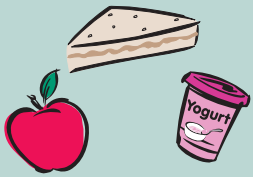
選擇對孩子健康的食物

以擁抱和關心替代以食物做為對孩子的獎勵。偶而給孩子一些甜食，甜餅乾、蛋糕、糖果和汽水要加以節制。酸奶、蛋羹(Custard)、水果和果汁冰棒都是好的點心。

哪些是孩子健康的點心？

孩子由於胃小所以需要常常吃東西。因此點心是應該要準備著的。



以下是一些孩子的好點心：

- ▲ 軟質水果
- ▲ 煮熟的蔬菜
- ▲ 餅乾加花生醬
- ▲ 小三明治
- ▲ 奶酪
- ▲ 烘餅（Bagel）
- ▲ 酸奶
- ▲ 果汁冰棒
- ▲ WIC麥片和奶
- ▲ 玉米奶酪餅(Quesadilla)

如何幫助孩子保持健康的體重？

每天和孩子一起玩耍。體力遊戲能幫助孩子長得好又健康。孩子每天看電視的時間限定在1-2個鐘頭。

以下是一些見意:

- ▲ 和孩子一起散步
- ▲ 在公園堝起玩
- ▲ 玩球
- ▲ 隨著音樂跳舞
- ▲ 跑和跳
- ▲ 蹦蹦跳跳
- ▲ 假扮不同的動物
- ▲ 安排一個「家庭同樂時間」

什麼是速食快餐?

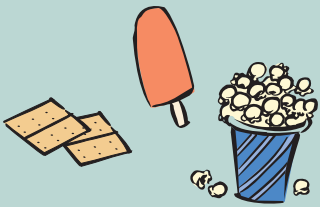
速食快餐偶而吃是可以的。但要限制汽水和甜飲料。

以下是一些好的速食快餐的選擇：

- ▲ 蔬菜餡比薩餅
- ▲ 烤雞三明治
- ▲ 不加調味料的生菜蕃茄漢堡包
- ▲ 烤馬鈴薯
- ▲ 奶
- ▲ 果汁
- ▲ 冷凍酸奶

什麼是垃圾食物？

不健康食品也稱為垃圾食品，垃圾食品能導致身體肥胖和齲齒。做父母的在購買這類食品之前要仔細閱讀標籤說明，盡可能為家人購買健康的小吃點心。



以下是一些好的小吃點心的選擇：

- ▲ 爆玉米花
- ▲ 繩形扭曲鹹餅(Pretzels)
- ▲ 全麥蜂蜜薑汁餅乾(Graham Crackers)
- ▲ WIC乾麥片
- ▲ 乾果
- ▲ 水果冰棒
- ▲ 酸奶
- ▲ 奶酪
- ▲ 堅果
- ▲ 水果

電視廣告會讓孩子要求許多垃圾食品，像甜麥片、薯片、奶酪泡夫、糖果、汽水、蛋糕，和甜曲奇餅乾。這些食物通常是含高脂、糖和鹽，價高且沒有營養。吃了會影響孩子吃飯的胃口。

警告：不滿4歲的兒童會被食物嗆倒，例如熱狗、爆玉米花、果仁、生蘿蔔、葡萄、軟豆糖、口香糖以及硬糖果。避免這些食物。將熱狗切成非常小的小塊。

Washington State Department of Health
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CHINESE

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