

# Kids Nutrition



## *Rules for following a healthy diet*

1. **Never skip a meal.** Skipping a meal causes low energy. This generally leads to over-eating at other times of the day.
2. **Stay on schedule.** Eat 3 meals and 2-3 healthy snacks each day.
3. **Choose healthy snacks.** Snacks should be foods that contribute good nutrients to the body. For example: nuts, string cheese, fruit, veggies and dip, hummus, whole grain crackers like Triscuits and Wheat Thins, yogurt, kefir, smoothies, and popcorn.
4. **Drink plenty of water.** Flavored water and sparkling water are fine as well. Sodas, juice, sweet tea, coffee, and other sugary beverages do not add anything healthy to your day and should be avoided.
5. **Balance your meals.** A meal is not complete until you've eaten from every food group.
6. **Healthy fats are good for you!** Such as olives, olive oil, nuts, peanut butter, canola oil and avocado. Healthy fat is important for normal growth and brain development.
7. **Don't obsess about your size!** If you are following a healthy diet, getting enough sleep (9-11 hours a night), getting enough exercise (30-60 minutes per day), and you regularly stop eating when you are 80% full (don't stuff yourself), your body grow exactly how it is supposed to. It doesn't matter what size your friends are. What matters is what is healthy for you!

