

# HEALTHY EATING

## Upcoming Events:

November 28, 2012  
Take the Mystery Out of  
Winter Diabetes  
Management  
1:30 p.m. to 4:00 p.m.  
Center, Nebraska  
No Cost

## Help your child learn to eat the amount of food that is “just right”

Healthy kids usually eat when they are hungry and they stop when they start to feel full. Your child probably knows how much to eat. She knows when to stop eating if you do not force her to eat more.

- You decide what food to offer and plan regular times to eat.
- Let your child pick from foods you offer and decide how much to eat. Giving your child that right and respect is important.

Your child probably is eating enough if she is full of energy, is growing, and seems healthy. If your child is losing weight or has special food needs, get help from a doctor. This is not the time to figure out the problem by yourself.

You can help your child learn when she is full by:

- Offering small portions and letting your child ask for more.
- Letting your child serve herself.
- Allowing enough time to give your child a chance to feel full.
- Taking food away when your child stops eating.
- Offering a small snack if your child is hungry between meals.



Learning hunger cues is important. Keep eating times relaxed so your child learns body signals for being hungry and feeling full. That is how your child can learn to eat in a normal way, not overeat. That is a good habit for lifelong health. For more information see: [www.mypyramid.gov/preschoolers/HealthyHabits/index.html](http://www.mypyramid.gov/preschoolers/HealthyHabits/index.html)

Your child may gain too much weight if you try to get her to eat when she is full or you don't let her eat when she is hungry. Surprised? It is obvious that eating too much can make people fat, but not having enough food can have the same result. Your child might overeat later when there is another chance to eat. For example, skipping breakfast can lead to overeating at lunch.

Your child is watching you. If you overeat, your child may, too. Your child learns how to eat by seeing how you eat. Keep your own portions sensible. Start with a small amount; only eat more if you are hungry. Eat when you are hungry, not just bored or stressed. Slow down to eat the right amounts. When you take care of yourself, you take care of your child, too!

Source: eXtension “Just in Time Parenting”

## September is National Breakfast Month

For many people breakfast is a low priority or not one at all. If you think you are saving time or cutting calories by skipping breakfast, think again. Making a healthy breakfast a part of your morning can help get you on track to make healthier choices throughout the day, increase your physical activity, and help curb overindulging on convenience foods and overeating at lunch. A healthy breakfast replenishes your body.

### [Healthy Breakfast Ideas](#)

- Small whole wheat bagel with peanut butter, a banana, and a glass of skim or low-fat milk.
- Oatmeal with skim or low-fat milk topped with dried or fresh fruit & chopped nuts.
- Breakfast parfait made with low-fat yogurt, fruit, and low-fat granola.
- Sandwich made of a whole grain English muffin, turkey bacon, & low-fat cheese.

