



Healthy Eating Guide for Kids

Foods to Encourage

- ❑ Vegetables: organic green fresh leafy vegetables and salads, sprouts
- ❑ Drinks: water, unsweetened herbal teas, vegetable juices and smoothies
- ❑ Fats: olive oil, fish oil, flaxseed oil, coconut oil (for cooking)
- ❑ Dairy: cheese, eggs, whole milk, kefir -- in moderation
- ❑ Fish: wild salmon, other low-mercury small varieties
- ❑ Meats: chicken, turkey, beef (bison or grass-fed)
- ❑ Fruits: berries, melons, seasonal fruits, avocados
- ❑ Nuts & seeds: flaxseed, chia seed, all kinds in moderation; limit peanuts
- ❑ Spices: garlic, ginger, rosemary, cinnamon, turmeric, cayenne, kelp
- ❑ Superfoods: spirulina, chlorella, cacao, bee pollen

Foods to Limit

- ❑ Sugars: HFCS, candy (ex. dark chocolate), cookies, syrups, popsicles, sauces
- ❑ Starches: pastas, breads, cakes, cereals, baked goods, pretzels, crackers
- ❑ Fats: trans (hydrogenated) oils (Crisco, margarine, french fries, etc.)
- ❑ Drinks: sodas, punch, lemonade, Hi-C, fruit juice
- ❑ Vegetables: rice, potatoes, corn, soy
- ❑ Meats: highly preserved (lunch meats), over-grilled, pork
- ❑ Dairy: ice cream, sweetened yogurt, chocolate milk
- ❑ Preservatives: boxed or fast foods, artificial flavor or color

Important Points

- ❑ Don't skip breakfast; avoid eating anything after 7 PM
- ❑ Consider a multivitamin (e.g. Animal Parade) and extra vitamin D daily in winter
- ❑ Water: drink at least four cups daily
- ❑ Activity: limit television, video games, etc. to one hour per day
- ❑ Consider fish oil (omega-3) supplement; probiotics & enzymes or Green Vibrance
- ❑ Avoid discouragement: don't make too many changes at once
- ❑ Avoid artificial sweeteners (Splenda, NutraSweet); use stevia, xylose, a bit of agave
- ❑ Limit contact of food with aluminum, soft plastics, Teflon
- ❑ Check weight once a week

Resources

- ❑ Greensmoothiegirl.com
- ❑ Mercola.com
- ❑ WestonAPrice.org
- ❑ Bewellbuzz.com
- ❑ AskDrSears.com
- ❑ Bodyecology.com