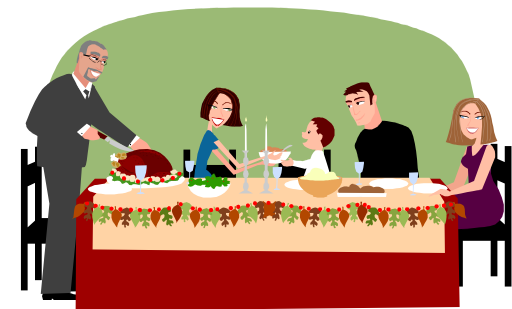


THE FAMILY TABLE

RAISING HEALTHY
EATERS FOR LIFE



NUTRITIONAL GATEKEEPERS

- Before we had experts to give nutritional advice, we relied on the accumulated wisdom of the tribe (Michael Pollan, NYT)
- Information was disseminated from one generation to the next and never questioned
- Today Mothers are usually the ***nutritional gatekeepers*** for children (may be a father, grandmother, or other family member)

NUTRITIONAL GATEKEEPER

- Information overload- be smart
 - Marketing everywhere we look-TV, bathrooms, computers
 - Food on every corner- libraries, gas stations, movies
 - Everyone seems to be a nutrition expert-diet gurus
- Make wise healthy decisions for yourself and your children
- Be a nutritional role model: kid's learn from our behavior
- Maternal obesity is the most significant predictor of childhood obesity.



Obesity Epidemic

- Nearly 30 % of 2-19 year olds are overweight today- an increase of 15% from 25 years ago
- 85% of obese 12yo's will become overwt. Adults
- 1in 6 adolescents has prediabetes (chronic elevated blood sugars)
- American kids are overweight and undernourished



Nutrition Rules for the whole family

- Skip the liquid calories: soda, juice, Snapple, Gatorade, vitamin water, sweetened tea
- Eat breakfast
- Put a ***rainbow*** on your plate with 5 fruits and veggies every day
- Choose whole grains over processed white foods (whole wheat pasta & bread)
- Include “sometimes” food only sometimes... (ie.-cake, ice cream, candy, donuts, and fries)

THE BASICS OF THE FOOD LABEL

- Choose unrefined or less processed foods when possible
- Make high fiber choices-at least 3 grams
- Avoid excess Cholesterol: not more than 300 mg/day
- Avoid excess Sodium: look for foods with less than 140mg per serving
- Avoid products with transfat and saturated fat
- Avoid excess sugar: look for added sugar by reading the ingredient list (corn syrup, dextrose, honey, maltose, high fructose corn syrup)



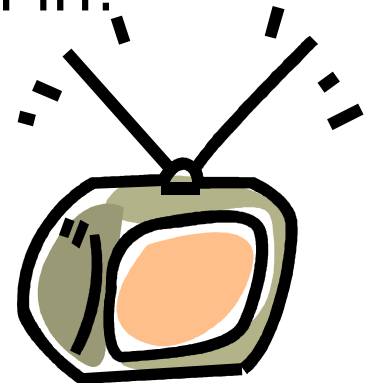
SIMPLE CHANGES ***=BIG REWARDS***

- Say goodbye to soda/juice (all sweetened drinks)
- Switch to ground turkey for ground beef to limit saturated and cholesterol
- Substitute Canadian bacon for sausage or ham
- Change to lowfat dairy products: skim milk in place of whole milk, lowfat frozen yogurt in place of ice cream
- Use mustard instead of mayo on sandwiches



Behavioral Changes For A Lifetime of Health & Wellbeing

- Turn off the TV (2 hrs of screen time a day)
- Take a 30 min walk with your kids every day
- Food stays in the kitchen-not in bedrooms or in front of the TV
- Meal time is meal time, not TV or computer time
- Kid's need sleep: get to bed early without distractions and don't forget to tuck them in!
- Regular Family meals!!!



THE FAMILY TABLE

- Prioritize the family meal
- 1 or 2 nights a week is better than nothing
- Have a family breakfast on the weekend
- Simple meals are great
- Children should help: they can set the table, fill water glasses, and clear the dishes
- It matters.....



Benefits of the Family Meal

- Set up preferences for flavors and textures for the rest of their lives
- Kids are known to eat almost double the # of calories at a restaurant meal compared to a meal at home. (800 vs 420)
- Helps to develop a relaxed and comfortable relationship with food.
- Place to learn about making healthy choices and form a pattern of healthy eating for adulthood.
- Children can learn moderation and moderation is key

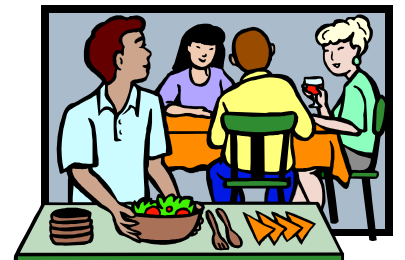
Benefits Beyond Nutrition

- Builds self esteem: children feel valued through family participation.
- Develops both language and social skills
- Influence a child's physical and emotional wellbeing through crucial growing years
- Studies show that kids who eat with their family are less likely to get involved with drugs and alcohol.



Time to Communicate

- Minimize battles (no winners in a food battle)
- Create a relaxing and pleasurable environment without criticism or judgment
- Avoid body image references, focus on health
- Engage in consistent conversation
- Ask questions that require answers



CONVERSATION STARTERS

- Who did you sit by at lunch or on the bus?
- Who sits at the peanut table?
- What is the most exciting thing that happened today?
- What was your favorite part of the day?
- What was the worst thing that happened today?
- What games did you play at recess?
- How many kids does your teacher have?

Lessons from the FAMILY TABLE

- MODERATION: Sugar or “junk” food does not lead to obesity on it’s own. Overeating leads to obesity.
- Nothing in excess is good for you!!
- Hunger and satiety should not be driven by external cues (ie- clean plate, clock, or a TV commercial)
- Food does not equal love, nor should it be a reward
- Food is one of life’s great pleasures.....

Enjoy!

