

NUTRITION & HEALTHY LIFESTYLE TIPS FOR CHILDREN 6-11 YEARS OLD

GOOD NUTRITION: A PARENT'S JOB

- Lead by example: Remember that the best way to teach desired behaviors is to model them yourself. So remember to eat *your* fruits and veggies and to drink *your* milk and water.
- It is your responsibility to determine when meals and snacks will be served, and what food you will offer. You should keep your home stocked with healthy snacks. It's your child's responsibility to decide what to eat and if to eat at all. If your child is prone to asking for "junk food" (chips, cookies, candy), it will be easier to minimize his intake of those foods if they are not in the home.
- Offer appropriate serving sizes for your child. Adults and children over 5 years tend to keep eating more as their portion sizes are increased. Do not reward your child for "cleaning her plate". Children should not be prompted to eat when they feel full.
- Limit 100% fruit juice to 6 ounces per day. Make simple rules such as: "We have juice with breakfast, milk with lunch and dinner, and water in-between when we're thirsty."
- Make time for breakfast every day. Children who skip breakfast are more likely to get fewer vitamins and minerals, and to have difficulty concentrating in school.
- Children are more likely to try foods they have helped prepare; involve them in meal planning/preparation.
- Plan for a variety of nutritious and appealing foods for meals and snacks when grocery shopping. Read food labels and limit highly processed foods with low nutritional value. Instead of buying fruit snacks, sweetened cereals or candy bar type granola bars, consider pretzels, dried or fresh fruit, cheese sticks, nuts or popcorn. The benefits of limiting salt and eliminating preservatives outweigh additional prep-time.

CALCIUM AND VITAMIN D

- Your child needs a minimum of 800mg calcium/day until age 9, and then it increases to 1300mg/day. This equals 3-4 servings per day of calcium-rich foods (dairy, calcium-fortified orange juice, tofu, etc.).
- Your child needs a minimum of 600 IU of Vitamin D daily in addition to the calcium.
- If your child cannot or does not eat/drink dairy products, have her take a Calcium/Vitamin D supplement.

WHAT ABOUT FAST FOOD?

- Limit fast food meals to no more than once per week, or less. Substitute milk and water for pop or sports drinks. Avoid "super sizing".
- Avoid high-fat fast foods or candy as rewards for good behavior. Instead, substitute verbal praise, stickers, a book or fun activity.

KEEPING PHYSICALLY ACTIVE

- Promote healthy body image in your child. Keep the focus on health and physical fitness rather than weight or clothing size. Talk to your child about how the media may affect his image of himself.
- Insist on daily physical activity! Remember, adults "exercise" but children PLAY. Be a good role model and stay active yourself. Families can have active outings together.

The Daily 5-2-1-0

 <p>5 servings of fruits & vegetables</p>	 <p>2 hour limit on screen time (TV, computer, & video games)</p>	 <p>1 hour active play or exercise</p>	 <p>0 liquid calories (pop, sweetened juices, or sports drinks)</p>
---	---	---	---

For more advice, check out our website at www.southlakepediatrics.com for links and information, or talk to your South Lake clinician.