

NUTRITION MENTORING HANDOUT

Children of All Sizes

Children of all sizes can be healthy. Size is not the same as health. Eating nutritious foods and keeping active are all part of being healthy.

Should overweight children be placed on a weight loss/restrictive diet?

No, children should not be placed on a weight loss diet. Putting a child on a diet may result in feelings of anger, stress and result in sneaking foods and overeating. The goal for an overweight child is to grow into his/her present weight.

What can you do to support healthy eating?

- Serve a variety of foods from all food groups in appropriate portion sizes for their age
- Make meal and snack times calm and pleasant
- Let children tell you when they are hungry and when they are full
- Turn off the TV at meal and snack times - promote mindful eating
- Serve breakfast, lunch and snack every day at regular times
- Quench a child's thirst with water

Healthy eating is only one part of a healthy lifestyle. Keep children ACTIVE!

- Play active games like hide-and-seek or tag
- Play outside as much as you can
- Let them dance and move to music
- Provide skipping ropes, Frisbees and other outdoor toys for them to enjoy



HEALTHY EATING TEAM

Adapted from Ministry of Education, Government of Saskatchewan. March 2009 (Amended June 2012).

Mealtime Mentoring – Children of All Sizes.

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<http://www.education.gov.sk.ca/adx.aspx/adxGetMedia.aspx?DocID=1970,219,212,136,107,81,1,Documents&MediaID=5142&Filename=Mealtime+Mentoring+January+2009.pdf>

