



Wellness Wise

Nutritional Tips for Parents

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How Can Parents Help Curb Junk Food Habits?

Parents and care givers can support the shift in the messages kids receive about food and help them learn about nutrition. You can monitor what children watch on TV and where they go on the Web. The earlier the better is best for teaching a child about food and nutrition, but it's never too late to start.

What Can You Do?

- Like so many aspects of raising a child, being a good role model is important. Eat healthy yourself.
- Avoid battles over food.
- Carefully read food labels to check nutrients and ingredients.
- Involve your child in food shopping, reading labels, and cooking.
- Help your child make healthy and fun snacks.

What Can You Say?

- Encourage your child to make responsible choices about food-the same way you talk with him/her about other choices, like doing homework and not using alcohol.
- Have a family discussion about how to replace junk food with more nutritious items.

By introducing, practicing, and encouraging healthy eating habits, you can help your child have a healthier future. You'll also be helping yourself and every member of the family.

Source: <http://family.samhsa.gov/>

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Figuring Out Fiber

Listed on food labels under total carbohydrates, dietary fiber is found in plant foods like fruits, vegetables, and grains. Some of the best sources are:

- whole-grain breads and cereals
- apples
- oranges
- bananas
- berries
- prunes
- pears
- green peas
- legumes (dried beans, split peas, lentils, etc.)
- artichokes
- almonds

A high-fiber food has 5 grams or more of fiber per serving and a good source of fiber is one that provides 2.5 to 4.9 grams per serving.

A simple way to determine how many grams of fiber a child older than 2 years should eat each day is to add 5 to the child's age in years (i.e., a 5-year-old should get about 10 grams of fiber). After the age of 15, teens and adult women should get about 20-25 grams of fiber per day. Adult men should get 30-38 grams of fiber a day.

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