

HEALTHY HABIT TIPS

Companion Guide to
Parent's Toolkit for Healthy Weight Kids



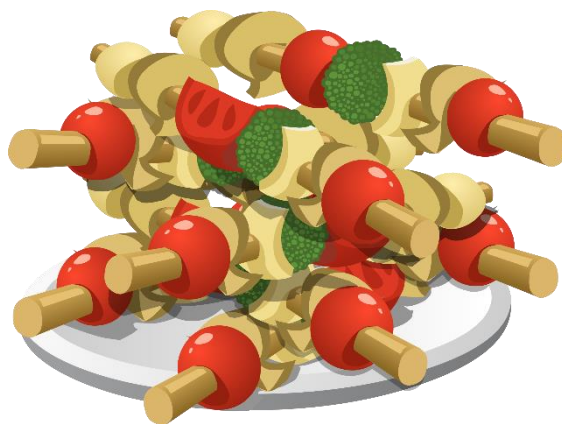
This is a Positive Patterns for Life Handout
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Eat More Fruit & Veggies

Fruits and vegetables are nutrient dense foods full of important vitamins, minerals, antioxidants and phytonutrients which help support a healthy energy balance. Here are some ideas to help you eat more fruits and veggies.

MAKE READY TO EAT SNACKS ... Clean and cut up several types of fruits and veggies, then put them in containers to keep them fresh. When you are hungry between meals, this makes for a quick grab, healthy snack.

EAT FRUIT OR VEGGIE KABOBS ... Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.



DESIGN DELICIOUS DIPS ... Whip up a quick dip for veggies with plain yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla.

COOK MINI PIZZAS ... Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up veggies for toppings. Then pop the mini pizzas into the oven to warm before eating.

ENJOY FROZEN TREATS ... Frozen fruit is a delicious refreshing treat during the warm months. Just put fresh fruits such as melon chunks in the freezer. Make fruit-sickles by inserting sticks into peeled bananas and freezing.



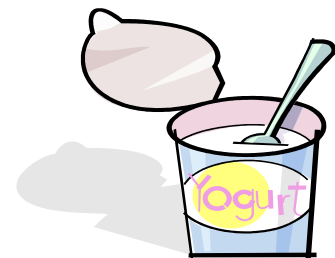
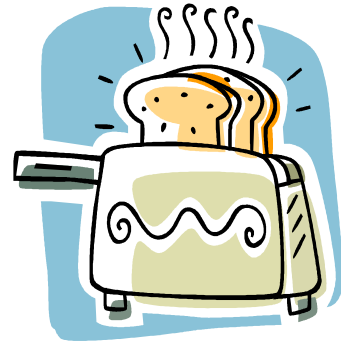
MAKE A SMOOTHIE ... Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, or pineapple. If you freeze the fruit first, you can even skip the ice!

FIX HOMEMADE TRAIL MIX ... Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals or popcorn into the mix too.

PREPARE A HEALTHY SNACK BAG ... Buy an insulated lunch bag and reusable ice pack. Dedicate this bag/ice pack to be your healthy snack bag. Use it to take fresh fruit and veggies with you whenever you go out of town or when you have hours of errands to run.

Quick Healthy Breakfasts

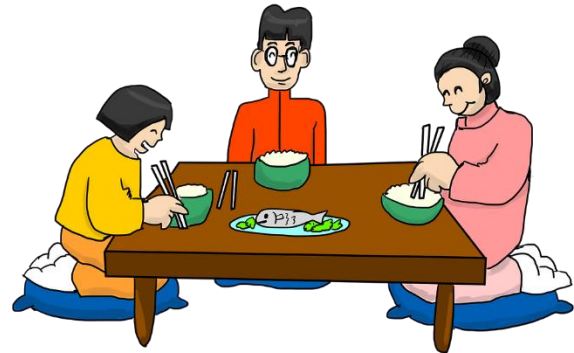
- Put nut butter on whole grain bread or toast and fold it over to eat it on the run.
- Nut butter and fruit sandwich on whole grain bread.
- Melt a piece of your favorite low fat cheese on a piece of whole grain toast.
- Make a breakfast sandwich – Tuna, turkey or egg salad sandwich on whole wheat bread. Add fresh veggies.
- Whole grain crackers with mozzarella cheese sticks.
- Healthy muffin with a glass of 1% milk.
- Pita breakfast pocket – stuff whole grain pita with low fat cheese, slice of ham and sliced bell pepper. Microwave for 15 seconds.
- Breakfast burrito with beans, sautéed vegetables, low fat cheese and salsa.
- Brown rice with coconut butter melted on top.
- Breakfast wrap – scrambled eggs with veggies and cheese wrapped in a whole grain tortilla shell.
- Jazzed up oatmeal - add chopped nuts or peanut butter, and dried or fresh fruit.
- Fruit and nuts or seeds.
- Hard-boiled eggs and cut up fruit.
- Apple slices with almond butter.
- Peaches, pineapple or applesauce mixed with cottage cheese.
- Fruit salad for breakfast – cut up your favorite fruit, add some nuts and low-fat vanilla yogurt.
- Yogurt, fruit, and whole grain toast.
- Blender drinks or smoothies can make a delicious breakfast that can be eaten on the go. They can include nut or rice milk, protein powder, green food, flax seed oil and/or seeds, fruits (fresh or frozen), yogurt ... use your imagination.
- Eggs with sautéed vegetables.
- Cut up vegetables and low-fat cheese stick.
- Cut up fruit eaten with vanilla yogurt dip.
- Yogurt Sundae – top plain low-fat yogurt with fresh or frozen fruit like bananas, strawberries or raspberries. Sprinkle granola on top for crunch.
- Fruit whips - frozen fruit blended with two tablespoons yogurt to a smooth consistency in a blender.



Enjoy Your Food While Eating Fewer Calories

Here are some ideas to help you eat smaller portions and/or consume fewer calories. Making one change at a time can add up to big changes later on.

- Leave space between each food that you are putting on your plate. This will help decrease serving sizes.
- Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.
- Eat slowly. It takes 20 minutes for the message to get from stomach to brain and back to stomach that it is full. Fast eaters can gulp down too many calories before the message has a chance to get to the brain, that enough calories have been consumed. Fast eaters consume greater number of calories than slow eaters.
- Be mindful while eating. Enjoy the taste and textures of the food you are eating. Chew your food thoroughly. Pay attention to how you feel. Use hunger and fullness cues to recognize when to eat and when you've had enough. Mindful eating helps you eat less and feel more satisfied. It also helps your digestive tract absorb more nutrients from the food you have eaten.
- The brain can't always differentiate between hunger and thirst. If you think you are hungry between meals, drink a glass of water and wait 15 minutes. If you are still feeling hungry 15 minutes after you drank water, then eat a small healthy snack.
- Eat snacks and meals at the table with an adult or family member(s). Individuals who eat snacks and meals with others, tend to eat slower and eat less.
- Turn the television off during snacks and meals. Watching TV while you eat can cause you to overeat because you are paying attention to what is on TV and not paying attention to how much you are eating.
- If you are still hungry after eating everything on your plate, choose non-starchy veggies, fruit, or lean protein for seconds. This will help decrease the total calorie intake at meals.

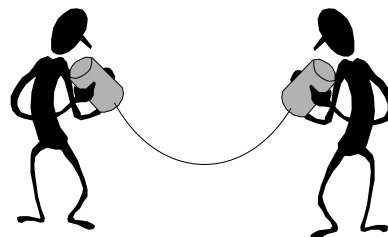


BIG BENEFITS OF FAMILY MEALS

Meals prepared and eaten at home are usually more nutritious and healthier than restaurant meals. They contain more fruits, vegetables, and dairy products along with additional nutrients such as fiber, calcium, vitamins A and C, and folate. Home cooked meals are usually not fried or highly salted, plus soda and sweetened beverage consumption is usually lower at the dinner table.

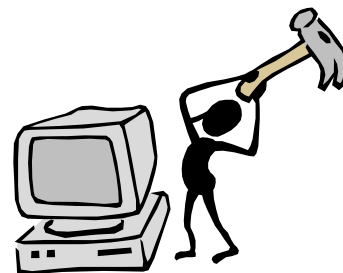
Better nutritional value is not the only benefit of home cooked family meals. Research studies have identified several important benefits to children and teens who eat at least 5 home cooked meals a week with their families. Researchers have found frequent FAMILY MEALS:

1. Are associated with lower BMI's in children and teens.
2. Are associated with having a positive effect on mental health, improved psychological well-being and decreased rates of depression in children and teens.
3. Are associated with lower rates of delinquency, smoking, drinking, and illegal drug use in preteens and teens.
4. Have a positive impact on young children's language development and word comprehension.
5. **Are associated with** greater academic achievement in school.
6. Strengthened family relationships. Conversations during the meal provide opportunities for the family to bond, plan, connect, and learn from one another. It's a chance to share information and news of the day, as well as give extra attention to your children and teens. Family meals foster warmth, security and love, as well as feelings of belonging.
7. Family meals give regular structure and routine to a teen's day. When a teen knows that he or she can expect a reliable schedule, it increases the teen's sense of security and improves well-being.



In addition to this list of awesome benefits of family meals, parents save money cooking at home. Meals purchased away from home cost two to four times more than meals prepared at home.

Family mealtime should be relaxing and enjoyable. Family centered mealtime means limiting distractions, especially the TV, computer and cell phones. Turn electronics off at mealtime. Make the dinner table a cell-phone-free zone. Encourage each family member to be involved in dinner conversations.



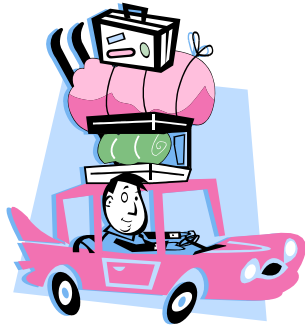
Parents and other adults should try to avoid making mealtime a disciplinary occasion when teens are reprimanded or given lectures. Instead, save such conversations for a time away from the dinner table. Focus on being together in a positive way. Enjoy spending time together.

Tips for Eating Healthy Away From Home



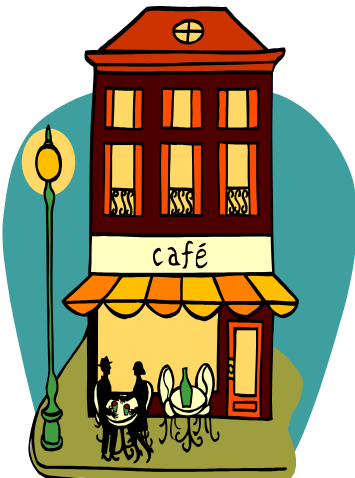
Always Be Prepared for a Snack Attack ... Any Where ... Any Time

- Keep a healthy non-perishable snack like dried fruit, nuts, or a granola bar in your purse, briefcase or backpack.
- Keep sugar-free gum or sugar-free hard candy handy to satisfy sugar cravings.
- Make it a habit to carry a water bottle with you throughout the day. Did you know that your brain can not always differentiate between thirst and hunger? If you are hungry between meals, drink some water and then wait 15 minutes. If you are still hungry, have a healthy snack.



Snack Healthier on Road Trips

- Make healthy snacks at home to take on your road trip like whole grain muffins or popcorn.
- Load up a small cooler with low-fat string cheese, cut-up vegetables, and fresh fruit.
- Pack a healthy snack bag with multigrain chips or crackers, granola bars, nuts, and dried fruit.
- Bring a jug of ice water and a water bottle for each person.



Eat Healthier at Restaurants

- Drink water with your meal or order low-fat milk, unsweetened tea, or other drinks without added sugars.
- Ask for whole-grain bread when ordering a sandwich.
- Add an extra serving of vegetables to your day by starting your meal with a salad.
- Request that salad dressing be served on the side. Then you can use as much or as little as you want.
- Choose main dishes that include vegetables, such as stir fries, kebobs, or pasta with a tomato sauce.
- Order steamed, grilled, or broiled meat dishes instead of meat that is breaded or fried.
- Avoid foods that have creamy sauces and gravies.
- Substitute a bowl of fresh fruit for a pancake or toast with breakfast.

Ideas for Healthy Snacks

Healthy snacks are slow-release energy foods that are packed with vitamins and minerals. Some healthy snacks are high in protein or contain healthy fats or complex carbohydrates. Even healthy foods can cause an energy overload if you eat too much, so make sure to limit the snack size to 100 calories or less. Here are some ideas to help you think about healthy snacks you could eat.

- Put dried fruit and unsalted nuts into snack-size zip lock bags. They work great for healthy satisfying quick grab snacks on the go.
- Put low-fat Greek yogurt and frozen peaches in a blender to make a tasty smoothie. Greek yogurt has a higher protein content than regular yogurt and it usually has a lower sugar content.
- Make a delicious salad by mixing plain yogurt into a cup of shredded carrots and a handful of raisins.
- A single-serving container of low-fat yogurt or individually wrapped string cheese can be just enough for an afterschool snack. Turn yogurt into an extra special treat by mixing berries into it.
- Save time by slicing veggies ahead of time and store in the refrigerator for later. Serve them with high protein hummus.
- Drink a healthy snack. Grab a cup of low-fat milk or fortified soy beverage.
- Eat something made with whole grain. Whole-wheat breads, whole grain crackers, and whole-oat cereals are high in fiber and low in added sugars, saturated fat, and sodium.
- Popcorn is a whole grain. Keep it healthy by making it from scratch with an air popper or cooking it on the stove in a pan with 1 tablespoon of coconut oil. Top with a sprinkle of sea salt.
- Baked whole grain corn chips with salsa are a satisfying and nutritious snack.
- Granola bars and protein bars can make great snacks on the go. Just be sure you read the label and only buy those with low or no added sweeteners.
- Choose protein foods such as unsalted nuts and seeds, hummus or other bean dips, mozzarella cheese stick or a hard-cooked (boiled) egg for a healthy, easy snack. Hard-cooked eggs can be kept in the refrigerator for up to 1 week.
- Fresh, frozen, dried, or canned fruits, such as applesauce, frozen grapes, or raisins, can be easy "grab-and-go" options that need little preparation. Choose canned fruits that have no added sugars.



Make Better Beverage Choices

Non-diet soda, energy or sports drinks, and other sugar sweetened drinks contain a lot of calories from added sugars and few nutrients. Your body needs a wide variety of nutrients to stay healthy and to sustain a healthy energy balance. There are two main ways that sweetened beverages have a negative effect on energy balance. First, you consume large numbers of calories in a short amount of time when you gulp down sugary beverages, which causes an energy overload. Second, sugary drinks are a form quick-release energy. You learned how quick-release energy foods/drinks gets your energy balance out of whack. Here are some ideas to help you make better beverage choices.



- Drink **water**! Water is the STAR of all sugar-free drinks! (You will learn more about the health benefits of water in session 14.) Your body needs approximately 1 ounce of water for every 2 pounds of body weight. Water is always convenient. Fill a clean, reusable water bottle and carry it with you to quench your thirst throughout the day.
- **Green tea** is another healthy sugar-free drink. Green tea contains phytonutrients that help your body burn fat. This effect is synergistically improved when combined with aerobic exercise. The phytonutrients in green tea also have a cholesterol lowering effect. Save money and make your green tea at home.
- **Sugar-free tea** is a great thirst quencher. Save money by making tea at home. Add variety to your homemade tea by mixing flavors. Mint tea brewed with regular tea makes a refreshing drink. Experiment with other flavor mixtures.
- There are a variety of **calorie-free flavored waters** on the market. Some of them have vitamins and minerals added to them to make them healthier for you. These are sometimes labeled **zero-calorie vitamin water**.
- You can find **calorie-free flavored seltzer waters**. These are a nice alternative to soda pop.
- Some people make their own **homemade flavored waters** by adding a piece lemon or lime or orange or watermelon or cucumber in their water.
- Don't forget dairy. Select low-fat or fat-free **milk** or fortified **soy** or **nut beverages**. They offer key nutrients such as calcium, vitamin D, and potassium. Teens need 3 cups of milk per day. Milk is nutritious but if you drink too much, it can cause an energy overload. If you are a milk lover, be mindful of how much you are drinking each day.
- **100% vegetable juice**, unlike fruit juice, is another nutritious sugar-free drink.



16 WAYS TO DECREASE FAT IN YOUR DIET

1. Respect serving sizes of fats:
 - a. 1 teaspoon is the serving size for butter, margarine or olive oil;
 - b. 1 tablespoon is the serving size for creamy salad dressing, tartar sauce, mayonnaise, whipped cream, or sour cream.
2. Choose low-fat or non-fat dairy products:
 - a. Skim or 1% milk and non-fat yogurt;
 - b. Low-fat cheeses (no more than 3 grams of fat per ounce), and 1% fat cottage cheese;
 - c. Low-fat sour cream and cream cheese;
 - d. White cheese is usually lower in fat than yellow cheese.
3. Choose low-fat versions of your favorite salad dressing, tartar sauce and mayonnaise.
4. Avoid fried foods like French fries, breaded meats and seafood, breaded deep fat fried vegetables, donuts, and other fried foods.
5. Avoid high-fat desserts like ice cream, pastries, cookies, cakes and pies.
6. Choose meat that has been baked, poached, grilled or broiled.
7. Trim off all fat from meat and remove skin from poultry before eating it.
8. Choose fish packed in water when buying canned fish like tuna or salmon.
9. Choose lower fat luncheon meats, such as sliced turkey or chicken breast, lean ham, and lean sliced beef.
10. Choose lean meats, fish and poultry.
11. Try sprinkling lemon juice and herbs or spices on cooked vegetables instead of using cheese, butter, or cream-based sauces.
12. Try plain, nonfat, or low-fat yogurt and chives on baked potatoes rather than sour cream.
13. Avoid foods that contain trans fats or hydrogenated oils. Trans fats will be listed on the food label and hydrogenated oils will be listed in the ingredients list.
14. Avoid oily snack foods like potato chips, corn chips, pork rinds, and buttered popcorn.
15. Cut down on sauces and toppings like gravy, salad dressing, sour cream, butter, margarine, mayonnaise and whipped cream. Even small amounts of these foods can boost the fat content of your diet.
16. Watch out for hidden fat in crackers, muffins and other snack foods. If in doubt, read the food labels.

