

COMMENTS

SHARE

EMAIL

PRINT

REPRINTS

ENLARGE TEXT

Recommend 0

Tweet 0

Nutrition: Eating healthy not easy

By Dr. Susan Mims
WNC Medical Society

Published: Wednesday, March 13, 2013 at 4:30 a.m.
Last Modified: Monday, March 11, 2013 at 3:38 p.m.

Question: I am very busy with kids and work. How can I make sure my kids eat healthy?

Answer: Trying to make sure your kids "eat right" is every parent's challenge, including mine. And it is quite a challenge when most of us are busier and trying to juggle more than we ever thought possible. Whether it is an infant on your hip while you chase the escaping toddler or a teenager in the driver's seat with a permit in his pocket, life does not make healthy eating easy. So, during this National Nutrition Month, what can you do for your kids to help them be a bit healthier?

First, if you are new to parenthood, breast milk is one of the most effective obesity prevention tools and breastfeeding is an excellent way to get your baby started on living a nutritious life.

For older children, there is a popular slogan being passed around WNC to help kids learn how to be healthy. It goes "5-2-1-almost none." This is a slogan to learn and take to heart. Five is for eating five servings of fruits and vegetables every day. Two is for no more than two hours of screen time per day (non-school related and does include cellphone time). One is for at least one hour of vigorous exercise each day, and "almost none" is for the amount of sugar-sweetened drinks you and your kids should drink (includes sodas, sports drinks, and sweet tea). Just eliminating one soda per day equals losing almost 15 pounds in a year.

Making these changes can set your kids on the road to better health. It isn't rocket science, but it isn't easy. Planning meals ahead can help. Having fruits and vegetables on hand can help. Try keeping some oranges or apples in a bowl in the kitchen. When hungry kids come home and that is what they find, you might be surprised to see them munching on a piece of fruit.

Another trick to improve nutrition is to make sure you and your kids eat breakfast every day. Grab a yogurt or low-fat granola bar on the way out the door if you don't have time to sit down.

Drink lots of water. This is good for your health in so many ways, but most importantly helps you maintain a healthy weight. Most of us do not get enough water, but with kids carrying around water bottles at school now, this might be changing.

Other ways to help your family eat better include making a pledge to remove electronics from mealtime. That means turning off the TV and putting away cellphones. Studies show that people eat more when eating in front of the TV.

Eating more meals at home is great for family conversation and results in eating less. Eating out makes us used to double and triple portion sizes. A little trick is that the size of your meat should equal the size of your fist.

Slowing down mealtime and eating dinner in courses starting with the fruits and vegetables can help, too. Visit www.letsmove.gov for more information. Happy Nutrition Month.

All rights reserved. This copyrighted material may not be re-published without permission. Links are encouraged.

Recommend Send Be the first of your friends to recommend this.

Add a comment... Comment

Facebook social plugin

You Might Be Interested In

Makeup days set for Henderson County schools (Times-News Online)

Hendersonville business owner offers reward in fraud case (Times-News Online)

13 people face charges after NC teen dies in crash (Times-News Online)

A Hendersonville man convicted of second-degree murder in 2001 will be released from prison Nov. 8 (Times-News Online)

It's hoppin' here in Hendo (Hoppy Hour)

Sierra Nevada update (Hoppy Hour)

From Around The Web

Country Star Patty Loveless' Fight COPD (Lifescript.com)

OMG! Lasagna + Cupcake = Best Cu Ever! (Quick Dish)

How to Avoid Food Battles With Your Kids (Stonyfield Farm: organic yogurt, org)

Natural Energy: How to Stay Energ Caffeine (P&G Everyday)

Fast 5: Best Bets for Drive-Thru Fo

Pizza Even Your Pickiest Eaters Wi

From the Web

by Taboola

Billionaire Tells Americans to Prepare For ...
Moneynews

Uncover Your #1 Swing Flaw For Free
Revolution Golf

Steve Martin Becomes First-Time Dad at Age 67
Parent Media

5 Most Overrated Exercises You Can Stop Doi...
Daily Health Post

RETURN TO TOP

"Racheal Ray Lost 47lbs"
She cut down 7 lbs of fat per week by following these 2 diet tips
RachealsDiet.com

Find Out Your Actual Age
Take the RealAge Test and find out the actual age of your body.
RealAge.com

5 Foods you must not eat
Cut down a bit of stomach fat every day by never eating these 5 foods
Trimdownclub.com

Sponsored Results

MOST READ MOST EMAILED MOST RECENT

- County moves forward with Seven Falls lawsuit
- Bookfest returns with more focus on children
- Crooked Creek honoring Steve Summey with tournament
- Police seek suspect in Subway heist
- East's Malone selected to East-West All-Star Game

PHOTOS

The Faithful Await A New Pope

Tour of Team ECCO Aquarium

Jus' Running Relays

SoCon tournament finale in

'Revolution' TV show filmed in NC

Wofford at SoCon Tournament

EVENTS CALENDAR MORE EVENTS SUBMIT EVENT

14 THU	15 FRI	16 SAT	17 SUN	18 MON
--------	--------	--------	--------	--------

Enter event type or date Search

FIND LOCAL BUSINESSES

Keyword(s):

Location: Hendersonville, NC Search

POPULAR SEARCHES

Powered by LOCAL.COM

- NEWS**
- State
 - Nation
 - World
 - Politics
 - Business
 - Weather
 - News Archive

- MULTIMEDIA**
- Photos
 - Video
 - Blogs
 - Forums

- SPORTS**
- Timeout
 - AP Sports
 - Preps
 - Tickets

- ENTERTAINMENT**
- TV
 - Movies
 - Tickets

- LIVING**
- Crossroads
 - Food & Health
 - Occassions
 - Coupons

- REAL ESTATE**
- For Sale
 - Open Homes
 - Agent Directory

- CLASSIFIEDS**
- For Sale/Wanted
 - Services
 - Legal
 - Rentals
 - Autos
 - Print Ads
 - Place an Ad
 - Enhance Your Ad
 - Local Businesses