



Healthy Hints for Parents - Part 1

Don't worry if your kids eat all day - Just offer the right choices!

This is part 1 of a series of 10 articles on how to encourage your children to eat healthy compliments from Kidz Bodz. If you would like these emailed directly to you every Monday please call 1300 73 11 49 or send your request via the Kidz Bodz web site @ www.kidzbodz.com.au

We have all been conditioned to the three meals a day rule. However our children always seem to want to eat and as parents we are constantly saying “wait until dinner!” “It’s not lunch time yet!” driving us crazy in the process!

So why not try to work with your children rather than against them?

Did you know that toddlers & young children’s bodies are not designed for the traditional 3 meal per day pattern? Their smaller stomachs are designed for smaller more regular meals instead. This grazing style provides a steady intake of energy to keep young children on the go all day.

So, as a guide, why not try making the 3 main meals smaller with 2 or 3 snacks spaced throughout the day? And remember...

Watch what you offer!

In today's busy society it is very convenient to have quick and easy snacks available in the cupboard for your children to eat. How many of your pantries out there are filled with snack packs of chips, muesli bars, fruit straps, processed cheese sticks etc..... If they are STOP! These types of snacks are directly contributing to our children's growing waist lines and if we are going to encourage our children to graze through the day as well as discourage the growing obesity problem affecting our children we need to get rid of these energy dense snack foods and provide healthy alternatives.

Healthy alternatives can be as convenient as the unhealthy ones so here is what you can do.

1. Chuck out the junk food snacks. If it's not there they can't eat it!

One thing to consider here is that your children will not starve if they don't have these foods to snack on. If children are hungry they will eat and if you only have healthy offerings that's what they will choose.

2. Keep snacks fresh, healthy & easy.

Have the following foods always available. Cereals, whole grain breads, fruit, vegetables, low fat yogurts, milk, cheese & eggs. It's amazing the variety of snacks that be created from these simple ingredients. Low fuss snacks and a bonus low weekly food bill as a result:

- **Keep chopped carrot, capsicum & celery in the fridge always for kids to grab on the run**
- **A tub of low fat cream cheese is great for the kids to dip these in**
- **Have frozen orange & pineapple segments in the freezer – again great on the run**
- **Keep a stock of hard boiled eggs in the fridge – kids love them!**
- **Keep the fruit bowl filled up so kids can grab on the way past**
- **Whole grain bread can make great sandwiches, toast etc. always have on hand**
- **Smoothie milk shakes including milk, soft fruit (canned is ok make sure it is in natural juice) an egg & yogurt are a great snack**
- **A tub of low fat yogurt**
- **Cheese cubes can be kept in the fridge for kids to grab as a quick snack.**

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