



# "I EAT RIGHT"

## Introduction to "I Eat Right"

Why is it important for families to eat healthy?

- It helps us grow strong and healthy
- It helps our bodies get better faster when we're sick
- It gives us brain power; eating right helps our brain which allows us to learn more
- It gives us energy so we can play and do activities we love (like running around outside or playing different sports)

### HEALTHY HABIT OF THE DAY:

Half of my plate, at every meal, is fruits and vegetables.



Healthy LifeStars

### YOU AND YOUR CHILD'S NUTRITION:

- Is your child a picky eater?
- Do you have time to cook healthy meals?
- Do you have a hard time knowing what to cook?

Please check out the parent newsletters that are available at [healthylifestars.org](http://healthylifestars.org) for more information and tips on developing *Healthy Life Habits*:

- I eat right!
- I am active!
- I can do it!

These family information handouts will provide you with some tips and resources you can use as you teach your child and family healthy habits

### QUESTIONS TO ASK YOUR CHILD

**Q:** What can happen if you don't eat healthy foods?

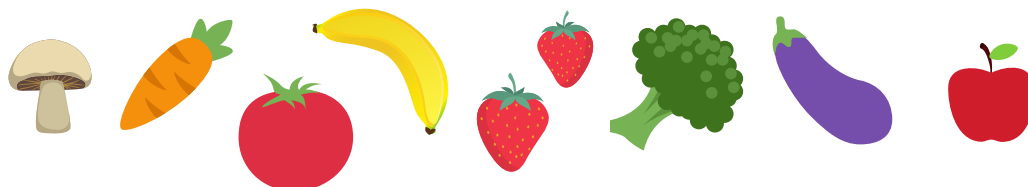
**A:** We won't grow up big and strong. We might get tired and sick a lot.

**Q:** How does eating healthy help your body?

**A:** It helps our brain work and our muscles get stronger

**Q:** What healthy snacks would you like us to eat as a family?

# 4 GOOD RULES of HEALTHY EATING



## Balanced Diet

Choose a variety of foods from each major food group. It will help you get enough calories, protein, vitamins, minerals and fiber. Choosing a wide range of foods also helps to make meals and snacks more interesting.



## Pay Attention

Read labels and pay attention to what is in your food. If you haven't heard of an ingredient, Google it! Try to stay away from foods with trans fats and added sugars.

## Eat only when you're hungry

It's easy to eat when you're bored or upset and this can lead to over-eating. Listen to your body and only eat when you're hungry and stop eating just before you feel full!



## The pleasure of eating

Food should be tasty—especially for picky kids! Try a new recipe one time each week and experiment with spices and ways to encourage picky eaters to try new things!



## RECIPE IDEA: BROCCOLI APPLE SALAD

\$3.20 total - \$0.80 / serving

### Ingredients

1 large crown and stem of broccoli  
2 apples

### dressing

1 lemon, juiced  
1 tbsp olive oil  
salt and pepper

### alternate dressing

1 tbsp yogurt  
1 tsp olive oil  
1 tsp lemon juice  
1 tsp fresh dill, chopped  
salt and pepper

Slice the stem of the broccoli into 1/8" discs. If you can't get them that thin, don't worry, but the thinner the better if you have the patience! Once you reach the crown of the broccoli, cut each of the florets off and slice each of them as thinly as you can as well. Set the broccoli in a bowl.

Halve and core the apples, then place the apples flat side down on your cutting board to make them easier to slice. Slice the apples into 1/8" pieces as well, then dump them into the same bowl.

Choose either of the dressing options and prepare it by simply mixing the ingredients together in a small bowl. Taste it and season with more salt and pepper to match your preferences.

Pour the dressing over the bowl of vegetables and mix it all together. If you put a plate in the fridge for 10 minutes before serving the salad, it'll stay crisp slightly longer.

Recipe courtesy of  
<https://cookbooks.leannebrown.com/good-and-cheap.pdf>

## FATS!

### WHAT ARE TRANS FATS?

Trans fat is considered by many doctors to be the worst type of fat you can eat. Unlike other fats, trans fat — also called trans-fatty acids — both raises your LDL ("bad") cholesterol and lowers your HDL ("good") cholesterol.

A diet that includes lots of trans fat increases your risk of heart disease, the leading killer of men and women.

Some sources of trans fats include frozen pizza, pre-packaged baked goods and cookies, cake frosting, and snack foods like some crackers. Check food labels for trans fats!

# Game Time with your kids

**Goal: To get the person to the end of the road by following the healthy choices.**

