



## It's all in the family

### Tips for Parents

#### Helping Your Child Develop Healthy Habits

1. **Encourage your child to exercise and play daily.** Join your child in playing games and other activities that involve activities such as Hide 'n Seek, Frisbee, jumping rope, hiking and roller-blading. Limit activities such as watching television or playing computer and video games.
2. **Set a good example and teach your child to eat slowly and chew food well.** Children learn from adults and model their habits. What do YOU eat? How physically active are YOU?
3. **Do not insist that your child eats everything on their plate.** For younger children, use a child-size or luncheon plate and serve child-size portions. Better in the waste than on their waist!
4. **Praise your child for good behavior** instead of rewarding him/her with food. Be creative in offering non-food rewards for significant achievements.
5. **Ensure that your child eats three meals each day at regular times.** Stress the importance of eating a good breakfast, and prepare meals for your child. While it is constructive to get children involved in meal preparation, adults should maintain primary responsibility.
6. **Limit snacks to one or two daily.** Ensure that snacks do not become meal-sized. Encourage calorie-free beverages with each snack.
7. **Let your child ask for snacks.** Do not get into the habit of asking your child if they want a snack or if they are hungry.
8. **Always stock a variety of fresh fruits and other healthy foods** in the refrigerator or pantry for quick snacks.
9. **Keep "empty calorie foods" out of the house.** These are foods that are high in calories and low in nutritional value such as chips, candy or soda pop. Do not expect your child to be able to limit these foods if others in the household eat them on a regular basis. These foods are NOT part of a healthy diet.



## It's all in the family

### Tips for Parents

#### Choosing Colorful Produce for a Healthier Summer

*Expert advice from Rebecca Duncan, registered dietitian, community health promotion consultant, Highmark Inc.*

**It's official, summer is here. Take advantage of all the fresh foods that summertime has to offer and increase the amount of colorful foods and nutrients in your family's diet this season.**

#### Choose foods according to the rainbow

To feel and look your best, include the colors of the rainbow on your plate. The health-promoting paybacks of eating fruits and vegetables are bountiful. Check out some of these colorful options and learn how you can help boost your vitamin and nutrient intake.

#### Choose 5-10 servings of fruits and vegetables each day:

- **Reach for the red**—choose from tomatoes, red peppers, apples, pink grapefruit, cherries, watermelon, raspberries, strawberries, kidney beans and red lentils that contain nutrients such as lycopene and ellagic acid, which reduce the risk of prostate cancer, lower blood pressure, reduce tumor growth and LDL cholesterol levels.
- **Opt for orange and yellow** with choices like carrots, sweet potatoes, butternut squash, oranges, nectarines, peaches, cantaloupe and yellow peppers that contain beta-carotene, potassium and vitamin C, which reduce the risk of prostate cancer, lower LDL cholesterol and blood pressure and work with magnesium and calcium to support healthy bones.
- **Go for the green**—pick leafy greens, green peppers, broccoli, green beans, peas, green apples, green grapes, kiwi and honeydew, which contain vitamins such as chlorophyll, fiber, vitamin C and calcium that help reduce cancer risk, lower blood pressure and boost immune system activity.
- **Boost up with blue and purple** in foods such as eggplant, purple grapes, plums, raisins, blueberries, blackberries, black currants and purple figs. These pretty fruits and veggies contain vitamin C, fiber and ellagic acid, which support retinal health, lower LDL cholesterol, boost the immune system and support healthy digestion.

#### Visit your local farmer's market for a large selection of fresh produce

Did you know that as soon as fruits and vegetables are picked, they begin to degrade? Nutrients are lost while food is shipped, so check out the locally grown crops in your neighborhood for fully-flavored, more nutrient-rich produce. I recommend visiting [www.buylocalpa.org](http://www.buylocalpa.org) to learn more about fresh produce and a local market near you.