

PARENT HEALTH BULLETIN



Pinellas County Health Department

Vol. 3, No. 2

Rate Your Child's Plate

Good Nutrition is important for proper growth and development at all stages of your child's life. Here are some simple suggestions to make sure your child is getting a healthy and well-rounded diet.

- ♥ Include fruits, vegetables, whole grains and protein every day.
- ♥ Offer a wide variety of foods — introduce a new fruit or vegetable to your child's diet. Perhaps a kiwi, okra, or asparagus!
- ♥ Take your child to a produce market and let them explore and choose a new food to try. It can be a learning experience as well as adding variety to their meals.
- ♥ Avoid too many sugary foods and beverages. Remember one soda can contain as many as 12 teaspoons of sugar!
- ♥ Replace fried foods, such as french fries, chips, fried fish and fried chicken with foods that are baked, broiled, or boiled.
- ♥ Set a good example for kids by eating healthy meals. Parents influence children in many ways— and their eating habits are no different!

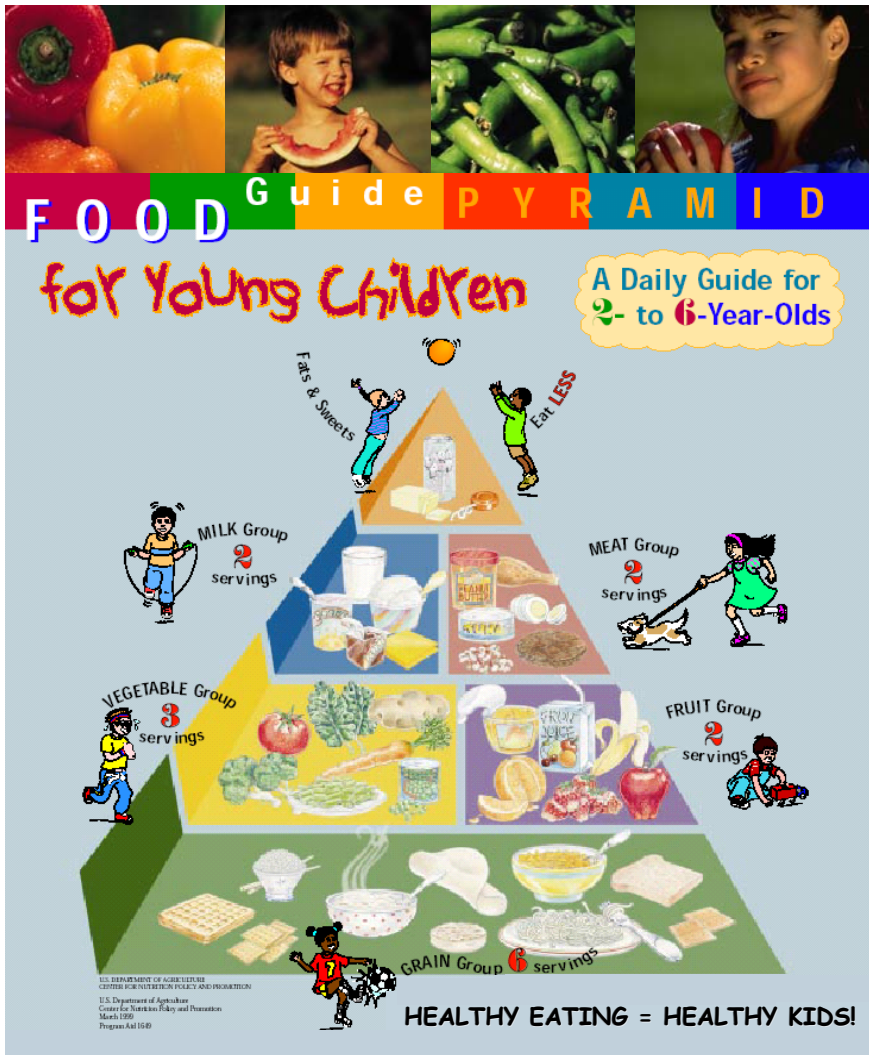


Breakfast: Get a good morning start

- ◆ Children who eat breakfast score better on tests in school.
- ◆ Breakfast eaters have more strength and endurance, as well as better concentration and problem-solving skills.
- ◆ Breakfast skippers often feel tired, irritable, or restless in the morning.
- ◆ Plan ahead and set out bowls, spoons and cereal boxes the night before.
- ◆ In a rush? Have foods on hand that are easily eaten on the run — like a peanut butter sandwich, bagel, fresh or dried fruit, or bran muffin.

TRY THESE HEALTHY EATING HABITS!

- ♥ **Plan a weeks worth of healthy meals and shop accordingly** - Meals tend to be healthier when planned in advance. Keep a menu log or recipe file of "family favorites" to refer to for ideas and meals that are both good and good for you.
- ♥ **Eat meals together at the table.** Set a family goal to "meet & eat" around the kitchen table at least three times every week. These meals can be healthy... for the body as well as the family. Also, eating in front of the T.V. or computer may lead to over-eating.
- ♥ **Dining Out?** Watch portion sizes, skip high-fat foods, and drink water. Go to www.pinellaswellnes.com and find a list of local "Healthy Hero" restaurants that offer healthy choices on kid's menus.



EAT 5 A DAY
 for better health

<u>RED</u>	<u>YELLOW/ORANGE</u>	<u>GREEN</u>
Apples	Peach	Avocados
Raspberries	Pineapple	Kiwifruit
Cherries	Mangoes	Pears
Watermelon	Carrots	Celery
Beets	Squash	Broccoli
Tomatoes	Corn	Lettuce
Red Peppers	Pumpkin	Okra
Radishes	Sweet Potatoes	Zucchini

<u>PURPLE/BLUE</u>	<u>WHITE</u>
Blackberries	Banana
Blueberries	Cauliflower
Plums	Garlic
Raisins	Mushrooms
Purple Grapes	Potatoes
Eggplant	White Corn
Purple Cabbage	Parsnips

Eat a variety of these **COLORFUL** fruits and veggies everyday to get the vitamins, minerals, and phytochemical (plant nutrients) you need to stay fit!

ASK A HEALTH PROFESSIONAL

My daughter wants to be vegetarian. Can a vegetarian diet be safe for a growing child?

An appropriately planned vegetarian diet is healthful and nutritionally adequate for children. Planning and variety are the key. Good vegetarian sources of protein include beans, grains, soy products, nuts, dairy products and eggs. Make an appointment with a registered dietitian to be sure that you and your daughter understand her nutritional needs.

Source: American Dietetic Assoc.

**Do you have a question
 for a health professional?**

Write to:

**Pinellas County Health Dept.
 Office of Chronic Disease Prevention
 205 Dr. Martin Luther King St. N.
 St. Petersburg, FL 33701**

For more information about child nutrition, please visit the following websites:

www.eatright.org

www.5aday.gov

www.usda.gov

www.pinellaswellness.com



For more information
 regarding this newsletter call:
 (727) 820-4113



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