

# Eat When You're Hungry

# Stop When You're Full

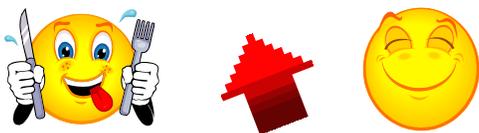
Teaching children to listen to their bodies and learn the difference between being hungry and being full will help them regulate their food intake.

When your child says “I’m full,” listen and allow your child to stop eating.

It is not necessary or healthy to always eat all of the food on the plate!

Teach your child “Eat when you’re hungry and stop when you’re full!”

Balancing food intake and physical activities can help your child develop a healthy lifestyle.



## START EARLY

Children who learn to make healthy choices at a young age are more likely to continue these habits throughout their lives.

**ALL 4 KIDS: HEALTHY, HAPPY,  
ACTIVE, FIT!**

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### Resources:

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Sesame Workshop. (2007). *Sesame Street healthy habits for life* [Electronic Version]. New York, NY: Sesame Workshop, Nemours Health and Prevention Services and KidsHealth.

Sigman-Grant, M. (2003). *Tummy talks*. Food Stamp Nutrition Education Program and University of Nevada Cooperative Extension.

National Heart and Lung and Blood Institute. (2005). *We can; Ways to enhance children's activity and nutrition*. Retrieved July 2008 from <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>

### **For additional information on the All 4 Kids Program, contact:**

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Healthy, Happy, Active, Fit

**Healthy  
Snacks**

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# Healthy Snacks

Children need help in learning which foods are healthy for their bodies.



- Many children identify foods by taste. If a food tastes good it must be good for you!
- However, some foods that taste good are not very healthy for our bodies. So choose foods that taste good and are also good for you!
- Healthy foods include fruits and vegetables, whole grains, lean meats and low-fat dairy products.



## GO SLOW WHOA

- ♥ When selecting a snack for your child, choose a healthy snack rich in vitamins and minerals such as an orange, banana or carrots.
- ♥ Help children select healthy snacks by teaching them about “Go”, “Slow” and “Whoa” foods.



- ♥ **GO** Anytime snacks that can be eaten every day. Go snacks include fruits and vegetables, milk, string cheese and whole grain crackers.
- ♥ **SLOW** Snacks that can be eaten sometimes. Slow snacks include raisins, sweetened cereals and ice cream.
- ♥ **WHOA** Snacks that can be eaten once in a while. Whoa snacks include cookies, candies, cake, pies, chips and french fries.

“GO” snacks are anytime snacks such as fruit, vegetables, milk and whole-grain crackers.

## Ways to Encourage Children to Choose Healthy Snacks

- ♥ Children are often reluctant to try new foods. A food may need to be introduced several times before a child will eat it. Do not be discouraged — keep trying!
- ♥ Children are more likely to eat foods that they see their parents eat and enjoy. Be a good example.
- ♥ Have “Go” snacks available. Teach children that “Go” snacks give you ENERGY and help your heart, bones and muscles stay strong.
- ♥ Take children shopping and let them help pick out healthy foods for the family.
- ♥ Children need smaller portions. Give the children a couple of apple slices each and if they eat them and want more, then give them more.
- ♥ Allow children to serve themselves. Children will naturally serve themselves smaller portions.
- ♥ Select healthy choices at fast food restaurants such as apple slices, mandarin oranges, milk and juice.

