

No body is perfect

Please email feedback on this newsletter to stalbertfwg@gmail.com



Did you know?

- ⇒ About 6-8% of kids are affected by a food allergy.
- ⇒ 20% of children are following some type of restricted diet.
- ⇒ Blue, purple and deep-red fruits and vegetables keep the heart healthy and the brain functioning.
- ⇒ 100% fruit juices should be limited to ½ cup per day because of the sugar content.
- ⇒ Children should have 5-7 cups of water per day.
- ⇒ All babies and children from birth to 18 years need a 400IU vitamin D supplement everyday.
- ⇒ Seniors are at greater risk of dehydration because our ability to feel thirst declines as we age.
- ⇒ Canada's food guide recommends that adults participate in at least 2 1/2 hours of moderate to vigorous physical activity each week.
- ⇒ Families who have meals together tend to eat healthier & enjoy their food more.
- ⇒ Family meal time is also a chance for parents to model healthy eating behaviours to their children.

Body image is the way we see and feel about our body. A healthy body image happens when we feel comfortable with ourselves and the way we look. Having a healthy body image is important because it impacts our self-esteem and overall well-being.

Healthy eating helps us look good and feel good both inside and out, and when we feel good about ourselves it boosts our self-esteem and improves our body image.

Healthy eating is a key to having a healthy body image.

- ⇒ Nutritional requirements in children are high because of growth demands at their age.
- ⇒ Children are very physically active and therefore need good nutrition.
- ⇒ Healthy food supports the best physical, cognitive, and social growth and development.

Poor nutrition can lead to...

- ⇒ obesity
- ⇒ cardiovascular disease
- ⇒ diabetes
- ⇒ and other ailments.

Evidence says that peoples' diets may improve if they are taught how to make fast and healthy meals.

Some snack ideas for on the go...

- ⇒ Fresh fruit
- ⇒ Yogurt
- ⇒ Fruit cup
- ⇒ Raw veggies and dip
- ⇒ Wheat crackers and cheese
- ⇒ Fruit smoothie: made with milk, yogurt, and berries
- ⇒ Crunchie snack mix: dried cereal, popcorn, crackers, pretzels
- ⇒ Chewy snack mix: dried fruit, raisins, with nuts/seeds



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For more information check out:

www.health.alberta.ca/heath-info/growing-healthy.html

www.healthyalberta.com/NutritionGuidelines-Sept2012.pdf

www.healthyalberta.com/recipes.htm

www.greatist.com/health/surprising-healthy-microwave-recipes

www.stalbertcv.com

www.sapl.ca