

# *Helpful Nutrition Handouts and Resources*

## Healthy Eating

<https://www.eatright.org/health/weight-loss/your-health-and-your-weight/helping-kids-maintain-a-healthy-body-weight-a-cheat-sheet-for-success>

General healthy eating guidelines for children

<file:///C:/Users/swallace/AppData/Local/Microsoft/Windows/INetCache/Content.Outlook/SZ8QRVCA/Nutritious-Quick-Stop-Lunch-Options.pdf>

Salads and other healthy options when eating out

<https://www.eatright.org/food/planning-and-prep/snack-and-meal-ideas/happier-meals-for-kids-at-the-drive-thru>

Better options if you have to go through the drive thru on the road

<https://youtu.be/gMFrD-ZR7lc>

Video link on Role of SUGAR on health/ how to reduce in diet

<https://www.eatright.org/food/nutrition/dietary-guidelines-and-myplate/looking-to-reduce-your-familys-added-sugar-intake-heres-how>

Another handout on ways to reduce added sugar in family diet

<https://www.eatright.org/health/weight-loss/overweight-and-obesity/how-to-talk-to-kids-about-weight-and-obesity>

How to talk with your children on the subject of their weight – Academy of Nutrition and Dietetics.

## Constipation

<https://gikids.org/wp-content/uploads/2020/02/Fluid-and-Fiber-FINAL.pdf>

Helpful handout on balancing fiber and fluid needs

<https://www.eatright.org/food/vitamins-and-supplements/types-of-vitamins-and-nutrients/easy-ways-to-boost-fiber-in-your-daily-diet>

Adding fiber into the diet

## Feeding Challenges / Structure

<https://www.ellynsatterinstitute.org/how-to-eat/>

This website is loaded with many helpful handouts on family meal times and helping children enjoy eating. She has also written some very good, easy to read and comprehensive books on the subject:

*Your Child's Weight: Helping Without Harming*  
*Child of Mine: Feeding with Love and Good Sense*  
*Secrets of Feeding a Healthy Family*

## Snacks

<https://www.eatright.org/food/nutrition/dietary-guidelines-and-myplate/when-should-my-kids-snack>

Tips when thinking about snacking from the Academy of Nutrition and Dietetics

## Meal Planning

<https://www.choosemyplate.gov/>

This site contains an abundance of handouts (in multiple languages) on many aspects of meal planning/ recipes/ snacks/ food preparation and weight management. There are both short videos and handouts along with printable food-related games for children to learn about nutrition!

## Infants and Toddlers

<https://www.americandairy.com/resources/documents/airplane-choo-choo.pdf>

Airplanes, choo choos and other games parents play- a nice comprehensive feeding guide for the first 2 years of life

<https://www.eatright.org/food/planning-and-prep/snack-and-meal-ideas/how-to-make-homemade-baby-food>

Homemade baby food tips

<https://www.eatright.org/food/nutrition/dietary-guidelines-and-myplate/what-and-how-much-should-my-preschooler-be-eating>

Preschooler portion tips