top it with a little parmesan ... a real child pleaser.

Star Idea!

Since eating out can be a high fat affair...

Balance it with healthy low fat meals and snacks that you prepare at home.

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Get Moving! Be Active!

Get your child ... and yourself ... moving!

Go for at least 30 minutes of physical activity 5 days a week.* Follow the Activity Pyramid above. The activities toward the bottom are worth more – a gold star. They should be done on a regular basis.

Limit the activities at the top. There is a link between TV viewing and being overweight so turn off the TV, the video games, the computer and move your body.

* Use the "Physical Activity Prescription" forms to have your child chart their daily activities.

Creative Activities

Juicy-Crunchy Bowling: Set up 6 empty frozen juice cans or cereal boxes at one end of a room. Stand at other end with ball and roll ball into cans/boxes. Count the number knocked down.

Scooper Catch: Cut the bottoms off two empty plastic gallon milk jugs. Tape up any sharp edges and use the "catchers" to play catch.

Freeze Dancing: Play music and dance. When the music stops everyone freezes. Start dancing again when music comes on.

Basketball Cleanup: Use a box as a basketball hoop. Have child pick up toys, books, games and drop in the box for points.

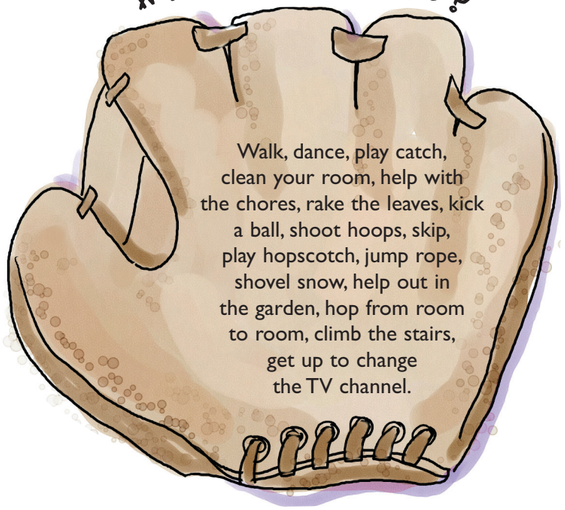
Marching Band: March around house with homemade instruments: dry beans in jar and shake, spoon banging on pots, rubber bands on containers.

Box cars: "Drive" boxes around while crawling on floor.

Box Buildings: Stack empty boxes and jump over or knock down. Keep building higher buildings.

Boxer Shoes: Cut holes in fronts of cereal boxes large enough for little feet to fit in. Walk around the house in new "shoes."

What can we do?



Where?

You can be active everywhere ...

Inside, outside, recreational center, YMCA, home, playground, daycare.

Washington State Department of Health

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