



School-Based Health Center Health Note

Making Healthy Food Choices for You and Your Children

Why making healthy choices is important:

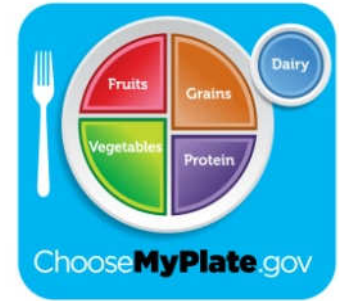
Your children need to learn what healthy foods are because it will influence what they eat for the rest of their lives. If we can help our children learn to make healthy food choices, it will help them make good food choices forever.

Healthy eating habits for the whole family:

It is important for your child to eat well, but it can also be very challenging. Parents need to set a good example by eating fruits and vegetables rather than potato chips and cookies. Try to challenge yourself to change your eating habits while encouraging children to eat what you are eating.

What are the recommendations?

Use "My Plate." Divide the plate in half. The first half of the plate should have a smaller section for fruits and a larger section for vegetables. On the other half of the plate, the larger section will be whole-grains (rice, bread, tortillas) and the smaller section will be proteins. The plate also comes with a dairy item such as non-fat or low-fat milk or yogurt.



Tips to promote healthy childhood eating

Make sure healthy snacks are available: Make sure your house is well stocked with fruits, vegetables, whole grain snacks, and healthy drinks. 'Healthy snacks' means carrots and celery instead of Cheetos or an apple with a little peanut butter instead of a cookie. If unhealthy snacks aren't in the house, your child cannot eat them when he or she is hungry.

Limit portions: Don't make your children 'clean up their plates.' If they didn't eat much, save the plate for later when they are hungry or make sure you have a healthy snack available. Do not use sweets as a reward for good behavior because this makes your child ask for them more.



Family dinner time: Set time aside each night to sit down as a family, enjoy each other's company, and eat great food. Eating the food as a group makes it easier to try new things and promotes an open relationship between you and your children.

Cook meals at home: Eating more meals at home tends to be healthier and less expensive. It also sets a good example for your children because restaurant meals tend to contain more fat, salt, and sugar than home-cooked meals.

Ask for help: Ask your children to help make the grocery list, go shopping, or prepare foods. You will learn what foods they like to eat and they will start to learn about the importance of healthy eating.

Indian Hill Elementary

3121 U Street
402-933-4968

Spring Lake Magnet Elementary

4215 S. 20th Street
402-932-7014

Liberty Elementary

2021 St. Mary's Ave.
402-505-8180



We look forward to seeing you and your family!

Stephanie Hall, PA-C
SBHC
One World Community Health Centers

King Science Magnet

3720 Florence Blvd.
402-502-5644

Northwest High School

8204 Crown Point Ave.
402-916-5964

Belvedere Elementary

3775 Curtis Ave.
402-932-1232

Kellom Elementary

1311 N. 24th Street
402-505-5451