



HEALTHY TIPS FOR PARENTS

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FRUITS/VEGETABLES/SNACKS

1. **Stock freezer with frozen fruits and vegetables.** This is cost-effective and helps to limit food waste as it doesn't go bad.
2. **Steam or microwave veggies for dinner** as a quick option to add vegetables to diet. Vegetables have fiber and help fill you up. Have 20 minutes? Roast vegetables on a sheet pan in the oven to bring out their best flavors. (Find quick, healthy vegetable recipes at ShapeYourFutureOK.com.)
3. **Aim to fill half your plate with fruits and veggies.**
4. **Use frozen fruit as a healthy treat** for snacks or dessert with yogurt, in smoothies or even by itself.
5. **Choose canned vegetables and fruit** to stock your pantry. Rinse vegetables before using to decrease sodium (salt). Choose fruit canned in its own juices instead of in syrup for less sugars.
6. **Choose easy-to-grab fruits and vegetables** and display them in the fridge at eye level or in a bowl out in the open. Examples include baby carrots, sweet peppers, apples, oranges, snap peas. Try dipping veggies in hummus for added protein.
7. **Make it a habit to provide a vegetable at every meal** you offer your family.
8. Setting your family up for success starts in the grocery store. **Skip the "snack food" aisle.** If your house is stocked with chips, cookies and crackers for snacks, everyone in the house will choose these instead of the nutritious, fiber-filled fruits and vegetables.
9. **Encourage teens to be involved with grocery shopping for healthy foods.** Let them choose a new fruit or vegetable to try the next time you're at the store. Or have them write down 1-2 fruits and vegetables they would like to have as snacks during the week. Involve them in cooking!

SUGAR-SWEETENED BEVERAGES

1. **Rethink your drink!** The American Heart Association recommends no more than 25 grams of added sugar per day for kids and adolescents. Common drinks that include added sugars are soda, juice, Gatorade, flavored milks (strawberry and chocolate milk), sweet tea, flavored coffees energy drinks and lemonade. Use the Shape Your Future sugar calculator to see what's in your drink.
2. The healthiest drinks for your family are **water and unflavored low-fat milk.**
3. **Drink flavored water** in place of juice and soda.
4. **Try putting fruit in your water to flavor it.** You can find infused water recipe ideas at ShapeYourFutureOK.com.
5. When out for meals, **skip the sugary beverage and drink water.** This saves you money and helps your family stay healthy.
6. **If you drink coffee, choose sugar-free syrups or lite options** instead of regular coffee drinks. If you drink lattes, ask for skim milk rather than whole milk.



MEAL PLANNING

1. Instead of buying expensive frozen breakfast foods, try to set aside 30 minutes on the weekend with your teen to enjoy breakfast together and **prepare breakfasts for the week.** Try scrambled eggs wrapped in whole wheat tortillas for the week. These freeze well too! Get more breakfast ideas at ShapeYourFutureOK.com.
2. Have easy, **on-the-go fruits such as bananas, oranges and apples** on hand. Remind teens to grab one on the way to school.
3. **For cereals, choose low-sugar options.** Avoid cereals with more than 6 grams of added sugar.

To learn more about how to support healthy lifestyles for Oklahoma youth, please visit TSETHealthyYouth.com



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