

Staying on Track While Feeding your Kids

Many parents struggle with staying on track with their new lifestyle/dietary changes while managing family meals and children's snacks/lunches. Children are likely to mimic the eating habits of their caregivers so introducing them to your new habits can payoff. Here are some tips:

Meals

- Schedule and plan your meals. Don't get caught last-minute making something unhealthy. Be prepared and get children involved in making meal choices. Plan meals based on the protein portion (meat, fish, beans, etc.) and the carbohydrate and vegetable choices should follow.
- Introduce new foods to the family. This should be done gradually as most children have to get used to new flavors/textures.
- Get kids involved in cooking.
- Don't be a short order cook and let your kids demand food that they want.

Snacks

- Instead of buying a vegetable platter – make one at home! You get much more for your buck, and can choose a low-fat greek yogurt dip or hummus to compliment it.
- Have a “kids only” cupboard and an “adult only” cupboard but try to incorporate healthy snacks into their cupboard slowly.
- Allow treats for yourself and for your kids. It is how you eat on a regular basis that is going to affect your weight management. Making foods a taboo can make children want them more.

Grocery Shopping

- Don't give into marketing on children's foods. Many of these items are highly processed and may contain trans-fats, saturated fats, added sugar, salt and preservatives.
- Stick to a list, and follow the perimeter of the grocery store.

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Sources: <http://www.parents.com/kids/nutrition/healthy-eating/get-your-kids-to-eat-better/>

<http://life.gaiam.com/article/10-ways-get-kids-eat-healthier>