



Developing Healthy Eating Habits in Children

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Overview

- ▶ Challenges Surrounding Childhood Nutrition Today
- ▶ Division of Responsibility in Feeding Practices
- ▶ Strategies for Developing Healthy Eating Behaviors
- ▶ Healthy Meal and Snack Planning
- ▶ Questions





Challenges Surrounding Childhood Nutrition Today

- ▶ Decline in fruit and vegetable intake
 - ▶ Attributed to increase in fast food intake, busy lifestyles, behavior demonstrated by parents
- ▶ Prevalence of overweight and obesity on the rise in children
 - ▶ Proportion of overweight and obese children has doubled in the past 15 years
 - ▶ 1 in 3 are overweight or obese
- ▶ Increase in negative body image issues
 - ▶ Begin as early as age 3, heavily influenced by social media
- ▶ Higher incidence of disordered eating behaviors
 - ▶ Anorexia, ARFID, bulimia nervosa, etc

Division of Responsibility in Feeding Practices

Satter's Division of Responsibility

Parent's responsibilities

- What foods are offered
- When food is offered
- Where food is offered (no distractions)



Child's responsibilities

- How much to eat (as many servings as they like)
- If they will eat (they may choose not to eat)

Division of Responsibility in Feeding Practices

Instant Gratification Mindset

What kind of yogurt is best?

- Getting kids to eat healthy today, right now
- Heavily focused on the “right” and “healthiest” foods
- Parents get frustrated
- Children eat less well and don’t regulate their own food intake

Long-term Mindset

What is my system and strategy

- Teach kids to eat healthy for a lifetime
- Focus on what, how and why of feeding
- Parents are patient, knowledgeable and prepared for challenges
- Children eat better, can regulate their food intake and enjoy eating



Strategies for Developing Healthy Eating Behaviors

Structure	Routine with meals Systematic snacks Location Timing
Boundaries Monitoring	Food availability and accessibility Parent modeling Parent monitoring Parent in charge of kitchen
Reasonable choice Education	Child has input on food choice, but not in control Able to choose between 2-3 food options Allowed to refuse food, pressure-free praise

Strategies for Developing Healthy Eating Behaviors

- ▶ What about picky eating?
 - ▶ It can take up to 15 times to decide if children like a new food!
- ▶ Pay attention to children's food choices and behaviors
 - ▶ Do they avoid entire food groups?
 - ▶ Are they able to tolerate new foods on the plate?
 - ▶ Are they able to eat with family if others are eating something different?





Strategies for Developing Healthy Eating Behaviors

- ▶ Recognize that children may be hesitant to try new foods
 - ▶ Let them know it may take a while for their taste buds to get used to new foods
 - ▶ Keep offering new foods
- ▶ Don't be afraid to try new foods in different ways!
 - ▶ Consider dips for vegetables (hummus, Greek yogurt dips, etc).



Strategies for Developing Healthy Eating Behaviors

- ▶ Practice moderation with treats and desserts
- ▶ Do not label foods as “good” or “bad”
 - ▶ No food is inherently “good” or “bad”
- ▶ Talk about foods as “always foods” and “sometime foods”
- ▶ Do not label foods as “forbidden” or “never allowed”
 - ▶ Potential to overeat these foods later on

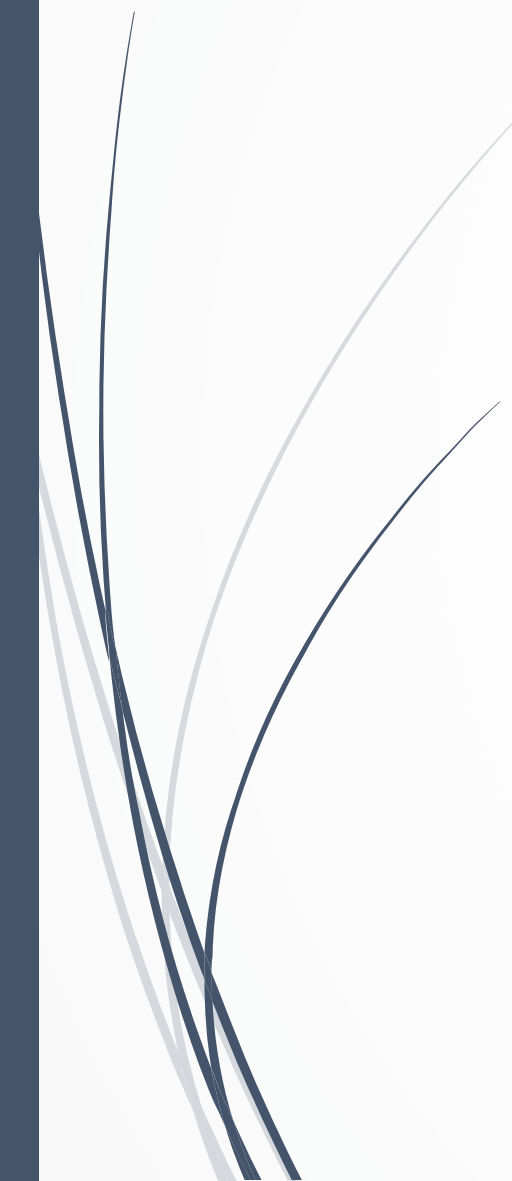


Strategies for Developing Healthy Eating Behaviors

- ▶ Be a good role model
- ▶ Eat with your children, model good food habits
 - ▶ Children will believe their parents eating patterns are normal
 - ▶ Important for parents to be honest with their own eating habits
 - ▶ Think of message being sent to children

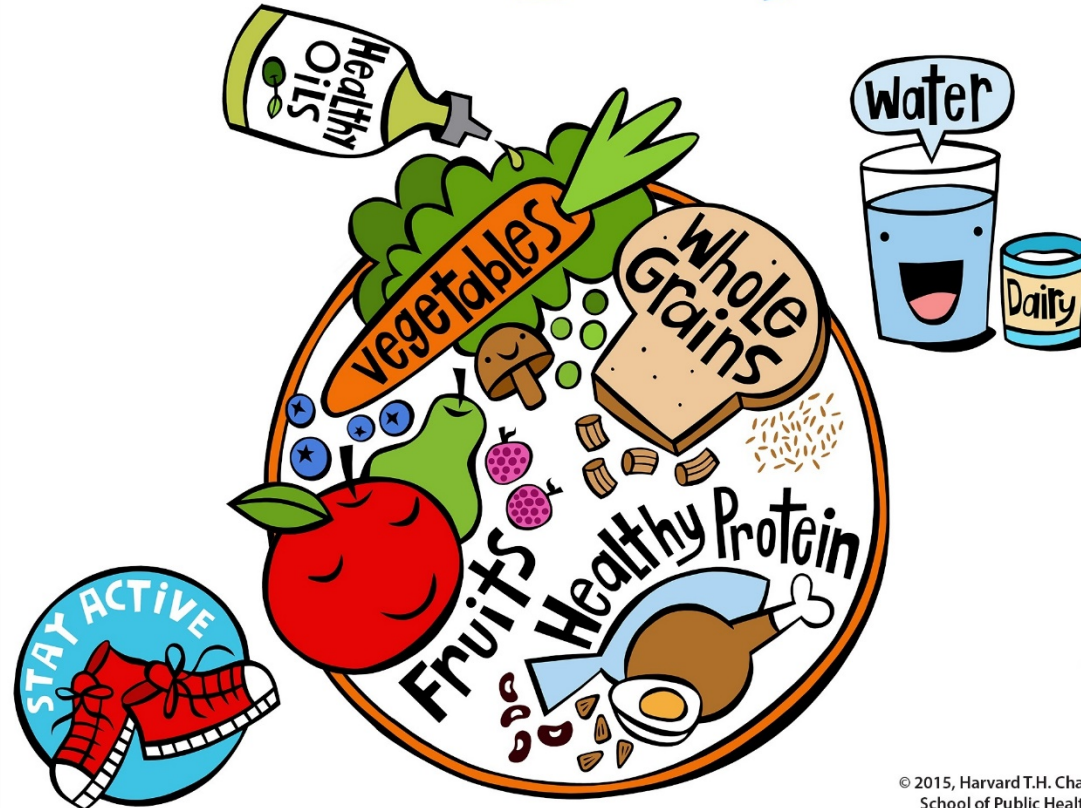


Healthy Meal and Snack Planning

- ▶ Important to plan!
 - ▶ Children need to eat every 3-4 hours
 - ▶ Have snacks available in the car
 - ▶ Non-perishable: Whole grain crackers, fruit leather, water
 - ▶ Perishable: Cut fruit and vegetables, cheese sticks
 - ▶ Plan for meals and snacks each week
 - ▶ Choose foods that can be repurposed
 - ▶ Roasted chicken -> chicken salad, soup, sandwiches, etc
 - ▶ Involve children in the planning and preparation process
- 

Healthy Meal and Snack Planning







Kid's Healthy Eating Plate





MYPLATE SERVINGS PER DAY

HOW MUCH SHOULD KIDS HAVE FROM EACH FOOD GROUP EACH DAY?

	2-3 YEARS OLD	4-8 YEARS OLD	9-13 YEARS OLD		14-18 YEARS OLD	
			GIRLS	BOYS	GIRLS	BOYS
 VEGETABLES CUPS	1	1.5	2	2.5	2.5	3
 FRUITS CUPS	1	1-1.5	1.5	1.5	1.5	2
 GRAINS OUNCES	3	5	5	6	6	8
 PROTEIN OUNCES	2	4	5	5	5	6.5
 DAIRY CUPS	2	2.5	3	3	3	3
 OILS (TEASPOONS	3	4	5	5	5	6

Healthy Meal and Snack Planning

- ▶ Breakfast: What to avoid
 - ▶ Cereals high in added sugars, but low in other nutrients
 - ▶ Packaged baked goods
 - ▶ Breakfast pastries
 - ▶ Frozen foods



Healthy Meal and Snack Planning

- ▶ Breakfast: What to include
 - ▶ Vegetable omelet
 - ▶ Oatmeal with fruit and nut butter
 - ▶ Yogurt and granola parfait
 - ▶ Egg on English muffin



Healthy Meal and Snack Planning

- ▶ Lunch and Dinner: What to limit or avoid
 - ▶ Foods high in sugars and sodium with little other nutrients
 - ▶ Prepackaged lunch trays
 - ▶ Chips
 - ▶ Candy/gummies
 - ▶ Juice drinks
 - ▶ Kids meals (chicken tenders and fries, etc)



Healthy Meal and Snack Planning

- ▶ Packing a lunch for children
- ▶ Make sure to use the right gear!
 - ▶ Soft sides insulated lunch box
 - ▶ Bento box
- ▶ Utilize proper temperature control
 - ▶ Cold: ice pack, frozen paper towels in plastic bag
 - ▶ Hot: thermos



Healthy Meal and Snack Planning

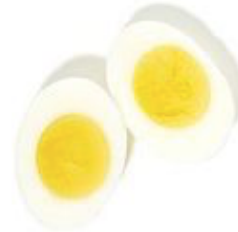
- ▶ Presentation
- ▶ Bright colored fruits and vegetables
 - ▶ Fruit skewers, fun shapes, etc.
- ▶ Include multiple types of different food



Healthy Meal and Snack Planning

1

Start with
Protein



eggs



yogurt



cheese



deli meat



chick peas



edamame

Healthy Meal and Snack Planning



Healthy Meal and Snack Planning

3

Add some
Veggies



cucumbers



celery



carrots



sugar snap peas



red pepper

Healthy Meal and Snack Planning



Healthy Meal and Snack Planning



Healthy Meal and Snack Planning



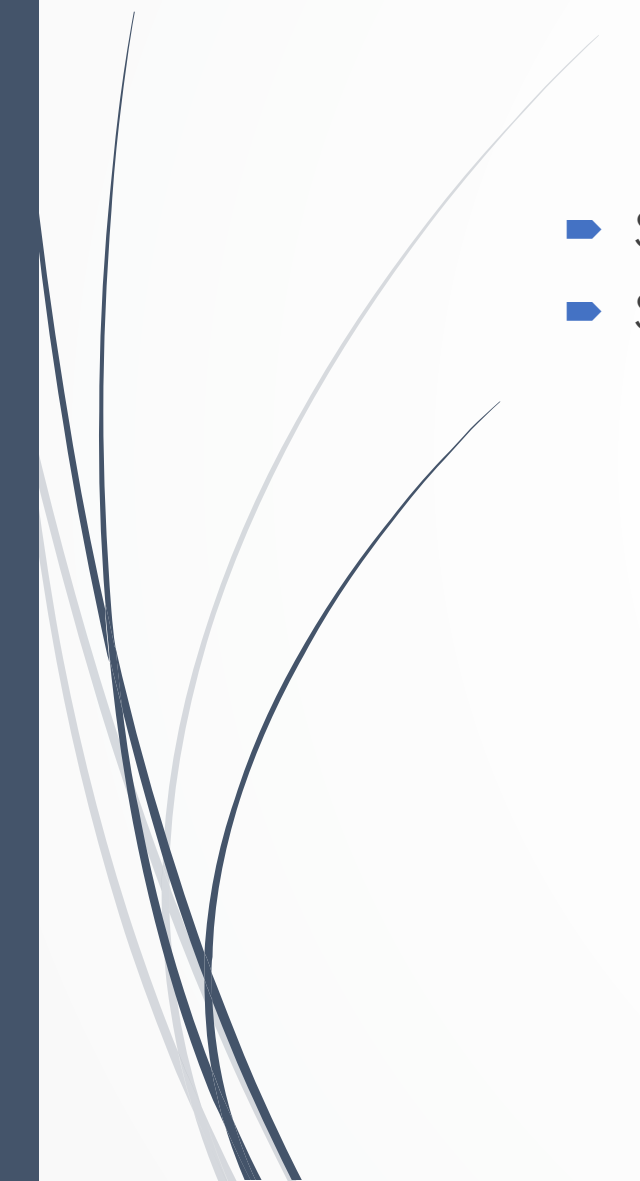
Healthy Meal and Snack Planning

- ▶ Dinner: What to include
- ▶ Find recipes that the whole family can enjoy.
- ▶ Emphasis on dishes that incorporate lean proteins, whole grains, and vegetables
 - ▶ Pita bread pizza
 - ▶ Pinto bean and cheese tacos
 - ▶ Chicken sausage and peach skewers
 - ▶ Keep it simple! Grilled chicken, steamed broccoli and brown rice





Healthy Meal and Snack Planning

- ▶ Snacks: What to include
 - ▶ Snacks rich in fiber and protein but low in sugar
 - ▶ Yogurt with fruit
 - ▶ Cheese stick and whole grain crackers
 - ▶ Apple slices with nut butter
 - ▶ Pita with vegetables and hummus
 - ▶ Cottage cheese and dried fruit
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Healthy Meal and Snack Planning

- ▶ Regular timing of meals and snacks
 - ▶ 2-3 hours for infants and toddlers (3 meals, 3 snacks)
 - ▶ 3-4 hours for preschoolers (3 meals, 2-3 snacks)
 - ▶ 3-4 hours for school-age (3 meals, 1-2 snacks)
 - ▶ 3-5 hours for teens (3 meals, 1 or more snacks)
- ▶ Encourage mindfulness around food
 - ▶ 5-15 minutes for snacks
 - ▶ 10-20 minutes for meals
 - ▶ Sit down at the table for snacks and meals





Questions?





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