

Chef Solus' Favorite Family Nutrition and Mealtime Tips

Grocery shopping:

- ★ Let the kids help put the fruit or vegetable into the grocery cart
- ★ Teach them how fruits and vegetables gives us clues on how ripe they are
- ★ Ask them “What is this banana telling us?” “Is it ready to eat yet?” “Should we pick that bunch?”
- ★ Teach kids to read food labels, as a great way to learn how some foods are better for you than other
- ★ Choose cereals with low or no added sugar
- ★ Look for whole grain cereals and breads with at least 4 gram of fiber
- ★ Take an outing to a local farmers market to teach kids about where their food comes from

At Home:

- ★ Let the kids help put away the fruits and vegetables
- ★ Try to arrange the fruit bowl so you have many different colors showing- make it a game,
- ★ As they are putting away the fruits and vegetables, guess where they came from

Cooking Tips:

- ★ Involve your child in cooking and preparing meals
- ★ Limit the amount of added sugar in your child's diet
- ★ Cook with less fat—bake, roast, or poach foods instead of frying
- ★ Choose and prepare foods with less salt

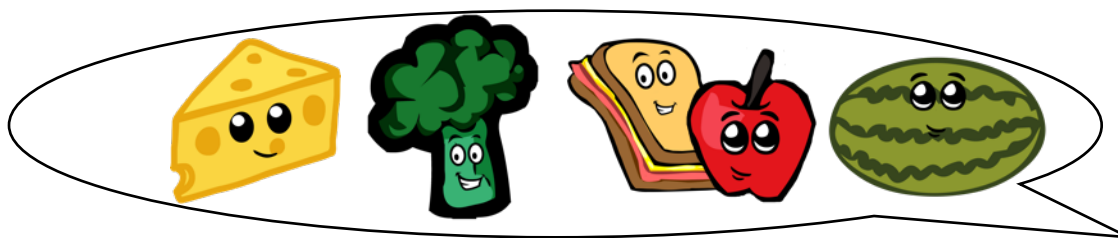


Mealtime:

- ★ Make sure your child eats breakfast. Breakfast provides children with the energy they need to listen and learn in school.
- ★ Eat Together As a Family for at least one meal a day
- ★ Set a regular time for family meals
- ★ Eat at the table since it is easier to talk with each other, rather than in front of the TV
- ★ Actually, turn off the TV at mealtime so you can talk and share the events of the day
- ★ Serve water, low-fat milk or 100% fruit juice more often than sugar-sweetened sodas and fruit-flavored drinks
- ★ Introduce new foods, vegetables and fruits at mealtime
- ★ Encourage your child to put a small quantity on their plate, even if they won't eat it
- ★ Don't nag, its okay if they refuse initially, introduce the food again in a few weeks
- ★ Demonstrate how delicious it is to taste that food
- ★ Don't get upset if they don't like the food or meal, don't take it personally
- ★ Have a contest on which plate is the most colorful (fruits and vegetables in a rainbow of color!)
- ★ Try new recipes, often kids will try vegetables when mixed with other foods or special sauces
- ★ Keep the salt shaker off the table
- ★ Offer fresh fruit for dessert



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Chef Solus' Favorite Healthy Snack Ideas:

- Prepare snacks in advance and have them easy to reach
- Have fruits and vegetables washed and cut up for convenience. Kids often reach for the ready to go snack
- Try low fat dip recipes for fruits and veggies, kids love dipping!
- Fruits and nuts
- Low-fat yogurt and fresh fruit
- Peanut butter and celery
- Low-fat cheese quesadilla
- Bowl of whole grain cereal plain or with low fat milk or fat-free milk
- String cheese and crackers
- Turkey sandwich on a piece of whole wheat bread
- Cottage cheese and fruit
- Fresh, frozen, or canned vegetables or fruit served plain or with low-fat yogurt
- Rice cakes, whole-grain crackers, or whole-grain bread served with low-fat cheese, fruit spread, peanut butter, almond butter, or soy nut butter
- Pretzels or air-popped popcorn sprinkled with salt-free seasoning mix
- Homemade fruit smoothie made with low-fat milk or yogurt and frozen or fresh fruit

The fun way to learn about nutrition.

