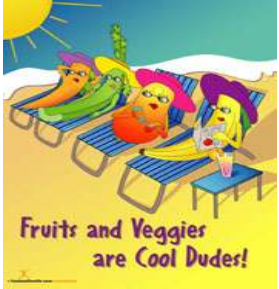





Hints to Healthy Weight For Children & Families

Problem	Solutions, Ideas
<p>My child won't eat vegetables!</p> 	<ul style="list-style-type: none"> • Introduce the vegetable 3 times. • Prepare veggies a different way. • Have child choose his/her veggies when shopping at the grocery store or farmers market. • Grow and eat your own vegetables. • Set an example by eating lots of veggies. • Serve vegetables before meat. Serve starch last.
<p>My child doesn't want to exercise!</p> 	<ul style="list-style-type: none"> • Limit TV, video, and computer time less than 2 hours/day. • Set an example by exercising daily! • Have family walks after dinner. • Plan, make exercise dates for your family during the week and on weekends. • Plan active vacations (camping, hiking, boating, etc.) • Have active birthday parties and celebrations with games or outings (skating, soccer, etc.) • Encourage activities when friends come over. • If you must, have active computer games like <i>Dance Dance Revolution</i> and <i>Wii Sports</i> games.
<p>My child only likes junk food!</p>	<ul style="list-style-type: none"> • Let your children know that eating junk food is like running your car with bad gasoline. • Set an example! • Don't buy it. • Throw out junk food that is in the house. • Substitute junk food with healthy snacks such as fruits and vegetables.

<p>My child won't eat breakfast.</p>	<ul style="list-style-type: none"> • Make it a rule: breakfast every day. • Make it simple, healthy, quick. • Plan and have quick foods in the refrigerator, such as fruits and vegetables.
<p>My child watches too much TV, etc.</p> 	<ul style="list-style-type: none"> • Set an example! - This includes the computer. • Cancel cable TV. • Strike a bargain or set rules. For example: room clean, bed made, clothes put away = 30 min. TV. Walk the dog 30 minutes = 30 min. TV.
<p>My child sneaks food</p> 	<ul style="list-style-type: none"> • Make sure your child is eating regular meals and snacks that include healthy protein (lean meat, fish, chicken, beans) and are satisfying. • Have regular snack and meal times. We need to eat about every 4 hours. • Talk to them. Are they bored, worried, stressed, or unhappy? • Remove unhealthy foods from home.
<p>My child eats too much and/or too fast. My child has a big appetite. My child doesn't know when he or she is full.</p>	<ul style="list-style-type: none"> • Serve salad or vegetables first, then fruit, then protein, then starch. • Serve meals on smaller plates or bowls. • Serve smaller portions. • Eat together as a family with no TV. Talk and spend time together. • Set a timer and ask child to wait 20 minutes before having a second helping.

This list offers suggestions other families have found successful. You pass on healthy eating and lifestyle traditions by practicing them every day.