

Healthy Kids



Enjoy the benefits
of healthy children!

Children who eat

well and are

physically active

have improved

concentration,

enhanced social

skills, and sleep

better at night.

Healthy children

feel good mentally

and physically!

An Ounce of Prevention

We want our children to grow up to be happy and healthy. To help make this happen, we must help our children develop healthy habits that will lead to a healthy weight and decrease their risk for diseases, like diabetes. We know that preventing problems is easier than treating them. To help your child:



- ☺ **Offer 3 meals and 2 to 3 nutritious snacks each day.** Small children thrive on routines. They will eat better and be happier when they know what to expect at mealtimes.
- ☺ **Allow your child to decide "how much" he will eat.** Let your child stop eating when he is no longer hungry.
- ☺ **Offer child size servings.** Some children will overeat when they are served large servings.
- ☺ **Limit sugary drinks and fruit juice.** There are a lot of extra calories in soda and other sweet drinks. A 12 ounce can of soda has 150 calories and no nutrition! Too much fruit juice can also add up to too many calories. Limit juice to $\frac{1}{2}$ cup (4 ounces) each day.
- ☺ **Snack on fruits and vegetables.** Fruits and vegetables have lots of natural water and help satisfy a child's thirst. They are also high in fiber!
- ☺ **Offer skim or 1% milk to children over the age of 2 years.** Children who need to gain weight may want to drink 2% or whole milk.
- ☺ **Serve fewer high fat foods.** Eat less bacon, sausage and other high fat meats. Limit fried foods.

A healthy life starts in childhood, you are your child's first and most important teacher!

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Bribing with food

Bribing will not develop healthy eating habits.

Telling a small child that he will receive a treat (dessert, candy, cake or cookie) if he eats a disliked food does not work well. Your child may eat the disliked food but it does not teach healthy eating habits.



Your child will learn that the disliked food is "**really bad**". It must be "**really bad**" if you have to bribe him to eat it. This also teaches your child that the treat is a "**really good**" food. It must be "**really good**" if he has to earn it.

If you try to bribe your child and he refuses to eat, it won't be fun. Your child will still want the treat. You will have to refuse it. And your child will be upset. You can avoid this situation by not bribing.

Offer healthy foods for meals and snacks. Ask your child to taste new foods. **Don't force or bribe your child to eat.** Let your child decide how much he will eat.

Chicken Fried Rice

Rice is a favorite food with many children. Try this recipe for a quick tasty meal.

2 tablespoons canola or other
1 cup raw chopped chicken
2 tablespoons chopped onion
 $\frac{1}{2}$ cup shredded carrots
1 cup uncooked rice
2 cups water
3 eggs, beaten
 $\frac{1}{2}$ cup frozen green peas
1-2 tablespoons soy sauce



Heat oil in large skillet. Add chicken to hot oil, and cook until lightly brown, stirring often. Add onions and carrots. Cook for 2 more minutes.

Add rice and water. Reduce heat. Cover and simmer until water is absorbed, about 15 minutes.

Add peas and soy sauce to rice. Pour beaten eggs over rice mixture. Cook over medium heat, stirring until eggs are firm. Serve.

Bundle up and enjoy the winter!

- ❁ **Play outside!** Children who go outside to play are more active. Walk to the park or school playground. Play tag in the snow. Make paths through the snow.
- ❁ **Shovel snow!** Buy a small shovel for your child. Ask him to help you shovel snow. Small children love to copy what their parents do.
- ❁ **Make snow angels.** Lay on your back in the snow. Move your arms up and down to create "wings" in the snow.
- ❁ **Build a snowman.** Roll up 3 large snow balls and stack them on top of each other. Add stones and sticks to create a face. Dress your snowman with old clothes.
- ❁ **Create snow animals.** Build a cat, dog, snake, bear or pig out of snow.
- ❁ **Take a walk in your neighborhood or in the park.** Talk about how birds and animals live and sleep in the winter.

