Establish healthy eating in kids

You strive to instill habits in your children that teach a healthy, positive relationship to eating and mealtime. In her book *It’s Not About the Broccoli: Three Habits to Teach Your Kids for a Lifetime of Healthy Eating*, Dina Rose, PhD explains how proportion, variety and moderation translate nutrition into behavior. This is a lifestyle approach that encourages trying new, healthy food and begins with introducing structure into the diet.

Research shows that children build food acceptance through repeated tastings and sensory experiences. These tips provide the structure to make the experience of learning to taste new foods, especially nutritious items, a positive one.

**Begin** with a specific timeframe for meals and snacks. Explain the new structure to your child before implementing it. Share that they can choose to eat during the timeframe if they want, and if they decline, they will be able to eat again in “x” amount of time.

**Continue** to focus on proportion, variety and moderation. Proportion can be broken down into growing foods, fun foods and treats. Increase variety by adding new foods to the menu and not serving the same food two days in a row. Teach moderation by helping your child judge their fullness. Make sure to ask the complete question, “Are you hungry, or are you full?”

**End** with letting your child be an adventurous taster. When introducing new foods, provide a small bite and explain the taste and texture. Try comparing it to a food familiar to your child. Then let your child play detective and analyze their own food. Instead of asking if they like it, ask how it looks, its shape, color, size, and how it feels. This helps them become more comfortable predicting what a wider variety of foods might taste like.
**Give it a try**

**HEALTHY SLEEP**

Try these tips for a good night’s rest.

1. Prepare for rest by avoiding caffeine after noon. Avoid electronics like your phone and television right before bed. Surround yourself with yellow based light instead.

2. Thirty minutes before you want to sleep, start to prepare yourself by relaxing in a warm and quiet place. This can be a great time to let go of your day, practice self-massage or do some light reading.

3. Sleep in a comfortable bed (not a chair) in a room that is around 65 degrees. Make sure you have proper pillows for a healthy body position with your head, neck and back aligned straight.

Still can’t sleep after a relaxing bedtime routine? Your time spent awake also impacts your rest. Managing your daily stressors and getting exercise can also help improve your rest.

**RUNNING INJURY PREVENTION**

Injury prevention is a multifaceted topic. There are many factors that can cause a perfectly healthy individual to face an injury while training for an upcoming race. The modern running shoe, improper form and technique all play a large role in contributing to an injury.

To lessen your chances of this happening, it is important to follow these injury prevention tips.

1. To reduce muscular fatigue and increase power, add strength training and/or cross training into your running program a few days a week.
   - Focus on all muscle groups, including core, lower body and upper body.
   - Add a rest day into your training schedule too, making sure not to overdo it.

2. Daily stretching is essential to warm up your muscles and increase and sustain flexibility.
   - Make sure to cool down after a run to help decrease heart rate and body temperature.

3. A runner’s diet plays a huge factor in preventing injuries.
   - It is vital to stay well hydrated and consume the appropriate amount of calories and carbohydrates to avoid exhaustion and dehydration.

**Organize your kitchen**

Creating a functional kitchen is key to healthy eating, organization and creativity.

### ORGANIZING

- Create stations in your kitchen. This can include specific areas for snacking, produce or beverages
- Use containers to label and organize each space.
- Alphabetize spices.

### COOKING

- Before cooking, take out all ingredients and pots, pans or utensils you may need.
- Clean up every time you cook or eat.

**Quinoa fried rice**

**Serves:** 4 | **Total time:** 50 min | **Prep:** 10 min | **Cook:** 40 min

**Ingredients:**
- 1 cup quinoa
- 2 cups low sodium chicken broth
- 1 tbsp teriyaki sauce
- 2 tbsp low-sodium soy sauce
- 1 tsp sesame oil
- 2 tbsp olive oil (separated 1 tbsp each)
- 1 small onion and 2 carrots, chopped
- 3 stalks green onion, chopped
- 3 tbsp minced garlic (3 cloves)
- 1 tsp ground ginger
- 2 eggs, lightly beaten (raw)
- ½ cup frozen peas, thawed

**Directions:** Cook quinoa according to package directions using low sodium broth. Cool and store quinoa in fridge, preferably overnight. In a small bowl, mix teriyaki sauce, soy sauce and sesame oil. In a large sauté pan over high heat, add 1 tbsp olive oil. Add onion and carrot, cook 2 minutes. Add green onion, garlic and ginger, cook another 2 minutes. Add quinoa and rest of olive oil (1 tbsp). Cook another 2 minutes. Spread quinoa to the sides minutes. Add sauce mixture and stir until mixed in. Cook another 2 minutes. Spread quinoa to the sides to create a circle in the center and pour eggs, scramble. Add in peas and stir everything together until peas are cooked.

For a complete meal, add in your favorite protein like cooked chicken, lean beef or tofu cooked in onion, garlic and ginger.

**Nutrition Facts:**
- Calories: 341
- Total Fat: 14 g
- Sodium: 536 mg
- Total Carbohydrates: 42 g
- Dietary Fiber: 6 g
- Total Protein: 15 g

*Nutrition information computed using nutritiondata.com*