

Pick a better snack™

FAMILY NEWSLETTER



Worry Less at Mealtimes

“My daughter eats like a bird.” “Our son won’t eat any vegetables.” These are some of the concerns parents voice about their children.

So what is a parent to do? Nutrition experts agree that it’s best to follow the Satter Division of Responsibility in Feeding. Your feeding job is to provide regular meals and snacks that include a variety of foods. After that, it’s your child’s job to decide what and how much to eat. This takes practice and can be hard, but in the long run, your child will eat the right amounts and learn to like many different foods.

Children watch what their adults eat, so setting a positive example as often as possible will help them develop good habits. Adults can learn from children too! Through the *Pick a better snack™* program, your child has the opportunity to try new fruits and vegetables. Allow them to introduce it to you—you might end up finding a new favorite food!

For more information about feeding and about practical ways to have family meals, see <https://www.elynsatterinstitute.org/>.



Fuel your fun.

Eat fruits
and veggies.



Spring Into Action!

With the weather getting warmer, this is a great time to get back into healthy habits outdoors. Plan nightly bike rides or walks after dinner as a family to connect with one another and improve your health. Find a trail near you by visiting www.traillink.com/state/ia-trails/.



Crazy for Citrus Fruits

Oranges. Peel and eat. Or, cut the orange in half lengthwise and each half into 3 or 4 wedges. Then remove the peel with your hands or just bite off the juicy fruit.

Clementines. Peel—they are usually easier to peel than oranges—and eat. Kids can do this!

Grapefruit. Cut in half and scoop out each section with a spoon. You may have to cut around each section first. Or, cut the grapefruit into wedges and then cut off the peel.



Healthy Choices Count!

5-2-1-0 helps you remember health goals for your child each day:

- ◆ 5 or more fruits and vegetables
- ◆ 2 hours or less of recreational screen time
- ◆ 1 hour or more of physical activity
- ◆ 0 sugary drinks; drink more water



Change is hard and setbacks are normal. You likely won’t reach your goal every day. Pick one area and start small. Can you serve a fruit at snacktime? Can you play outside with your child? Find more ideas at www.iowahealthieststate.com/5210.