

Simple Nutrition Tips for Families

This handout reinforces the key nutrition tips and strategies shared in our nutrition video to help you make healthy eating easier.

Balanced meals can boost energy and attention, support calmer moods, and improve stress tolerance! These meal ideas may help reduce after-school crashes or irritability.



Try frozen fruits and vegetables – they're just as nutritious as fresh and are frozen at peak ripeness.



Make extra food at dinner to use as leftovers for lunch, avoiding the drive-through.



Swap sugary drinks for water infused with lemon or strawberries for natural flavor.



Pack protein-rich snacks like nuts and cheese sticks to stay fuller longer between meals.



Buy plain Greek yogurt in larger tubs and flavor it yourself with fruit to make it sweeter.



Check out this resource from the AAP for more low-cost recipes and practical tools!

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