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Helping Kids Eat Healthier

1 message

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Hi Don,

In our recent email series, we discussed the benefits of creating an environment that will help us to avoid the mindless eating trap that results in weight gain and a host of other serious health issues.

Having a home that offers smart nutritional choices and encourages healthy eating habits will have a positive impact on our children, who are exposed to a lot more junk food and [health halos](#) than we were at their age.

Try these easy meal planning strategies to promote healthy eating in your household.

- **Make a schedule.**

Kids should eat every 3-4 hours. Create a schedule consisting of three meals with two snack breaks, and include lots of fluids. When planning to be out for a day full of errands, keep a cooler in the car packed with raw veggies, plain Greek yogurt, apples, and water. (These options are much better than stopping at a convenience store for chips, candy or soda.) Keeping your kids on a regular food schedule prevents overeating and will keep them energized throughout the day.

- **Plan dinners two-to-three days at a time -- and don't be a short order cook!**

You can put together balanced meals in less than twenty minutes when cooking for the whole family. Do not make separate meals that cater to your kids' "salty or sweet tooth."^[1] Be sure to include fiber, protein and the right balance of good carbs and fat in each meal.

Teaching your children how to cook, can inspire them to expand their palate and experience a variety of wonderful non-processed foods.



- **Cook with your kids.**

Get your children involved in meal preparation and use that time to teach them about the long-term benefits of clean eating. Not only will they get in the habit of making healthy snacks and meals for themselves, but they will also learn about portion control.

- **Connect healthy foods with your kids' passions.**

Explaining to your children why a certain food may be beneficial or harmful might be a better way to promote smart food choices. If they play sports, you can appeal to their desire to be stronger by encouraging them to consume lean proteins and calcium for stronger bones and muscles. Teenage years often result in skincare concerns and the antioxidants in fruits and vegetables can provide more glow to their skin and hair.^[ii]

- **Always provide easy access to healthy food.**

Kids want to eat now and do not want to wait for a prepared dish when it is snack time. Make sure to offer a mixture of healthy snacks to choose from. Keep fruit and nuts on the countertops, as well as various pre-portioned chopped veggies and healthy dips, like hummus, in the fridge. Place those healthy snacks at eye-level towards the front of the fridge.

Be mindful of nagging children about unhealthy choices or placing restrictions on food, as this will increase the risk of your children developing eating disorders.^[iii] Focus on being an example through your choices and actions because making smart food choices as a child leads to healthy choices as an adult.

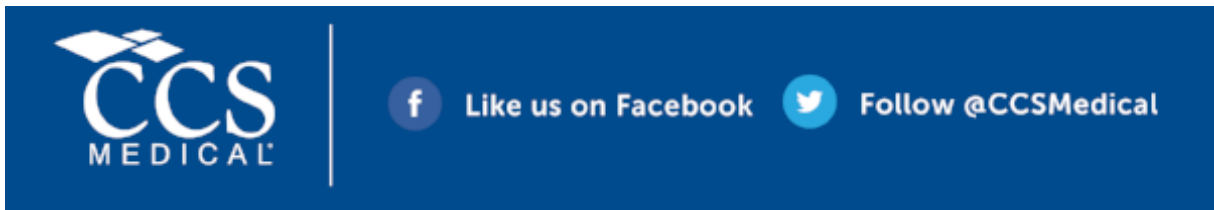
Diabetes and Children

CCS Medical Clinical Team

^[i] <https://www.parents.com/kids/nutrition/healthy-eating/get-your-kids-to-eat-better/>

^[ii] <https://fit.webmd.com/jr/food/article/parents-food-smart-kids>

^[iii] <https://fit.webmd.com/jr/food/article/parents-food-smart-kids>



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