



HEALTHY FOOD AND EATING

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With an Improving Understanding of MCH grant, FamilyVoices 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 and www.brightfuturesforfamilies.org.

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Getting Ready for College Eating--in Elementary School

It is not surprising that habits developed early affect our choices as we grow older. A recent study took a look at the effect different early child-rearing behaviors at mealtime have on healthy nutrition choices for college students.

Researchers looked at the amount of control children had in elementary school over what they ate and whether that had longterm implications for healthy food choices in college.

They distinguished between two approaches with young children: parent-centered and child-centered.

The parent-centered approach involves pressuring children to eat certain foods, often using guilt to motivate. The child-centered approach involves providing help and encouragement for the child to make healthy food choices.

In practical terms, it is the difference between insisting a child eat broccoli, and asking the child if he would prefer broccoli or carrots. The child-centered approach gives the child more control over what he eats, and yet still relies on adult guidance to provide healthy choices to begin with.

Study Results

The child-centered approach seems

to lead to a number of healthy lifestyle benefits for college students:

- Healthier weight
- Healthier food choices, including more fruits and vegetables
- Lower waist circumference

The results were especially true for some middle income families.

College is often the first time young adults are responsible for their own food choices. This makes learning good habits early on all the more important.

To read more about the study go to: <http://www.ncbi.nlm.nih.gov/pubmed/22137501>

Healthy Versions of Traditional Hispanic Foods

The traditional foods of any culture are not necessarily prepared in healthy ways. Here's a website with healthy meals in Spanish, complete with yummy pictures! Get some healthy dinner ideas at:

www.quericavida.com/

