

# A BLUEPRINT FOR RAISING HEALTHY CHILDREN

*Helping our kids to grow well...*

## **Breastfeed or Support Someone who is Breastfeeding**

- Research shows that children who are breastfed are less likely to be obese in adulthood.
- Breastfeeding promotes following the baby's cues of hunger and fullness.



## **Offer Lots of Fruits and Vegetables**

- Fruits and vegetables (fresh, frozen, canned and dried) provide excellent nutrition, including fiber. They are also low in saturated fats.
- What about juice? Limit juice intake to 6-8 ounces a day for the whole family.



## **Encourage Physical Activity**

- Focus on play and enjoyment rather than “working out.”
- If possible make it a family event.
- Increasing active time should result in a decrease in television viewing.



## **Practice Healthy Feeding Dynamics**

- offer planned meals AND snacks
- eat together as a family

- eat what you offer the child
- trust the child to know when he/she is full

**What is a Good Eater?**

One who eats when he is hungry, stops when he is full and enjoys a variety of foods.