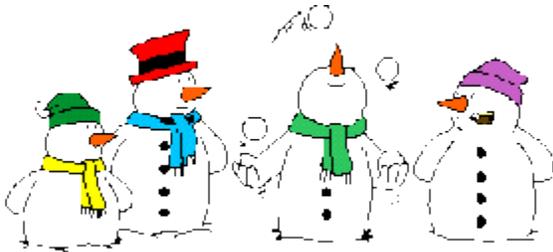


Feeding Kids Newsletter

News & Views on Child Nutrition
For Parents, Educators, and Health Professionals
Editor: Connie Liakos Evers, MS, RD



Pushing the “Reset Button” on Family Health Habits

There's no denying that Americans have been impacted by major social, cultural, and lifestyle changes over the past 30-40 years. Many of these lifestyle trends have contributed to the growing problem of both adult and child obesity and related health problems.

Don't you wish you could press a “reset” button and return to some of the family traditions of your youth that promoted better health? Did you play outside for hours on end? Walk to school? Eat family meals without fail? Drink the occasional soft drink out of an 8 oz. bottle (as opposed to daily gulps of 20, 44, or gasp, 64 oz.?)

As a society, when exactly did we decide that there are “adult” foods and “kid” foods? I guess my mom never got that memo. When I was growing up, we all ate the same food at the same time (and I don't recall chicken nuggets as part of the menu).

Below are eight ways to “reset” for better health. I'm sure you can think of more. [Email me](#) with your suggestions and I'll print them in the next FK newsletter.

1. Rethink the American concept of eating at every occasion and every location and instead, return to innate eating. In other words, learn to listen to your body's hunger/fullness signals and encourage your children to do the same. After all, infants are born knowing when they are hungry and precisely how much to eat at each feeding. We gradually lose this ability to respond to body cues as we are exposed to environmental and cultural influences.
2. Reset to family meals as the default meal each day. Drive through dining, eating on the run, or grabbing mall or ballpark food should be reserved for rare occasions. Ask your child to help you with the planning, shopping and cooking. You will be amazed at how this impacts his/her attitude about food.
3. Think “retro” in regards to plates, bowls and glasses. It's no coincidence that the size of our dinnerware has increased in sync with our waistlines. Bigger dishes = bigger portions. Try using salad plates as dinner plates and bowls designed for dip or salsa for breakfast cereal.
4. Choose restaurants that care about kids' health. Instead of soda pop, French fries, and

chicken nugget, ask for meals that automatically default to healthy sides such as salad, apple slices, milk, or baby carrots.

5. When kids are bored and out of ideas, make active play the default choice for “what to do.” Set time limits on all electronic-based toys, computers, movies and television.
6. Teach children this equation: THIRST = WATER! Serve 1% or nonfat milk as the default beverage at meals, and limit 100% fruit juice to 4-6 ounces each day.
7. Reset snack time as the occasion to refuel active, growing bodies with mostly healthy choices, not just sweets and treats. Provide easy choices such as cut-up fruits and vegetables, low-fat yogurt and cheese, whole grain crackers or bread, lean protein sources, and nuts.
8. While public health policy and legislation are useful tools (think: nutrition on menu boards, healthy school meals, incentives for healthy behaviors), it will always ultimately be our choice to practice healthy habits. As you head into a new year, consider real personal change that will impact you, your family, and your community. After all, habits — both good and bad — are contagious!



RECIPE: Cheesy Broccoli Potato Soup

Rich in calcium, vitamin A, vitamin C and potassium, this soup is a welcome addition to a winter day. Serve with fresh fruit and whole grain sandwiches for an easy complete meal.

3 medium potatoes, peeled and diced
2 cups Vegetable broth
¼ cup Flour
¼ cup Smart Balance® Spread
½ cup Onion, finely chopped
3 cups 1% milk
2 cups Fresh broccoli florets, cut into small pieces
¼ tsp Red pepper flakes (optional)
½ tsp pepper, black
1 cup Sharp cheddar cheese, grated

Peel and dice potatoes and cook in vegetable broth until tender. In a separate large saucepan, melt the Smart Balance® over medium heat. Add chopped onions and cook for 1 minute. Add flour and cook roux, whisking, for 3 minutes. Add milk gradually, whisking and bring to a boil. Add the black pepper and red pepper flakes, if desired. Gradually add the potatoes with broth and whisk until smooth. Add chopped broccoli and cook until tender. Remove from heat. Add the grated sharp cheddar cheese and whisk until melted. Serve immediately.

Serves 8

Nutrition (per 1 cup serving): Calories: 211, Total Fat: 10g, Cholesterol: 19mg, Sodium: 417mg, Potassium: 547mg, Carbohydrates: 21g, Fiber: 1g, Protein: 9g