

Better Habits

- Use items other than food to reward good behavior — make a special trip to the park instead of to the ice cream parlor.
- Eliminate the "clean plate" rule — instead emphasize the importance of moderation.
- Educate the family — so all members participate in making healthy food choices.

Snacks You Can Make Together

- ✓ **Fruit Punch** — add orange slices and strawberries to 100% pineapple juice
- ✓ **Trail Mix** — combine raisins, almonds and pretzels
- ✓ **Fruit Smoothies** — blend bananas and strawberries with non-fat yogurt
- ✓ **Celery Raisin Logs** — spread almond butter and raisins on a celery stick
- ✓ **Fruit Salad** — mix pineapple chunks, grapes and bananas with lemon juice



Delicious & Nutritious

Trees In A Broccoli Forest



Prep: 15 min. Makes: 4 servings

- 1/4 cup plain non-fat yogurt
- 1/4 cup non-fat dairy sour cream
- 2 tsp honey
- 2 tsp spicy brown mustard
- 2 DOLE® Carrots, peeled
- 3 cups DOLE Broccoli Florets
- 4 cherry tomatoes, quartered
- 3 Tbsp parsley leaves

Preparation: To prepare dipping sauce, combine all ingredients in a small bowl. Hold carrots against cutting board and trim off ends. Cut each in half, crosswise, then lengthwise to make 4 pieces. Arrange each plate by putting 2 carrot pieces side-by-side in the center. Place broccoli around the carrots forming a cluster. Set the tomato at the top of the plate. Spoon dip around the base of carrots and sprinkle with the parsley.

Nutrients Per Serving: 78 calories, 2g fat (1g sat.), 88mg sodium, 5mg cholesterol, 13g carbohydrate, 5g protein.

What **Dole** Does Differently



As a founding member of the national "5 A Day For Better Health" program, Dole is a recognized leader in children's nutrition education.

Dole's 5 A Day Adventure CD-ROM and its other technology-based educational programs for children, are used in more than 70% of all elementary schools nationwide.

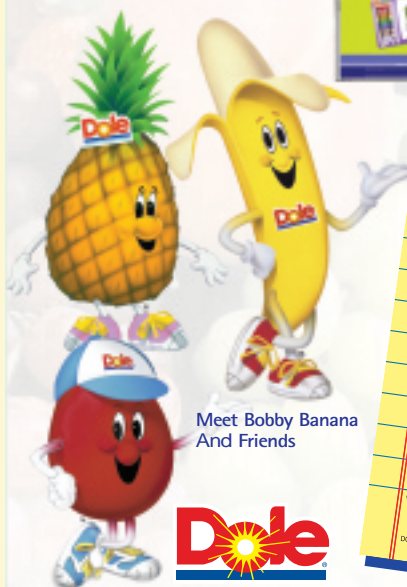
www.dole5aday.com

Dole's 5 A Day website is jam-packed with games, quizzes, tips, food facts, recipes and healthy snack ideas!

Visit The Kid's Page!



Play Games



Meet Bobby Banana And Friends



Hungry?
Have A Healthy Snack:

1. Raisins
2. Baby Carrots
3. Frozen Grapes
4. Dole® Fruit Bowl®
5. Pineapple Chunks
6. Frozen Juice Bar
7. Strawberry/Banana Smoothie

For more ideas, go to www.dole.com



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Visit www.dole.com For More Healthy Kid Tips!



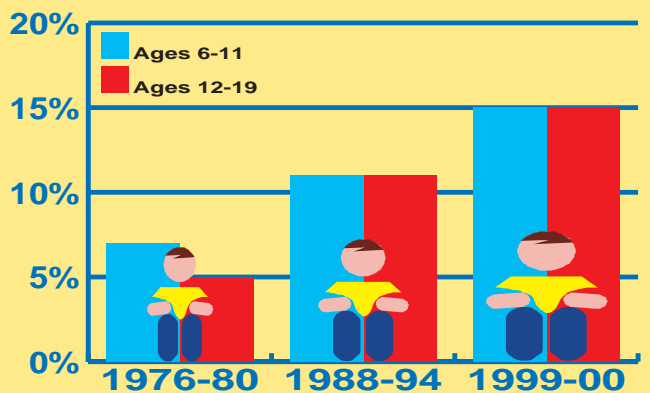
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CHILDHOOD OBESITY: A Growing Trend

Obesity rates have doubled in children and tripled in adolescents over the last two decades. More than 15% of 6 to 19-year-olds are considered obese, while 30% are overweight.



The Health Risks

- An obese 6-year-old is 50% more likely to be obese as an adult; an obese adolescent has a 70% chance of staying obese as an adult
- Being obese by age 20 can cut up to 20 years off of a person's life
- 1 in 3 kids born in 2000 will contract Type 2 diabetes in their lifetime
- Obese children are three times more likely to suffer from hypertension and more prone to high blood pressure and heart disease
- Shallow breath caused by excess abdominal fat leads to oxygen deprivation, asthma and weakened lungs
- Overweight children have more musculoskeletal problems, including hip disorders

Children Lack Key Nutrients Found In Fruits & Vegetables

Lacking Nutrients	Sources
Fiber	Bananas, Avocados, Blueberries
Folate	Asparagus, Broccoli, Oranges
Magnesium	Beans, Dates, Artichokes
Vitamin A	Carrots, Spinach, Lettuce

Did You Know?

- ✓ On any given day, only 45% of children eat fruit
- ✓ 75% of all kids eat more fat than the daily maximum of 30%
- ✓ 10% get only half the necessary vitamin C
- ✓ 75% do not meet their daily intake for potassium
- ✓ 50% get a third of their energy from fat
- ✓ Soda consumption has increased 70% for boys and 40% for girls from 1976 to 1996
- ✓ 27 million children have high cholesterol
- ✓ Children with diets rich in fruit decrease their chances of cancer later in life

Snacking The Right Way!

- Offer dried fruit instead of chewy candies
- Switch a one ounce bag of potato chips with a medium sized banana
- Exchange french fries and ketchup with carrot sticks and low-fat dip
- Replace a can of soda with 100% fruit juice



TEST YOUR NUTRITION KNOW-HOW

- Q.** Does stress affect your child's eating habits?
A. Children under high stress tend to eat twice as much fatty food as children experiencing moderate stress.
- Q.** Can you tell if your child is overweight?
A. Research shows 2/3 of mothers were able to identify their children as overweight, while 1/3 felt their overweight children were at a normal weight.
- Q.** Do large serving sizes encourage children to eat more?
A. Children served larger portions tend to consume more calories than children served age-appropriate portions.

Get Involved

- Plan meals with your children – take them to the grocery store and teach them how to choose fresh fruits and vegetables
- Introduce kids to cooking: everything from cleanliness in the kitchen to portion sizes
- Turn off the television and sit together for meals



Get Active

- Plan family outings, like hiking or row boating
- Ask for help with outdoor chores
- Swap video games for games that involve physical activity

10 TIPS FOR HEALTHIER KIDS

- K**eep healthy foods in the car for snacking before extracurricular activities.
- I**ntroduce new fruits and vegetables regularly to encourage a taste for variety.
- D**esign funny faces with healthy foods to capture kids' imaginations.
- S**et the example with healthy eating habits for children to mimic.
- H**elp children prepare well-balanced meals in the kitchen.
- E**ngage kids in gardening, to teach them how healthy foods grow.
- A**void temptation: keep junk food out of kids' reach.
- L**eave fresh fruit out for easy access to healthy snacks.
- T**ake a side salad instead of fries when grabbing fast food.
- H**and out crudité's and dip for extra crunch at snack time.

