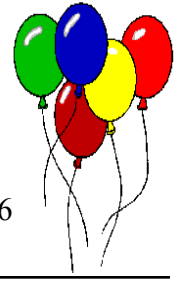




NUTRI-NEWS



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“Balloons for a Balanced Lunch”
NUTRI-SERVE FOOD MANAGEMENT, INC

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Promoting Positive Body Images in Children

Body image is how we feel about our bodies. Most of us struggle with our own perception of what our body looks like. Whether we intentionally think so or not, this can carry over to the children we care for as well. Children as young as preschool can suffer with negative body image perception. This can make them more self-conscious and may lead to eating disorders, whether it be over- or under-eating. What can a parent or caregiver do to prevent this from occurring? Here are some suggestions:

***Be aware** of how you speak in front of children. Are you commenting on the size of your thighs or the latest diet craze? Do you give negative references as to exercise and healthy eating? Children do hear and absorb more than we give them credit.

***Emphasize the importance of overall health**, not numbers on a scale. Speak about fun with physical activity, not “working out”. Talk about how healthy eating can be delicious.

***Find fitness activities your children enjoy**. Not all children enjoy group sports but all can find an activity they like, whether it be swimming, biking, walking, karate or dance.

***Discuss with your children about the myth of the “perfect body”**. Talk about media touchups in magazines, television and online.

***Be a positive health role model for them!**

Test Your Nutri IQ

Try using the alphabet and some math skills to find out what Nutri-Serve’s fruit and vegetable of the month are:

A B C D E F G H I J K L M N O P Q R S
T U V W X Y Z

$\overline{A+2}$ $\overline{K-3}$ $\overline{D+1}$ $\overline{U-3}$ $\overline{O+3}$ $\overline{U+4}$

$\overline{B+1}$ $\overline{F-5}$ $\overline{S-1}$ $\overline{W-5}$ $\overline{L+3}$ $\overline{S+1}$

Answers to quiz can be found below.

Fitness Forum

Do you think that the only true forms of exercise are those that include walking, running or cycling? Think again. Yoga and pilates are fitness routines that build one’s strength and flexibility. These types of physical activity can be as gentle or as challenging as one chooses. Some physical benefits are increasing one’s cardiovascular and respiratory efficiency rates, improving one’s gastrointestinal function as well as increasing one’s range of motion. Psychological benefits include decreased anxiety and depression while increasing one’s self-acceptance and worth.

Answers to above quiz: cherry/carrot
Newsletter Editor
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