

How to Encourage Kids to Eat Healthy

Traffic Light Eating

Bring your children up to understand that different foods have different values. “Green-light” foods are “go for it” foods. They’re great for you — eat all you want of these. “Yellow-light” foods are “think about it” foods. They are okay in moderation but should be reserved for treats and eaten only occasionally, not as a steady diet. “Red-light” foods are “stop, say no, bad for you” foods. At the very least avoid eating too many of them.

EXAMPLES OF EACH CATEGORY

GREEN-LIGHT FOODS

Vegetables
Legumes
Fruits
Fish
Whole Grains & Sprouted Grains
Pasta
Nuts and Seeds
Soy Products, tofu
Eggs (cage-free/no hormones)
Meat and Poultry (no nitrates)
Dairy Products
Vegetable Oils (olive & flax - unhydrogenated)
Healthy Treats (unhydrogenated)
Homemade Soups

YELLOW-LIGHT FOODS

Pies
Cakes
Butter
Candy
Cookies, Pastries
Fast Foods
Fruit Drinks
White Bread
Sodas
Frozen Yogurt
Canned Soups

RED-LIGHT FOODS

Hot Dogs (most)
Nitrate-containing Meats & Cold Cuts
Packaged Foods with hydrogenated oils
Marshmallows
Punches & Drinks with added colorings
Cotton Candy
Doughnuts
Crushed Ice Drinks (mostly syrup & dyes)
Cereals with dyes & hydrogenated oils
Fast Foods fried in hydrogenated oils
Pre-packaged Foods (example: Luchables)

Why are raw fruits and vegetables so important?

1. Raw fruits and vegetables are the building blocks for healthy bodies. You are what you eat!
2. All people, including children, manufacture free radicals as a by-product of metabolism. These free radicals cause destruction and aging of cells and body, including cancer. The more active a child is, the more free radicals are created! The antioxidants in raw fruits and vegetables neutralize free radicals.
3. The fiber in raw plant foods can lower cholesterol, scrub the intestinal walls, reduce the risk of diabetes by slowing carbohydrate absorption and reduce the risk of many types of cancer.
4. Phytochemicals found in raw fruits and vegetables fight disease and reduce the risk of many diseases. Did you know that there are over 10,000 phytochemicals in a single tomato?
5. Minerals in plant food, like calcium, sodium, magnesium, and potassium are all vital for proper body function.

Tips for Making It Easier to Encourage

- Have fruit washed and available. Cut up veggies and have them ready to eat.
- Use fruit for a sweet snack.
- Send fruits & vegetables as a snack in packed lunches
- Serve fruit and vegetables as snacks at home
- Serve salads first at dinnertime, when kids are most hungry.
- Try new fruits and veggies-don’t assume your kids won’t like them.
- Give your kids concentrated fruit and vegetable snack foods-Juice Plus+ Gummies.

Why Juice Plus+ Gummies & Capsules?

Unlike traditional “fragmented” vitamin and mineral supplements, both original Juice Plus+® and JP+ Gummies® contain the wide array of “whole food based” nutrients found in fruits and vegetables themselves: the vitamins and the antioxidants, the phytochemicals and the enzymes, the minerals and the fiber.

What is in Juice Plus gummies & Capsules? Juice Plus packs a lot of good nutrition including:

Apples, oranges, pineapples, cranberries, peaches, acerola cherries and papaya; carrots, spinach, broccoli and kale; cabbage, parsley, beets and tomato; even grains like barley and oats. All providing a variety of phytochemicals and other nutrients that only whole foods offer.

Great taste with less sugar. JP+ Gummies® have less sugar than regular gummies. An entire month’s supply of JP+ Gummies® contains less sugar than drinking one can of soda a week!

No artificial flavors and no artificial colors. Unlike regular gummies, JP+ Gummies® are flavored only with natural fruit flavors, and colored only with natural fruit colors. No hydrogenated oil.

Adding healthy JP+ Gummies® to your child’s diet costs about 67 cents a day - less than one unhealthy trip to the soda or candy machine. Mother Nature’s Perfect Treat.

Pat Lindsey, IBCLC - Lactation Services 1-888-737-2229

www.patlc.com/nutrition