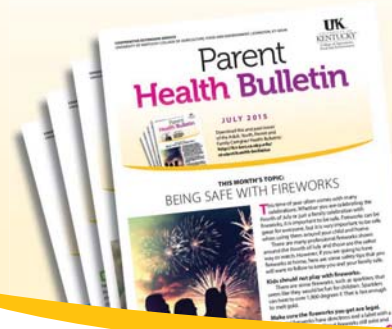


Parent Health Bulletin



SEPTEMBER 2015

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THIS MONTH'S TOPIC:

EATING HEALTHY AND STAYING ACTIVE

Does your child like to try new foods? Or do you battle to get your child to try something new? Making sure your child is eating a healthy, balanced meal can be hard. By following the MyPlate guidelines, you can help your child try new foods and make sure that he or she is getting all the foods needed to grow up big and strong.

My Plate: What should be on it?

There are five different MyPlate food groups: fruits, vegetables, grains, proteins and dairy.

- **Fruits** are good because they can be quick and easy to eat when you are on the move. This is great for both parents and kids. Whether frozen, fresh, dried or even canned, fruits do not need to be cooked to eat and are typically easy to take with you wherever you go.

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Fruits make a great dessert. You could even make a parfait by putting fruits and yogurt together.



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- **Vegetables**, along with fruits, have many of the vitamins and nutrients that help you stay healthy. They come in many colors: red, orange, green and even purple. If your child does not eat vegetables regularly, try letting him or her pick out a vegetable to try.
- **Grains** are the breads, cereals and even popcorn, you may eat. Whole grains are the best choice for growing bodies (and ours too) because they have more nutrients in them.
- **Proteins** such as chicken, pork, beef, fish, beans and even tofu are good choices. If your child does not like to eat meat-based protein, beans can be a great way to make sure that he or she is getting those important nutrients.
- **Don't forget dairy!** Children over the age of 2 can drink low-fat milk at meals. Low-fat yogurt can be a great snack. It is also a good choice for dairy.

Does your child have a sweet tooth? Fruits make a great dessert. You could even make a parfait by

putting fruits and yogurt together. If you want to have a warmer dessert, baked apples with a sprinkle of cinnamon may hit the spot.

Staying healthy is more than just eating right. Keep your child active too. He or she should participate in physical activity at least 60 minutes a day. Thankfully it does not have to be all at one time. Talk to your child and know what kind of activity he or she likes to do.

Offer different kinds of foods and encourage your child to stay active. Eating healthy and staying active are important parts of helping your child grow up strong.

SOURCES:

- ChooseMyPlate.gov (2011). Build a Healthy Meal <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet7BuildAHealthyMeal.pdf>
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Parent
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