

Health & Wellness Tip of the Week

Week 11
March 13, 2017

March is all about Nutrition

It is the perfect time to remind everyone about the importance of feeding your body what it needs in order to be in the best shape!



Cut Back on Kids' Sweet Treats

Try to limit the amount of sugars children consume daily.

- Serve smaller portions. You don't need to cut out sweet snacks and desserts completely. A little can go a long way. Use smaller bowls or plates for desserts. Have kids split a candy bar or cupcake.
- Avoid using sweets as rewards. Instead, let your children know you're proud of them with kind words, hugs, or non-food items such as stickers.
- Make fruit the everyday dessert. Try serving baked apples or a frozen 100% juice bar.
- Play sugar detective in the cereal aisle at the store. Teach kids to find the amount of sugars in cereals. Have the kids compare cereals they like and select the one with the lowest amount of sugars.
- Make good foods fun. Create a smiley face with fruit or cut fruit into shapes using cookie cutters.

Sources: United States Department of Agriculture, Center for Nutrition Policy and Promotion

Human Resources Department
1201 E. 8th Street
Mission, Texas 78572

