

FIT KIDS!

ECEAP Parent Newsletter

Session 1

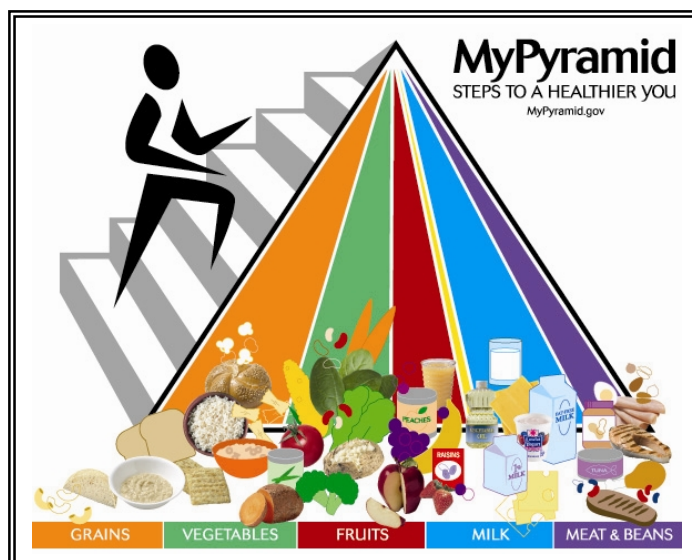
The Foods We Eat

MyPyramid

MyPyramid is the new guide to help you choose different kinds of healthy foods. To use the Pyramid, eat foods from each different group at most meals.

Each colored triangle represents a food group. The width of the triangle shows how much to eat of each food group. The triangles for grain foods (orange), vegetables (green), and fruits (red), are quite wide—so eat a lot of these foods. The triangular bands of yellow, blue and purple stand for oils, the milk group plus the meat and bean group. You just need a little of these foods.

The person climbing the stairs reminds us to be active each day. Children should have at least 60 minutes of active play each day. Adults aim for 30-60 minutes per day.



Yummy Foods!

Today your child touched and tasted several different foods—some may have been new to your child. When children learn to try new foods, they tend to eat healthier foods as they grow up. Always encourage your child to try new foods—maybe coaxing them to try just “one-bite,” but don’t force the issue.

Sometimes it takes children many times of seeing a new food before tasting or liking it. It is important to keep serving those foods over and over so your child gets used to seeing them and eventually will probably try them. It often takes 10-15 times before a child will accept a new food. So have patience!

Information provided by Washington State University Extension's *Food Sense*. This material funded in part by USDA-Food Stamp Program, state and local government agencies. *Basic Food* assistance helps people with low incomes. To find out more, contact your local DSHS-Community Service office. Extension programs are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension Office.

Parents Play Big Role in Children's Healthy Habits

Parents play a big role in helping their children learn healthy ways to eat. By setting an example and buying certain foods, parents teach children how to eat, what to eat and when to eat. Eating habits get started early in childhood and can last a lifetime – both good habits and bad ones! Try these tips to help your child learn healthy ways to eat:

- Decide which foods to buy...
 - Do you keep fruits and vegetables IN the home?
 - Do you keep potato chips, soda pop, fruit flavored drinks, cookies, and other sweet and fatty foods OUT of the home most of the time?
 - Do you eat at fast-food restaurants just once a week or less?

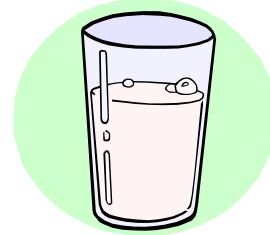
Give yourself and your child the gift of lifelong health: eat three well-balanced meals and a healthy snack or two each day. You'll feel better, and be a model of healthy eating for your whole family.

Tips from Laura Griner Hill, Ph.D. Washington State University – Department of Human Development.



Just Do It!

Together as a family, chart how many servings of foods from each group you eat in one day. Are you getting some from each group? Aim for eating several whole grain foods each day, plus plenty of vegetables and fruits. Go easy on the protein foods. Children ages 2-8 need 2 cups of milk per day, everyone older needs 3 cups.



Cool Smoothie

Cool and creamy, a great way to eat yogurt and fruit! Makes two 8-ounce servings

Ingredients:

- 1 very ripe, medium banana, peeled
- 3/4 cup pineapple juice
- 1/2 cup lowfat vanilla yogurt
- 1/2 cup strawberries, stem removed and rinsed

Directions:

1. Break banana into small pieces and put in the blender with pineapple juice, yogurt, and strawberries. Secure lid and blend until smooth.
2. Divide shake between two glasses and serve immediately.