



FALL 2017

# TAKE CARE

## HEALTHY TIPS FOR FALL



The Children's Health Foundation is a non-profit organization that partners with your Pediatrician to develop quality health care programs in our community. We work together to foster the highest quality care for children, to raise awareness on health issues, and to achieve better children's health outcomes. Please ask your provider for more information.

CHILDREN'S HEALTH *foundation*

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## How to Raise a Healthy Eater

*Article by: Catherine Chui, MD, Medical Advisor at Children's Health Alliance*

As a mother of three daughters in their teens, I know firsthand the challenges of raising healthy eaters. I've done everything I know I'm not supposed to--feed one kid a snack in the car on the way to picking up another right before dinner, picking up fast food because I'm too tired to cook, preparing each child a separate meal because that's what love looks like. Despite this and all the other things I could have done better, I have three kids who are healthy eaters. Here's a guide to some basic principles in raising healthy eaters. Nothing is 100 percent in life so don't sweat the inevitable times you could have done better with a meal. And, it's never too late to become a healthy eater. I have families where teenagers went from not eating vegetables for 17 years to loving vegetables. Anything is possible.

### It Starts Young

Research shows that babies develop taste buds at 15-17 weeks conception, and that amniotic fluid is flavored by the foods mom has eaten. Mom's diet while breastfeeding also has a direct effect on the taste of the breast milk at any given time. Not only that, but memories of these flavors are formed too. The potential impact on a baby's future food preferences is considerable. Studies show that even the varying tastes of different formulas influence taste preferences. Current guidelines on the introduction of solid foods are much more relaxed, thus there are limitless opportunities in the first year of your baby's life to introduce different flavors.

### TIPS

- Pregnant and breastfeeding moms should aim for a widely varied diet rich in vegetables, fruits and flavors
- Babies are most open to trying new flavors between 4 and 7 months: Be adventurous and offer your baby a wide range of different flavors
- It's okay if your baby makes a face--it's just his or her reaction to a new taste, but do stop if they purse their lips or turn away
- Continue to offer new foods and tastes to your kids at all ages, even if they have previously turned it down

# How to Raise a Healthy Eater *(continued)*



## Repetition is Key

Acceptance of new foods is dependent on familiarity, and that comes from repetition. Repeated exposures are necessary for naturally less palatable foods to kids, such as certain vegetables. Research shows a toddler may need to see and taste a food up to 20 times before they will accept it. Parents rarely try more than 4 or 5 times before giving up.

### TIPS

- Present small tastes of the new food on your child's plate along with other foods the child likes
- Make it more exciting with a dip or a dressing
- Try to enhance flavors with olive oil or butter and different cooking techniques (roasted kale with olive oil and salt is a favorite with my kids)
- Don't force or badger your child to eat the new food, but do encourage one taste or bite
- Don't give up! Offer the new food periodically and consistently

## Portions Matter

Often as parents we have inappropriate expectations of how much our kids should be eating, especially when they are younger. Studies show that too much food on a plate can actually overwhelm a child, who consequently then refuses to eat. Children stop eating when they are full. Listen to them when they say they are full and do not make them clean their plate. Equally important is teaching our kids appropriate portion sizes. The MyPlate guidelines, published by the USDA in 2011, replaced the food pyramid and are easy to follow. The general idea is that a plate is divided into four sections: Approximately 40 percent vegetables, 10 percent fruits, 30 percent grains, and 20 percent proteins.

### TIPS

- Start out with smaller amounts and offer seconds if needed
- Keep regular mealtimes with two snacks in between
- Try eating family style and letting your kids serve themselves
- A typical portion size for a toddler is 1-2 tablespoons of fruit and vegetable, one ounce of meat, one quarter cup of carbohydrate
- Refer to MyPlate for visuals and helpful age-based portion calculators

## Food is Nutrition

Our responsibility as parents is to provide regularly scheduled, well-balanced meals and snacks. It is our kids' choice of what and how much to eat. The one thing that our kids can control is what they put in their mouths. Food is for nutrition. Period. However, too often food can become very powerful if we allow it to be. It's common to see parents exert power or soothe emotions with food: "You can't have dessert if you don't clean your plate" or "After your shots we'll go get ice cream". Don't worry if your child doesn't eat anything at a meal. Many kids will balance out over a day or several days. It is not uncommon for a child to eat one good meal a day, or eat really well for one day and then very little for several days. Don't take it personally if your child refuses to taste the special meal you spent two hours preparing. Respect their choice and don't make it a big deal. (But don't let them have a bowl of cereal or a peanut butter sandwich in an hour. Offer them their dinner plate again.)

### TIPS

- Focus on whole foods and healthy fats and proteins
- Do not create a battle over food. You will lose every single time.
- Remember it's okay if your child does not eat a meal
- Teach your kids healthy ways to self-regulate without using food: A fun outing with friends, going to the park, breathing exercises



## TIPS

- Set a reasonable expectation of time at the table based on the age of your children, for example around 20 minutes for a toddler
- Create a warm and pleasant mealtime atmosphere
- Consider engaging your kids in helping with age-appropriate aspects of making the meal
- No distractions at the table such as TV, cellphones, computers, or reading materials
- The family meal is an opportunity to connect: Spend the time enjoying the food, company, and conversation



## Mealtimes=Family Bonding Times

Studies show that the family meal really is invaluable. Meals together have been linked to positive effects such as lower rates of obesity and risk-taking behaviors, better grades and peer relationships, and improved nutrition. A good goal is to try to eat together as a family four times a week, and to work your way up to five to seven times a week. This is also a great opportunity for parents to model healthy eating habits. Kids are more likely to try new foods when they see us being enthusiastic about it.

## Asthma in Children

### Facts

- 1 It is the leading cause of chronic illness in children
- 2 Affects 7 million children in US
- 3 Can begin at any age

### Symptoms



Childhood asthma impacts millions of children and their families. In fact, most children who develop asthma do so before the age of five.

There is no cure for asthma, but once it is properly diagnosed and a treatment plan is in place you will be able to manage your condition, and your quality of life will improve.

This infographic is meant as a quick reference guide on the symptoms, triggers and treatments of asthma in children. Please do not use it as medical advice, and if your child is suffering from any of the symptoms seek a medical professional immediately.

### Triggers



### Treatments



### Sources :

<http://www.webmd.com/asthma/children-asthma#1>  
<http://kidshealth.org/en/parents/asthma-triggers.html>  
<http://acaai.org/asthma/who-has-asthma/children>  
<https://www.uptodate.com/contents/asthma-treatment-in-children-beyond-the-basics>

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# Eat from the Rainbow

nutrition tips from Catherine Chiu, MD.



## RED

**Foods:** Apples, peppers, tomatoes, chard, strawberries, cherries, raspberries

**Nutrients:** Vitamin C, folate, lycopene and flavonoids (antioxidants)

**Benefits:** Heart health, memory, aging

## YELLOW/ORANGE

**Foods:** Carrots, peppers, squash, mangoes, oranges, papaya, peaches, pumpkin, sweet potatoes, lemons, grapefruit

**Nutrients:** Vitamins A and C, carotene, magnesium, omega-3s

**Benefits:** Eye health, immune function, skin

## GREEN

**Foods:** spinach, kale, broccoli, brussel sprouts, asparagus, cucumbers, peas, grapes, honeydew, green beans, avocado

**Nutrients:** Vitamins A, B, E and K, calcium, iron, folate, carotenoids

**Benefits:** Brain and heart health, eye health, bone health

## BLUE/PURPLE

**Foods:** Cabbage, eggplant, beets, blueberries, blackberries, figs

**Nutrients:** Vitamins A and C, potassium, anthocyanin

**Benefits:** Healthy aging, memory, blood pressure

## WHITE

**Foods:** Cauliflower, mushrooms, ginger, onions, jicama, garlic

**Nutrients:** Vitamin C and K, potassium, magnesium, flavonoids

**Benefits:** Heart, cholesterol levels, immune function

## Kid's Corner

### Have Fun With Fruits and Vegetables

Find the hidden fruits and vegetables in the puzzle. Words can read up, down or across, from left to right or right to left.

Find:

Apple  
Banana  
Broccoli  
Carrots  
Celery  
Eggplant  
Grapes  
Kiwi  
Orange  
Papaya  
Pear  
Peas  
Squash  
Yams

B	F	S	E	A	Y	A	P	A	P
R	C	Q	L	S	R	P	E	A	R
O	H	U	P	B	A	N	A	N	A
C	P	A	P	Y	R	E	L	E	C
C	S	S	A	Y	A	M	S	T	E
O	A	H	E	G	N	A	R	O	K
L	E	C	A	R	R	O	T	S	I
I	P	G	R	A	P	E	S	K	W
B	E	G	G	P	L	A	N	T	I

#### Fruit and Vegetable Goals

Name a fruit you would like to try:

How will you eat this fruit? (On cereal, as a snack, for dessert, with dinner or on pancakes.)

Name a vegetable you would like to try:

How will you eat this vegetable? (As a snack, with dip, or for lunch.)

