

## *Healthier Child from A Dietitian's Perspective: Laura Hartung R.D.*



### **Top 12 Tips to A Healthier Child!**

*Adapted from Lunch Lessons: Changing the Way We Feed Our Children.*

1. Be a good role model.
2. Take your kids grocery shopping.
3. Be flexible: everything in moderation.
4. Make meal time special and eat on a schedule.
5. Don't be a short order cook.
6. Don't use food as rewards, bribes or punishment.
7. Make sure your child eats breakfast everyday.
8. Don't let your kids drink soda and sugary fruit drinks and juices.
9. Let kids help in the kitchen.
10. Encourage your children to mover their bodies.
11. Love and accept your child at any weight, size or shape.
12. Remember that YOU are the BOSS!

### **Healthy Snacks to Include Daily:**

- Hummus and cut veggies/apples tray with broccoli, tomatoes, peppers, carrots, etc.
- Natural peanut butter and banana on gluten free bread or crackers.
- Low fat mozzarella cheese sticks with fruit or gluten free crackers.
- Low fat yogurt with chives and veggies or with cinamon and frozen berries.
- Fruit smoothies made with yogurt, fruit, peanut butter and bananas.
- Melted dark chocolate paired with fruit.
- Fresh avocado and corn tortilla chips.
- Bean and cheese quesadillas.
- Yogurt with walnuts or almond.
- Natural turkey jerky and fruit.
- Hard-boiled eggs.
- Home made trail mix: gluten-free grain cereal (KIND), almonds, raisins and dark chocolate chips.
- Pumpkin dip with fresh apple slices.
- Nuts and seeds with dried figs .

### **Superfoods:**

Provide an abundance of: berries, broccoli, oranges, spinach and other greens, tomatoes, nuts and seeds, gluten free whole grains, salmon, turkey, pumpkin, soy beans, beans (legumes) and low fat plain yogurt.

*For more info go to: Easy Gluten Free: Expert Nutrition Advice with More than 100 Recipes by:  
Tricia Thompson, MS, RD, co-author.*