



FROM OUR MEDICAL DIRECTOR

As parents, we all have a responsibility to take the time to educate our children about the importance of making healthful eating choices every day. Our children learn from what we do so we all need to make a concerted effort to lead by example! If your children see you exercising, they will want to do the same. If you fix healthy meals at home, they will have no other option but to eat what you make! Being healthy is a lifestyle choice and you can lead your family down the road to a life of wellness by the choices you make today.

Healthfully Yours,
Kent Sasse, MD, MPH, FACS, FACRS

LEARNING AND COOKING IN THE KITCHEN

Research shows that children that take an active role in the meal planning and preparations of meals will usually eat what is put in front of them. This is also a great time to play an active role in educating your children on healthy foods while teaching them a life skill. We all know meals need to be well balanced, nutritious, and above all else, taste good. Your kitchen creates the perfect food lab for educating and giving hands-on demonstrations to keep your children healthy and willing to try new foods. In this issue of *Healthy Bites*, education has never been more fun with ideas to bring a fun filled learning environment directly to those you love the most...your children!



Cook Smart...
Chef Dave Fouts

A to Z Fun

Below are some ideas to get you and your family thinking about "A to Z Cooking:"

B - Bananas, Beans, Bruschetta, Beef

P - Pears, Peanuts, Pork, Peaches

T - Tomatoes, Thyme, Turnip, Turkey

R - Rigatoni, Red Apples, Radishes, Raspberries

M - Mushrooms, Melons, Meatballs, Macadamia Nuts

D - Diced Carrots, Dates, Duck, Dried Fruits

A TO Z COOKING

The rule for meal planning is healthy and well balanced, but there is nothing saying it can't be adventurous and out of the ordinary! Keeping meal time fun and using lots of variety will introduce you and your children to some healthy foods.

How "A to Z Cooking" Works...

Starting with the first letter of the alphabet, have each member of your family choose a food with the letter A. For example, acorn squash, applesauce, avocados, and Albacore tuna. Then find recipes using the internet, cookbooks, or favorite family recipes using these foods to create a meal. This way, the whole family is involved and it teaches the alphabet for younger children and word association with the older ones. In addition, it creates a large variety of foods for the whole family to try. Just wait until you get to the Q and Z foods!


CHEF DAVE

EDIBLE SNACK ART...

Snacks are defined as a bite or a light, informal meal and they are a **must** for all growing children. The key is to keep snack times healthy and the portion of food small.

We all know that kids love snacks so why not come up with fun, yet healthy ways to snack? Below are directions for creating masterpieces of “Edible Snack Art!”

Sticky Food Glue:

**choose 1 tablespoon of “food glue” from below*

Peanut Butter

Low-Fat Cream Cheese

Hummus



Small Shapes & Sizes:

**1 tablespoon of your choice*

Raisins

Peanuts

Blueberries

Grapes, Cut In Half

Chocolate Chips

Whole Wheat Chex

Large Shapes & Sizes:

**Choose one of the following*

4 Celery Sticks (3 inches each)

4 to 6 Baby Carrots

5 Whole Wheat Crackers

1/2 Apple, Cut Into 4 Pieces

1 Small Banana, Cut Into 4 Pieces

1 Whole Mini Bagel, Cut In Half

Once you have your food art supplies chosen, use the “food glue” to stick the small food pieces to the large food pieces to create edible creatures or soon to be famous food sculptures!

ALL ABOARD! FAMILY-BASED APPROACHES FOR FAMILY SUCCESS A Guide from Eating Behaviorist, Brie Moore, PhD

Odds are, if you struggle with your weight, you’re probably not the only one in your family. Although genetics play a significant role, environmental influences can also be passed down throughout the generations. If your spouse, child, or other family members are overweight, or if setting a good example for your children is important to you, a family-based approach may be just what the doctor ordered.

High obesity rates can be attributed to an environment that promotes TV, video-games, computer time, and fast food. Given these challenges, it is not surprising that families continue to struggle. Children cannot change their diets without a commitment from the family. Greater emphasis on family meals and family lifestyle physical activity is an essential foundation for improved health. Research shows that drastic changes and emphasizing restriction are ineffective for children and can be detrimental for development. Instead, moderate, sensible family approaches have resulted in significant weight loss for both children *and* their parents. This finding is good news for parents who want to set a good example for their kids and lose weight in the process.

Try these expert keys to success to make changes that can significantly impact your family’s health . . . and your waistline.



***Brie Moore, Ph.D. received her master’s degree from the University of California, Davis and her doctorate in Clinical Psychology from the University of Nevada, Reno. She completed her clinical internship at the University of California, Los Angeles, with an emphasis on the delivery of empirically-based interventions in primary and tertiary care settings. She is the Lead Eating Behaviorist at iMetabolic in Reno, Nevada where she enjoys helping individuals actualize their goals for weight loss and improve quality of life.*

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FAMILY BASED APPROACHES FOR FAMILY SUCCESS (CONTINUED...)

Fit Families Play!

Play is a very important part of your child's development. Play is the primary way children learn about the world. Play also helps kids get along with others and form close relationships with those people that matter most to them. Lifestyle play is most effective for children and families.

Keys to Success:

- Choose activities your child enjoys like dancing, riding bikes, hiking or swimming
- Involve friends and siblings
- Focus on fun rather than winning, losing, or rules of the game
- Schedule a good time each day for physical activity, such as right after school or work
- Prevent soreness and injury by not working too hard - start small and build on success
- Leave sports equipment out and easily accessible to kids to encourage play
- Limit screen time to 1 hour a day, kids will find other, active things to do
- Make TV, video game, or computer time available only after play
- Cleaning their room, doing chores and other household tasks count as activity too
- Reward your child with gifts that encourage activity instead of treats
- Join in the fun!



Fit Families Eat Better, Not Less

Children need to eat to grow, play and thrive. Parents often feel pressured to cut back on how much your child eats and what kind of foods you offer. However, getting too hungry and prohibiting your family's favorite foods will surely lead to overeating and weight gain.

Keys to Success:

- Share planned, family meals at the table at least 4 or 5 times per week
- You decide what, when and where your child eats
- Limit eating to structured meal and snack times and only while sitting at the table
- Cup up fruit and veggies and place ready to eat, healthy snacks at eye level in the fridge
- Try fresh fruits, low fat frozen yogurt, and sugar free jell-o for dessert
- Your child decides how much and whether or not to eat
- Let your child serve him or herself and leave serving bowls in the kitchen
- Banish the "clean your plate" rule
- Give your child something to look forward to, offer high calorie treats in small portions
- Keep temptations, like chips, candy, sodas and other treats out of the house on a regular basis (out of sight, out of mind!)



Parenting Power

Parents often struggle to get their child to obey new rules. Yelling, bargaining, and other punishments are seldom effective and can provide kids with the attention they seek. Remember, even bad attention is attention. Instead, praise your child when he or she does something you like. Children quickly learn that this is the best way to get your attention and approval. The more you praise your child, the more good things he will do to get you praise.

Keys To Success:

- Catch your child being good
- Praise your child's specific behavior rather than the whole child
- Communicate acceptance and caring to your child, regardless of his or her weight
- Use the "If, Then" rule to let your child know expectations and consequences
- Use privileges such as a sleep over at a friends house, TV, or a movie as rewards

Recommended Websites:

www.BAM.gov

www.mypyramid.gov/kids

www.FitandHealthyKids.com



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