



HAVE A HAPPY 'YUMMI' NEW YEAR WITH THESE HEALTHY EATING TIPS FOR THE WHOLE FAMILY, PRESENTED BY YUMMILOO

MAKE 2014 YOUR HEALTHIEST YEAR YET!

What better time than the beginning of the New Year to model healthy eating habits in your home. **Yummiloo** shares some of its favorite tips on how to eat better, snack smarter, and drink healthier!

- *Make healthy choices at snacktime; say yes to energy foods!*
Energy foods supercharge the body with important nutrients and power. Fruits, vegetables, whole grains, legumes, and some dairy products are low in fat and sugar and can make you feel energized and full for a long time. Snacktime is the perfect time to enjoy energy foods – take a look at our new **Yummiloo music video** to see some fun ideas for healthy snacks. Since energy foods are good for everyone to eat, keep them in stock all the time!
- *Water, water, everywhere*
Drinking water is not only healthy for you - it's readily available! Unlike sugar-sweetened drinks, clean tap water has no calories and is a great way to hydrate and save money. Sodium-free seltzer is another great alternative that is fun and fizzy without any added calories. Make it available to your kids by handing them a water bottle and asking them to drink five sips. Make it fun using a straw, or if they complain about the taste mix it with a little lemon wedge or squeezing a little bit of fresh orange into it. Have each child put their initials on a cup or decorate a cup that is just for them. The more they have ownership in the process, the better.
- *Keep strong with less fat*
Milk is essential for building strong bones and teeth, which every kid needs. Consider switching to low-fat or fat-free milk after children have turned two; it will still build strong bones without the extra fat.
- *Practice mindful eating*
Treating a meal as a special activity shared with family and friends is a great way to teach your kids to have a healthy relationship with food. Cooking at home can be cheaper and healthier than eating out or ordering take-out. Research shows that family mealtime benefits children emotionally and physically. And by not eating in front of the TV or computer, it is easier to control portions as well as concentrate more on your food and family. Put the joy back into eating by sitting down to share both food and stories.

- *No short-order cooks*
Catering to the demands of individual family members can add undue stress to a meal. Prepare one meal for everybody, making sure that there is at least one thing each child will eat, and serve it family-style so kids can pick and choose. This helps kids feel like they have more control over the meal and nurtures their sense of portion control. Another great strategy is making “naked” versions of dishes like pasta, rice or chicken with sauce or seasonings only on the side.
- *Have fun*
Playing with your food is not always bad! Being creative with a meal can encourage children to try new foods. Make silly faces with berries and other fruit and give foods silly names (broccoli florets are “baby trees” or “dinosaur food.”) Anything “mini” is always a hit. Have kids use cookie cutters to turn toast into hearts and stars. When kids have contributed to a meal, they’re more likely to eat it.
- *Make mornings count*
Breakfast is an easy place to start the day off right; most families don’t eat enough fiber on a daily basis, which helps the digestive system and makes us feel full. Look for unsweetened high-fiber cereals, and add yogurt or sliced fruit to make the bowl more colorful and healthy.
- *Give kids ownership over meals*
Allowing your children to help plan, shop for, and prepare meals will make them more invested in food and their own well-being. Have kids help prepare meals and snacks by adding veggies to salads and making smoothies or other fruit creations. Try “playing restaurant” for upcoming meals by printing out a list of food choices and letting your kids check off the ones they want.
- *Mealtime game ideas*
Experts suggest that picky eaters should try a new food 6-8 times in order to acquire a taste for it. Mealtime games can be a great way to introduce new foods in an encouraging way. Take turns around the table calling out dishes to take a bite of: “Everyone take one bite of broccoli,” “everyone drink one sip of water,” and so on.
- *Have a clean-up dance party!*
Put on dance music and rock out as you do the dishes together. A different person gets to be the DJ each time, while the table is cleared and dishes are done.