

# STRESS [HACKS]

## HEALTH HACKS FOR KIDS HEALTHY EATING



Eating healthy foods is good for both your body and your mind. It helps to think of food as fuel that our bodies and minds need to grow and develop.

What we eat CAN make a difference in how we grow and in how well our bodies and minds perform at things like sports, games and learning.

Sometimes it's hard to know what foods to choose and sometimes there isn't much choice (like when we eat at someone else's house or in a restaurant and when there just isn't much choice at home).

When you can choose, it's best to remember two things; fresh and variety!

### Hack: Whoa and Go Foods

We all have foods we prefer and would like to eat more often. But some are better for you than others. An easy hack for thinking about foods and remembering which ones are better for healthy eating is to identify your personal list of WHOA and GO foods.

Read on to find out which ones you need to say WHOA to, and which ones you can say GO to!

**WHOA Foods** – finding out which foods are “whoa” foods – meaning OK to eat sometimes, but not all the time, is a good hack. Foods like this are high in sugar (cookies, cakes and candy), high in fat (chips, fried meat and hot dogs) and high in salt (most packaged snack foods such as chips, pretzels or cheese snacks). Candy and snack foods are OK as a treat every now and then, but they aren't healthy enough to be your everyday foods.

**GO Foods** – there are some foods that are OK to have as a snack often ... and we like to call them our “go” foods. These include low-fat milk and low-sugar milk products like yogurt, raw vegetables like carrots or salad, fresh fruits such as apples and whole grain products like brown bread and whole grain crackers. If you can identify a few Go foods that you like to snack on or have as part of a meal, you can rely on these to fill you up in a healthy way.

If you want to remember your personal WHOA and GO foods, make a list. You can use magazines or flyers to help you to identify foods to include. If you like, cut out the pictures and paste them in. You can then keep track of your personal healthy eating goals.

**Drink Water** – many of us forget to drink enough water in a day. Some prefer sodas or juice to plain water. But we know sodas and juices are very high in sugar and sometimes caffeine (which can cause sleep difficulties) so these should be on your Whoa foods list. Water on the other hand is very good for your body and your mind. Try to drink a few glasses of water every day!

### FRESH

Try to eat fresh fruits and vegetables every day. Try to avoid always choosing vegetables that are fried – these are okay once in a while, but frying is not the healthiest way to cook food as it adds a lot of fat, salt and oil that your body doesn't need.

If you don't like cooked vegetables, try some of them raw and crunchy. They have a different taste and texture than when cooked. (Try raw cauliflower, carrots, turnips, and even potatoes!)

### VARIETY

It's a good idea to eat a variety of foods as they all have different vitamins and minerals your body needs to grow in a healthy way. Try to eat foods from different groups:

- **Dairy** (milk, yogurt, cottage cheese, orange and white cheeses)
  - **Fruit** (like apples, oranges, bananas, strawberries)
- **Vegetables** (like lettuce and tomatoes, onions, potatoes, broccoli, yams)
- **Cereals** (cooked oatmeal and Cheerios are two with low sugar and whole grains (such as brown bread)
  - **Proteins** (meat, fish, nuts, cheeses)

If you don't see these foods very often at home, try talking to the grocery shopper in your house about foods you'd like to try or see at home more often.