

YOU serve HEALTHY...
she'll serve HEALTHY



If you keep healthy snacks
in your home, your kids will
learn good habits from you.

Dr. Mom's guide to a HEALTHY house

As a pediatrician, I have been trained to give mothers advice on what to feed their children. As a mom, I offer mom-tested eating tips based on what works for my three kids.

I want to be proud of the foods my kids eat. But I know that strict rules can backfire and make kids crave 'forbidden foods'. I want my children to have a normal relationship with all foods, so there are no off-limit foods in my house.

I make sure that the foods in my house are mainly healthy. My children are like most kids - they ask for unhealthy foods when we shop at the grocery store - so instead of saying "no" I allow each of them to pick one food to add to the cart. If they continue to ask for more, I simply have them put their choice back on the shelf. That eliminates a lot of arguing. Also, if the food they pick is really unhealthy, like a big bag of candy or a dozen donuts, I tell them they have to make another choice.

All mothers like to celebrate special moments with their children. Special moments often include food. I try hard to teach my children that celebrations are about people, not about food. We celebrate 'together time' by doing a variety of things: running errands, reading, cooking together or just talking. I want my children's memories to center around people rather than on eating.

I don't have healthy eating all figured out. I sometimes feel frustrated as I juggle cranky kids and stressful schedules. But like all moms, I want to do what is right for my children. I know if I make sure a variety of healthy foods are in my house, my children will eat them and - with time - they will become family favorites.

Dr. Mom's healthy snack list

- String cheese (lowfat)
- Cottage cheese
- Cheese cubes and whole wheat crackers
- Yogurt (lowfat)
- Lowfat milk
- Cereal
- Eggs
- Hummus
- Cucumbers
- Carrot sticks or baby carrots
- Avocado
- Bananas
- Any fruit in season
- Unsweetened applesauce with cinnamon
- Dried fruit
- Whole wheat bread
- Rice cakes
- Pita chips



Lauren