

The Basic Rules of Healthy Eating

Feeding your child foods that are lower in fat and sugar and higher in fiber will help her feel full faster, automatically reducing the number of calories she consumes. This basic step will help curb her craving for high-fat or high-sugar foods. From now on, hand her high-fiber foods including whole grains, fruits, and vegetables. Consume less of these foods:

- High-calorie snack food such as chips, frosted snack cakes, pizza snacks, breakfast pastries, and nachos
- Fast food
- Processed (white) bread and bread products
- Regular mayonnaise, butter, or margarine
- High-calorie meat such as fried chicken, sausages, and ribs
- Sodas, fruit drinks, sport drinks
- Candy, ice cream, cookies, and cakes