

## **Back to School with Healthy Eating**

Brought to you by Froedtert and Community Memorial Hospital Dietitians

As the school year begins again, it is a great time to revisit the important role of healthy eating in assuring a child's success in school. Here are some basic tips for parents:

- Start the day with breakfast. Children who eat breakfast do better in school. Think "3" when it comes to breakfast – the breakfast should have foods from three different food groups. Suggestions: cold cereal, fruit and low-fat milk; whole-wheat toast , peanut butter and orange juice; yogurt with fruit and whole-grain waffles
- Send "smart snacks" to school with your child. Children need to eat frequently, and snacks are an important part of a child's daily nutrition. Think "2" when planning for healthy snacks (foods from 2 different food groups). Suggestions: celery and peanut butter; an apple and a string cheese; yogurt and blueberries
- Variety is key! Exposure to a wide variety of different foods helps to balance nutrient intake and develops acceptance of different flavors – goodbye picky eater!
- Make water your family's number one drink. Staying properly hydrated keeps the brain functioning well. Encourage your child to carry a water bottle to school each day.
- Include more whole grains, fruits and vegetables and low-fat dairy products in your family menu. They provide carbohydrates for energy, plus vitamins, minerals and fiber.
- Lead by example – put away the chips, and choose that piece of fresh fruit for an afternoon snack!

For more information on healthy eating for the school-age child, please visit the following website: Team Nutrition Resources for Parents

<http://teamnutrition.usda.gov/parents.html>

Tip from Eat Right Montana