

Suggestions to Consider when Eating as a Family

Good eating habits do not just happen; they must be learned.

Be a Good Role Model:

- Practice good eating habits because children like to imitate adults.
- Eat in moderation: watch your portion sizes.



- Eat a variety of healthful foods, such as fresh fruits and vegetables in season; lean cuts of meats, fish and poultry; whole grain breads, cereals and pastas;

low-fat dairy products, and eggs, nuts, and beans.

- Drink water or low-fat milk instead of soda.
- Eat fruit for dessert.
- Avoid eating junk foods because they are high in calories, sugar, fat, and salt.
- Turn off the television at mealtime so you can enjoy the time together with your family.



Teach Your Child the Importance of Healthy Eating:

- Provide your child with nutritious meals and snacks to help her grow, stay healthy, and keep a healthy weight.



- Offer new healthful foods. Be patient. It may take several tries for your child to get used to the taste.
- Let your child help prepare meals and snacks and use the time to teach him about healthful foods.



- Let your child decide which of the nutritious foods you offer to eat and how much to eat.
- Respect your child's decision to stop eating when full. Do not force your child to eat.



A Nutrition Learning Center for Child Care Programs

Recipe Corner



Here is a recipe the whole family can enjoy. Why not try it using whole grain spaghetti noodles? Or try it using spaghetti squash!

Spaghetti with Turkey Meat Sauce

SOURCE: Network for a Healthy California
Champions for Change
at <http://www.cachampionsforchange.net>

Makes 8 servings

Prep time: 10 minutes

Cook time: 30 minutes

INGREDIENTS:

Nonstick cooking spray

3/4 pound lean ground turkey

*2 (14 1/2-ounce) cans diced tomatoes,
juice reserved*

1 green bell pepper, finely chopped

1 cup finely chopped onion

2 cloves garlic, finely chopped

1 teaspoon crushed dried oregano

1 teaspoon ground black pepper

1 pound spaghetti noodles

PREPARATION:

1. *Spray a large skillet with nonstick cooking spray. Preheat skillet over medium heat.*
2. *Add turkey and cook, stirring occasionally for 5 to 10 minutes or until cooked through. Drain fat.*
3. *Stir in tomatoes with their juice, bell pepper, onion, garlic, oregano, and ground black pepper. Bring to a boil and reduce heat. Cover and simmer for 15 minutes, stirring occasionally.*
4. *Meanwhile, cook spaghetti according to package directions; drain well. Serve sauce over spaghetti.*



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Visit the Web site at <http://www.healthypreschoolers.com>