

Healthy Eating Tips for Success:

Eat as many meals as a family as possible, sitting at a table, without any technology - even breakfast! Studies show that the more families eat together the healthier they all are!

Never eat while watching TV or any screen. Be mindful when you eat.

Make one meal for the whole family. Place every food on every plate. Seeing the food takes time before tasting happens, but children need to keep seeing it. They may eat more of one food than the rest, but at least the visual will give them the idea that this is a food they need to try. On average, kids need to see a food up to 10 times before wanting to taste it. And taste buds can be changed. It takes two weeks of eating a new (strange to them) food to change taste buds.

Try a “no, thank you” bite. Have your children take one bite of each food on their plate. If they don't like it, they can say ‘no, thank you’ and not eat it for that meal. But keep trying it! It could take 10 bites or more before they like it. Same goes for us adults!

Plan and prepare. Make meals a day or two early if you know you have a busy night coming up. Prep meals or snacks on Sundays for the week. Be prepared with healthy snacks and drinks when running errands, out for weekend sports events or shopping, or for after school. If you know you have a busy week ahead make double meals the week before and freeze so they are easy to pop in the oven or crock pot to reheat.

Try not to eat in the car or on the go, if possible. If you do, make it fresh (cut veggies and hummus, Arbonne smoothies, brown rice tortilla wraps).

Don't worry about children cleaning their plates. Children naturally eat slowly. It takes 20 minutes for the signal from your belly saying you're full to reach your brain. Forcing them to eat after feeling full sets up a pattern of overeating that is hard to break as adults.

Desserts are not necessary! A small sweet occasionally is fine, but not every day. Fresh fruit makes a great dessert. Frozen fruit blended into a sorbet like treat is awesome, too! I love putting a few frozen strawberries and the juice from a lemon or lime into a blender or bullet.

Water, water, water. Drink lots of water every day. Ditch the juice as it's extremely hard on the pancreas - especially in children. Never, ever offer soda. Replace cow's milk with almond, coconut, or cashew milk. If possible, it's best to drink liquids about 30 min before and 30 min after a meal, but not much during the meal. You want your stomach enzymes and acids to break down the food instead of having too much liquid to wash it down before

it breaks down. (Properly broken-down foods are easier for your gut system to process and pull nutrients from.)

A gut-healthy snack can be ½ cup of grass milk plain yogurt topped with healthy granola and berries or 2 – 4 bite sized pieces of raw milk (cow, goat, sheep) unpasteurized cheese with a few gluten free crackers.