



May 2015

Family Nutrition Tips for Mother's Day

- Chill out. There is no such thing as Nutrition Perfection. Trying to achieve some ideal diet for your family isn't even advisable. Kids don't need rigid diet rules. The best you can do is model good eating habits, and offer a variety of foods.
- Go with what works. If your 7 year old only likes carrots and green peppers, keep the fridge stocked with those, and put a small plate out with dinner. If new foods aren't accepted after one bite, say the magic words: "You'll like it better when you're a grown up." What kid doesn't want to be grown up?
- Let convenience be your friend. There is no law anywhere saying you have to cook everything from scratch in order to have healthy meals. All of the following can make healthy meals easier: pre-cut veggies and fruit, pre-sliced meats, the growing number of packaged meals made without additives and with wholesome ingredients, healthy take-out.
- Don't fall for every nutrition fad, or labeling hype. Your family isn't going to get much benefit from probiotic ice cream, high fiber snack bars or omega-3 bread. Better to get your omega-3, fiber and probiotics from natural sources like fish, whole grains, fruits, vegetables and yogurt.
- Don't let Perfect Be the Enemy of Good: eat a reasonably wholesome diet, but don't forget to enjoy food and to treat yourself occasionally, to ice cream, good chocolate, birthday cake or whatever foods make you happy. And be sure to enjoy something like that on Mother's Day.

source: www.radi nutrition.com



Happy Mother's Day to all Moms! Sunday, May 10th!



Nutritional Information Provided By

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