

TOP 10 ways to rebuild better eating habits



1. Good habits stick

Research show that what your kids learn to like when they are young is what they will like when they are older. Make sure they have a variety of different foods daily. Allow them to experiment with new foods in a fun way by making fruit kabobs and shapes with their foods.



2. Expand on what they like.

Add veggies you know they like to foods like macaroni and cheese. You can also try adding new veggies to foods you know they like.



3. Presentation is everything.

Pack veggies in a brightly colored pail for a picnic. Use fun plates and let your children be creative. Kids will be more excited to eat something if it looks fun!



4. Serve food with “kid appeal”

Let your kids create funny faces using fruits and veggies like carrots, celery, raisins, grapes, lettuce, tomatoes, bananas and more!

5. Little power shoppers

Take your kids to the grocery store and let them pick out new fruits and veggies to try. They are more likely to eat it if they have chosen it themselves.

6. Get kids involved.

Let kids make their own foods sometimes, like pizzas with all kinds of healthy toppings.



7. Make it a contest.

Come up with creative contests to get them excited about eating healthy foods. For example, have a “big crunch” contest to see who can make the loudest crunch when eating raw veggies. Make race cars out of celery, carrots and toothpicks and let them have a race.

8. Drink your fruit.

Make smoothies using frozen fruit, fat free milk and fat free or low fat yogurt. You don't even need to add sugar!

9. Growing taste buds.

Let your kids plant a garden, even if it's a potted garden. They will love to grow, pick and eat their own handiwork.

10. Mix it up

Introduce your kids to a variety of foods including ethnic foods. Don't give them “kid-friendly” foods only. Have Mexican, Greek, Italian, Japanese or any ethnic theme night. It's a great way to get your kids excited about eating different foods.



Cardiac Risk Factor Reduction Program

Who can benefit:

- ~ Overweight children (BMI >95th %ile)
- ~ Children with high blood pressure
- ~ Children with high cholesterol
- ~ Children with other co-morbidities

What is the program?

- ~ 12-week program that incorporates nutrition and physical activity education
- ~ One on one counseling with a registered dietitian and exercise physiologist
- ~ Group nutrition and exercise sessions

How do I get enrolled?

- ~ Ask your pediatrician for a referral to Children's Heart Center
- ~ Set an appointment with one of our pediatric cardiologists
- ~ Make an appointment for a one hour consultation with one of our registered dietitians



(702) 732-1290

Childrensheartcenter.com