

# FAMILY RESOURCE

C O N N E C T I O N

A publication created by and for New Horizon Academy • [www.NewHorizonAcademy.net](http://www.NewHorizonAcademy.net) • Phone: 763-557-1111



“ Obesity at such a young age has been linked to less physical activity, thus perpetuating unhealthy weight and inactivity status into adulthood. ”

## Dietary Recommendations for Healthy Children

Healthy eating means eating a variety of foods so that your child gets the nutrients such as protein, carbohydrate, fat, vitamins, and minerals he or she needs for normal growth. If your child regularly eats a wide variety of basic foods, he or she should be well-nourished. You can help support your child's healthy eating habits and physical activity level using the following recommendations:

- Eat together as a family as often as possible. Keep family meals pleasant and positive. Avoid making comments about the amount or type of food your child eats. Pressure to eat actually reduces a child's acceptance of new or different foods.
- Make healthy food choices for your family's meals. Children notice the choices you make and follow your example.
- Set limits on your child's daily television and computer time.
- Make physical activity a part of your family's daily life. Some ways to do this are: walk with your child to and from school, and teach your child how to skip, hop, dance, play catch, jump rope, and ride a bike.
- Take a walk after dinner.
- Keep a variety of nutritious and appealing food choices available. Healthy and kid-friendly snack ideas include:
  - String cheese
  - Whole wheat crackers
  - Air-popped or low-fat microwave popcorn
  - Frozen juice bars made with 100% real fruit
  - Fresh and dried fruit
  - Baby carrots with hummus or bean dip
  - Low-fat yogurt with fresh fruit



### Mission

To open “New Horizons” of self-esteem and potential for the little people entrusted to our care, their families, and our employees by providing and continuously improving the best child development on the planet!

- If your child is healthy and eating a nutritious and varied diet, yet eats very little, he or she may simply need less food energy (calories) than other children. On the other hand some children need more daily calories than others the same age or size, and they eat more than you might expect. Every child has different calorie needs.

### What are the risks of eating poorly?

A child with poor eating habits may be under nourished. This means he or she will not be getting the amount of nutrients needed for healthy growth and development. This can lead to being underweight or overweight. Poorly nourished children tend to have weaker immune systems, which increases their chance of illness. In addition, poor eating habits can increase a child's risk for heart disease, high blood pressure, or diabetes later in life.



### Poor eating habits include:

- Eating a very limited variety of foods.
- Refusal to eat entire groups of foods such as vegetables.
- Eating too many foods of poor nutritional quality such as soft drinks, chips, and doughnuts.
- Overeating due to being served large portions or due to a parent saying "clean your plate" or "finish it all up", even if the child's appetite is satisfied.

Statistics show that one in three children is overweight. We realize this is a growing problem and it needs to be fixed. Obesity at such a young age has been linked to less physical activity, thus perpetuating unhealthy weight and inactivity status into adulthood. Research and advocates propose starting preventive health measures early in the preschool room, particularly activities that increase young children's physical activity. Parent and child interactions and the home environment can also affect the behaviors of children related to calorie intake and physical activity. Parents are role models for their children, as they are likely to develop habits similar to their parents. Child care providers share responsibility with parents for children during important developmental years. Child care can be a setting in which healthy eating and physical activity habits are developed.

Children are more likely to engage in physical activity when outdoors than inside. As the weather turns warmer, it is time for the family to head outside and increase the level of physical activity. Some of the most common outdoor activities include running around in a wide open space, use of balls and other outdoor equipment, and wheeled toys. HAVE FUN and stay healthy together!

### Mission

*To open "New Horizons" of self-esteem and potential for the little people entrusted to our care, their families, and our employees by providing and continuously improving the best child development on the planet!*

