

Healthy Babies, Healthy Kids, Healthy Futures™
Healthy Habits that start in childhood last a lifetime.



DR GLASSER'S NUTRITIONAL RULES OF THUMB

1. Try to eat as much whole grains as possible. Avoid white bread and white rice if possible. Use whole wheat bread and brown rice. Avoid wheat flour in the ingredient list if possible.
2. Eat lots of fruits and vegetables. Fresh is best, frozen next, and canned last. Juice is NOT a substitute for fruit, even if it is made from 100% juice. It is about the nutritional equivalent of a candy bar. Sports drinks and punch are no better. Limit intake of all of these beverages to no more than about 8-10 oz/day. For those who have a hard time drinking plain water, dilute the juice at least half-and-half with water to decrease calories, but get a little extra flavor.
3. Eat varieties of meats, chicken, turkey, fish, and shellfish. Try to limit fried foods as much as possible.
4. Calcium is a very important nutrient. Easy sources are milk, yogurt, and cheese. Choose low fat options whenever possible. Try to get at least 16-24 oz/day of these foods, and don't exceed 24 oz/day of milk. If someone doesn't like milk or is allergic or lactose intolerant, Lactaid pills or Lactaid milk or soymilk (as long as it is calcium fortified) are other options. Chocolate milk has the same amount of calcium as white milk but a lot more sugar calories! Unfortunately, ice cream is NOT a good source of calcium.
5. Soda is your enemy! Sodas suck calcium out of the bones and teeth weakening them both and promoting cavities. It has no nutritional value and makes one feel full and less likely to eat healthy foods. Diet sodas have artificial sweeteners which may cause stomachaches and headaches, and non-diet sodas are LOADED with sugar calories. Caffeine containing sodas can interfere with sleep and bowel habits and are addictive. **ABSOLUTELY NO MORE THAN 2 SODAS/WEEK.** Don't keep soda in the house or people will drink it, it's that simple. Whenever you feel like having a soda, drink 8 oz of water first, eat a piece of fruit, and try to skip the soda anyway!
6. Limit cookies, candy, chips, and junk food. Do not deny these things to kids, it isn't realistic. Insist on limiting the amount consumed at each time and each day. Increase water consumption to help someone feel full and decrease the desire for junk food. Don't keep sodas at home and only keep limited juice at home. Juice boxes are convenient and you can insist on just one/day. Prepackage chips and cookies into sandwich baggies to control portion sizes.
7. **DON'T SKIP MEALS.** Skipping meals sets the body's metabolism into starvation mode which slows it down and encourages the storage of calories as fat on the body. Pack lunch from home at least 3 times/week as opposed to eating out or in the cafeteria.
8. Remember that **portion sizes matter.** The appropriate portion size for a child and teen is about the size of that person's fist or palm of their hand. Make sure to serve the portions to your child and insist that most of the plate is cleaned before giving seconds, which are half as big as firsts.

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9. Involve kids in food shopping and cooking. Try foods that look or smell good or interesting. Try new recipes, keep it simple at first, but be creative. Choose colorful fruits and vegetables. Cut things into different shapes for younger kids to keep them interested. Make soups and consider blending or pureeing them for really finicky eaters.

10. Plan meals ahead of time. Try to cook more than you need for just that one meal. Freeze food for later use. Take leftovers for lunch. Try to bring food to eat on the way to and from practice and other activities. This will result in less fast food, junk food, and less stress! Yogurts and sandwiches are good quick foods. Keep a portable cooler in your car to stock with food for those busy weekdays.

11. Remember to enjoy food and eating. Eating and food should be about pleasure, excitement, and choices. They should be important and the focus of positive efforts. They should not be about rewards and punishments or as a treatment for boredom or sadness. Eating should be part of an overall healthy lifestyle.

12. Learn to read food labels and practice doing it! It will help you make better food choices.

You can go to <http://www.drglasser.com/pdf/Reading-Food-Labels.pdf> and find a brief guide on how to read food labels.

For those of you who are trying to make lifestyle changes, congratulations on starting a journey toward better health. This should be a family effort. Make a list of all the things you are currently doing well and a list of the things that need improvement. Strive to eventually move all the items from the need improvement list over to the doing well list. Make only 1 change at a time initially, and don't try to make any new changes until you have been able to move an item to the doing well list consistently for 3-4 weeks. Then move on to the next change. Making too many changes at once may result in feelings of stress and disappointment and then giving up on changing habits entirely. Better to take smaller steps and build on your success. Some things on your lists will involve what you eat or drink and other things will involve physical activity and other lifestyle choices. Remember, the goal is to improve habits and those are things that we do over and over again day after day. It takes a while to develop a habit and it takes a while to break it and replace it with a new one. Sometimes we take a step backwards to move forwards. Focus on your accomplishments and keep on striving toward your goals!!!

Check out this link for more information on this topic:

<http://www.drglasser.com/pdf/Food-&-Exercise-Pyramids.pdf>

Dr. Lisa Glasser of Siena Pediatrics.

Call for appointments (702) 248-7337.

Visit www.drglasser.com for additional information.