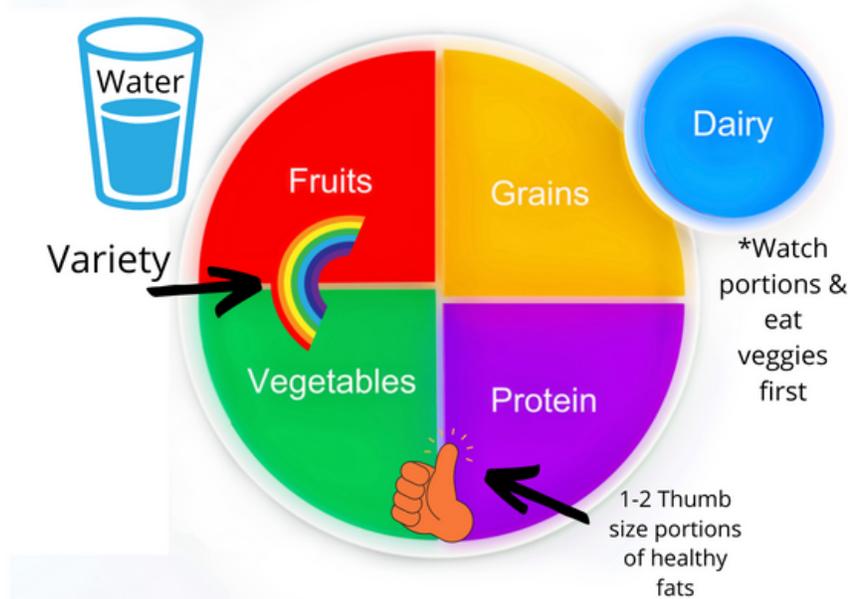


FAMILY NUTRITION

Supporting health, happiness, and a love of real food.



- We are looking for "Good, Better, Best", not perfection.
- Veggies should be a highlight of the meal.
- Aim for "eating the rainbow" with your fruit and veggies.
- If your child struggles with eating veggies, try a fruit of the same color for the same micronutrients.
- Try the 3 bites, 3 times rule. Have them try 3 bites of a new food. Try this food on three different occasions. If they still don't like it give them some time before trying it again.
- Water should be their main drink.
- Try using hand portions to determine how much a serving should be.
 - Palm-size portion for protein (in thickness and circumference).
 - Thumb-size portion for healthy fats.
 - Fist-size portion for Veggies
 - A cupped handful portion for fruits and grains (fruits are carbs just like grains but give us additional beneficial micronutrients).
- Plant-focused meals provide the most benefits for a healthy and growing body.
- Dairy use varies from household to household. While dairy products can be a great source of protein and calcium, plant-based "dairy" options can be great for probiotics and micronutrients as well. Choose what works for your family/household.
- Aim to eat from all parts of the plate before getting seconds of anything.
- It takes 15-20 minutes for your brain to understand if it is full. Take time to eat your meals and wait to get seconds until after the 20-minute mark so you understand if you really are full or not.
- Often, we think we are hungry when we are actually thirsty. Drink a glass of water before getting a snack.
- You need 1/2 your weight in ounces of water a day. Plus 8-16 oz of water for each hour of exercise and 8-16 oz of water for the hour following exercise.
- Fruit is a beneficial snack to support sports and activities; fast-digesting carbs that give your body more energy. (before, during, and/or after). Especially if you don't have time for dinner before a practice or activity.

- Talk to your kids about food neutrality. Foods are not inherently "bad" or "good" but it is more about the quantity in which we consume them that can help positive or negative effects. Learning moderation is important with healthy foods and with treat foods.
- Work on intuitive eating habits.
 - How do certain foods make us feel? "If we eat a handful of candy, we might enjoy it while we are eating it but then feel a stomach upset or emotional upset (energy crash) later on".
 - Allow them to learn how to trust their body's signals for feelings of fullness. If they say they are full but then they are hungry again within an hour, talk to them about taking more time to eat their meal so they can really recognize their fullness instead of needing to rely on snacks in between meals or wasting their food at mealtimes.
 - Discuss the concept of food being our fuel (a great example is putting gas in our vehicles/charging a vehicle's battery). If we don't put the proper fuel in at the right times, our bodies (cars) don't work as well as they could or could even have problems. Some foods will support better body function than others.
- Check out the downloads to see our Redlight (eat less), Yellow light (eat some), and Greenlight (eat more) lists. We like to refer to "treat" foods as "sometimes foods", something that might be delicious and that we can definitely enjoy but it's best to enjoy these things, sometimes.
- Keep Green Light foods in easily accessible places - eye level. You are more likely to eat what you see first.
- Make food you like to eat. I know this one sounds silly but look at what you eat now, compare it to the Eat More/Eat Some/Eat Less lists and consider how you can "upgrade" some aspects of those meals to the next level if necessary. Make small, manageable changes if you might be eating more of the Eat Some/Eat Less categories right now.
- There can be a big cultural difference when it comes to food. It's great to talk to your kids about how foods that might seem "normal" in your home might not be in someone else's and vice versa.
- Intense or reactive comments can often cause a lot more damage than good when it comes to making food changes. We should always aim to show love in how we talk to kids or others about food choices. Shaming more often leads to someone hiding what they are eating instead of wanting to make the "better" choice. If there is a habit or choice you are concerned about, try to have a calm conversation about why we might want to eat less of that food, what we want to try to have more of, and again, talk about how those foods fuel our bodies.
- Even if we eat extremely "healthy", sometimes our bodies are going through different changes that don't always reflect our habits in the way we think they should. (hormone changes, pregnancy, puberty, medications, auto-immune issues, cancer treatments, hereditary disease). It's important to talk to your kids about being kind to themselves (and others) because we cannot always see an accurate reflection of health in what our (or other's) body looks like. Balanced nutrition helps us FEEL better and if we feel better we can move better.

Balanced nutrition should improve health, performance, and body composition.

MEAL PREP TIPS

- Go through your fridge and pantry and consider what foods are "in your face" on a daily basis. Rearrange your fridge and pantry to have the best choices be the most available.
- Get the kids involved they can help you plan meals and go shopping. Help with food prep by washing fruit and veggies, putting chopped veggies into a bag or container, and adding seasoning to food.
- Chop your veggies two times per week. Most veggies can store very well for a few days in the fridge and this saves time as you cook each meal as well as saves time from washing the cutting board and other prep dishes every night.
- Pre-cook your protein OR at least pre-season. For meat - most cooked meats can store in the fridge in an airtight container for up to 4 days. For plant-based protein (beans, lentils, tofu) you can cook these in bulk and store them in the fridge as well for up to 4 days.
 - If you don't like eating pre-cooked protein you can portion out your protein, season it, and have it ready to cook the day you plan on eating it.
- Cook larger amounts of things like stir-fry and chili as these are easy to prepare "more" of as well as easy to reheat.
- Prep grab and go healthy snacks 1-2 times a week.
 - containers of already washed and prepared fruit in the fridge (berries, grapes, melon)
 - baggies of veggies, ready to eat (celery, carrots, broccoli/cauliflower, cucumbers, bell peppers)
 - yogurt & cheese (dairy or plant-based)
 - baggies of nuts & seeds, jerky/lean meat sticks (Chomps), oven-roasted chickpeas, or popcorn.
- Have "quick" healthy options available for busy days. Things like frozen pre-cooked meats (lean), frozen veggies, microwavable rice, canned beans, etc.
- Remember the goal is to work towards better nutrition. Our lives are not perfect, our schedules are busy, kids (and adults) can be picky, and sometimes we just don't want the healthiest option. Just do your best and show yourself some kindness if things don't always go to plan.
- **Having more of...** Whole foods, eating slowly, lean protein, vegetables, healthy fats, smart carbs, healthy hydration habits.
- **Having less of...** Added sugar, calorie-containing beverages, processed foods, processed fat, and alcohol.



Scan QR code for free downloads of superfood lists, shopping lists, and recipes.