

Smart Choices

A Community Nutrition Education Program of the LSU AgCenter

About Healthy Eating



Healthy eating is important.

- It helps children grow, develop and do well in school.
- It prevents childhood and adolescent health problems such as obesity, dental caries and iron deficiency anemia.
- It lowers the future risk of chronic disease such as heart disease, stroke, diabetes and cancer and reduces potential health care costs.

Many adults and children are flunking healthy eating. We can help turn this trend around by doing the following:

- ✓ Use low-fat milk and milk products.
- ✓ Drink 100 percent juice.
- ✓ Choose more:
 - Vegetables and dried beans.
 - Whole grains (brown rice, popcorn, oatmeal).
 - Variety.
 - A diet that is low in saturated fats and trans fats.
 - Snacks that are low in fat and sugar.
 - New foods.
- ✓ Involve children in food shopping and meal preparation.



Arrange for the family to eat together when possible. Make mealtimes happy and pleasant.



e, dance,

swim or play sports.

- ✓ Break activity into short segments throughout the day.
- ✓ Drink enough water.