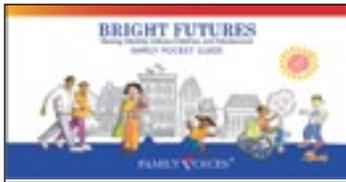




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## HEALTHY FOOD AND EATING



The information in this issue is taken from the new Bright Futures Family Pocket Guide, developed by Family Voices IMPACT. To order a copy, go to: <http://bit.ly/BrightFutures-FamilyPocketGuideorders>

With an Improving Understanding of MCH grant, Family Voices IMPACT works to develop ways to improve health and wellness for all children and families, and to encourage partnerships between families and professionals for children's good health. [www.familyvoices.org](http://www.familyvoices.org) and [www.brightfuturesforfamilies.org](http://www.brightfuturesforfamilies.org). This digest is funded by the U.S. Department of Health and Human Services—Health Resources and Services Administration—Maternal and Child Health Bureau, Division of Child, Adolescent, and Family Health UCMC21535.

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### Healthy Food for Everybody!

Nutrition contributes the main part of children's growth, lifelong health, and well-being. Your family's culture and access to healthy foods help shape your children's eating habits. You can help them learn when and what to eat and how to prepare foods to keep healthy. Sharing meals with others are also important social occasions.

#### INFANTS: Healthy Feeding Choices

Your baby depends on you to make good feeding choices for him. Breast-feeding provides the best nutrition and protection from illness. It helps mothers lose pregnancy weight, and offers some protection against breast and ovarian cancer.

Most national organizations recommend that all babies breastfeed exclusively for about the first six months of life, if possible. Recommendations also include that breastfeeding continue with nutritious solid food for a full year and as long after as you and your baby want to.

If formula-feeding, ask your health care provider what type of formula to use, how to prepare it, how often to feed, and necessary equipment.



#### EARLY CHILDHOOD (1-4 Years): Healthy Snacking

Have healthy snacks on hand such as:

- Fresh fruit (apples, guava, papaya, oranges, bananas), cut in small pieces
- Applesauce, tapioca pudding, cheese, tortilla pieces, whole-grain bread or crackers

Encourage your child to try new foods. If it takes several times, don't give up. Some children like to eat the same thing all the time. "Food jags" are common at this age.

#### RESOURCES:

- La Leche League Int'l: Breastfeeding resources and support. [www.llli.org](http://www.llli.org)
- Choose My Plate: Balancing calories and healthy eating. [www.choosemy-plate.gov/](http://www.choosemy-plate.gov/)
- Family Matters: Promoting Health and Wellness for Children with Special Health Care Needs Family Booklet. <http://tinyurl.com/FV-Family-Matters>
- Healthy recipe ideas: <http://recipe-finder.nal.usda.gov/>