

TIPS ON HOW PARENTS CAN MAKE AN IMPACT ON FAMILY NUTRITION

Nourishing Family Traditions

- **Kick start the day with a balanced breakfast** - Include foods from at least three different food groups, such as an omelet with Cheddar cheese and diced vegetables, or cereal with milk and fresh fruit.
- **Snack smart** - Stock the fridge with healthy, nutritious grab-and-go snacks like string cheese, portable yogurts and single-serve containers of milk.
- **Eat together** - Family mealtime is a great time to model healthy eating behavior and to make sure your kids eat a balanced meal.
- **Don't skip the milk** - Recent research finds that children who included calcium from dairy foods in their diet had lower body fat than children with lower dairy calcium intakes.
- **Be a good role model** - Children ages 8 to 17 rank mom above sports celebrities, actors and actresses and musicians as the most important influencer of their behavior. So set a good example and drink your milk, too.

Exercising Your Togetherness

- **Get out and play** - Don't just tell your children to go out and play- go out and play with them.
- **Go along for the ride** - Take a walk together after school or after dinner; bring the dog along. It's also a great way to spend some time together and share your day.
- **Sky's the limit** - But not on time spent in front of the TV or computer. Children who watch TV for as few as 2 to 5 hours per week increase their chances of being overweight.
- **Party actively** - Schedule birthday parties and events at parks, skating rinks and other activity-oriented places. Children will learn that physical activity can be a fun part of celebrations, not something to be dreaded.