

Heart Healthy Eating for Busy Families

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Goals

1. Understand the Strong4Life healthy habits
2. Learn about heart-healthy eating
3. Gain ideas for easy meals and snacks
4. Feel confident about making heart healthy choices

What are the 4 Healthy Habits?



Make *half* your plate
veggies & fruits



Drink more water
& limit sugary drinks

Be active



Limit
screen time

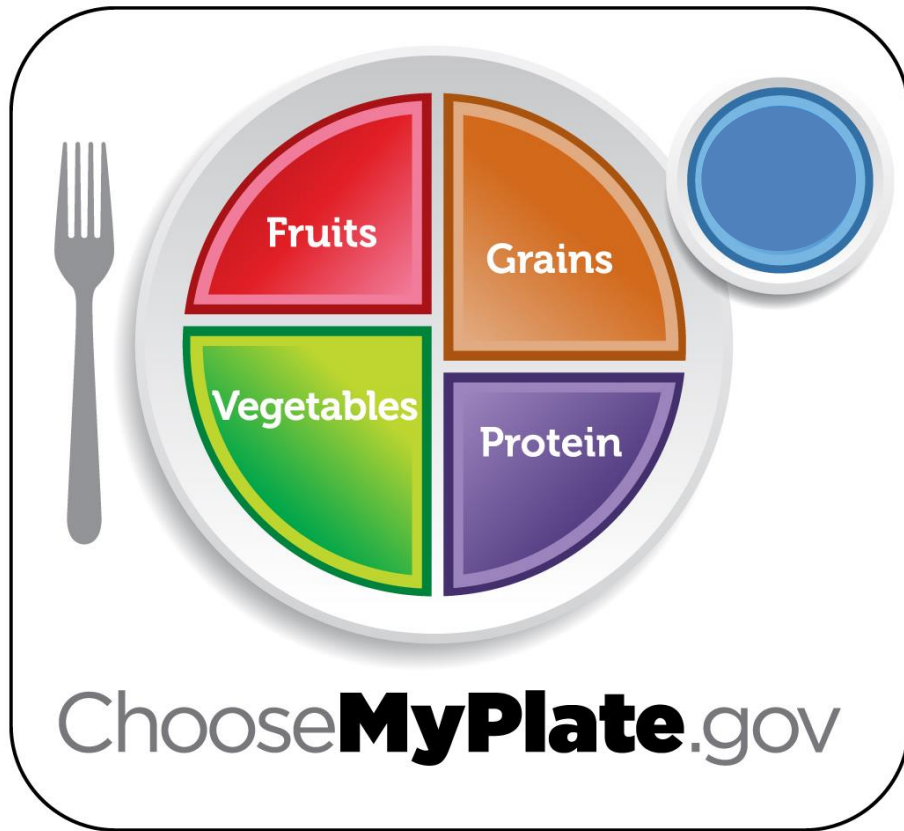


WHAT DOES HEALTHY EATING MEAN TO YOU?

Balanced Nutrition Benefits

- **Better Overall Health**
 - Heart Healthy!
 - Reduces Risk
 - Adequate Growth
- **Stronger Academic Performance**
- **Emotion Management**
- **All Day Energy**

Building a Foundation



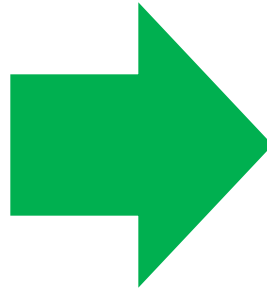
Fruits and vegetables

- Fill half your plate
- Aim for a variety of colors
- Fresh and frozen are best
- Choose whole fruit over juice



Grains

- Wheat
- Rice
- Buckwheat
- Oats
- Corn
- Quinoa
- Amaranth
- Millet



- Breads / Bagels
- Crackers
- Cereal
- Tortillas
- Oatmeal
- Crackers

**100% Whole Wheat
or Whole Grain**

Identifying Whole Grains

INGREDIENTS:

WHOLE GRAIN WHEAT FLOUR,
 WATER, SUGAR, WHEAT GLUTEN,
 SOYBEAN OIL, NATURAL FLAVOR,
 SEA SALT, YEAST, CULTURED
 WHEAT FLOUR, MOLASSES, SOY
 LECITHIN, RAISIN JUICE, VINEGAR,
 ASCORBIC ACID; TOPPED WITH
 WHEAT BRAN.



Is it Whole Grain or not?

If the ingredient says...	Is it Whole Grain?
Whole [name of grain] Whole [name of grain] flour Whole grain [name of grain] [name of grain] berries Stoneground whole [grain] Oats, oatmeal Whole white wheat Bulgur Graham flour	<h1>Yes</h1> <p>These are all Whole Grain.</p>
Wheat flour unbleached Semolina Durum wheat Organic flour Multigrain (may contain a mix of grains)	<h1>Maybe</h1> <p>Some parts of the grain may be missing, so these products may lack the benefits of Whole Grain.</p>
Enriched flour Degerminated Bran Wheat germ Pearled barley Grits, hominy, farina	<h1>No</h1> <p>These are not Whole Grain ingredients.</p>

Adapted from the Whole Grains Council

Protein

- Nuts and Seeds
- Beans and Lentils
- Chickpeas and Peas
- Quinoa
- Soy
- Lean Animal Meats
- Eggs
- Seafood



Dairy

- Low Fat (1%) or Skim Milk
- Greek Yogurt
- Low Fat or Skim Cheese
- Read label for added sugars

Alternatives

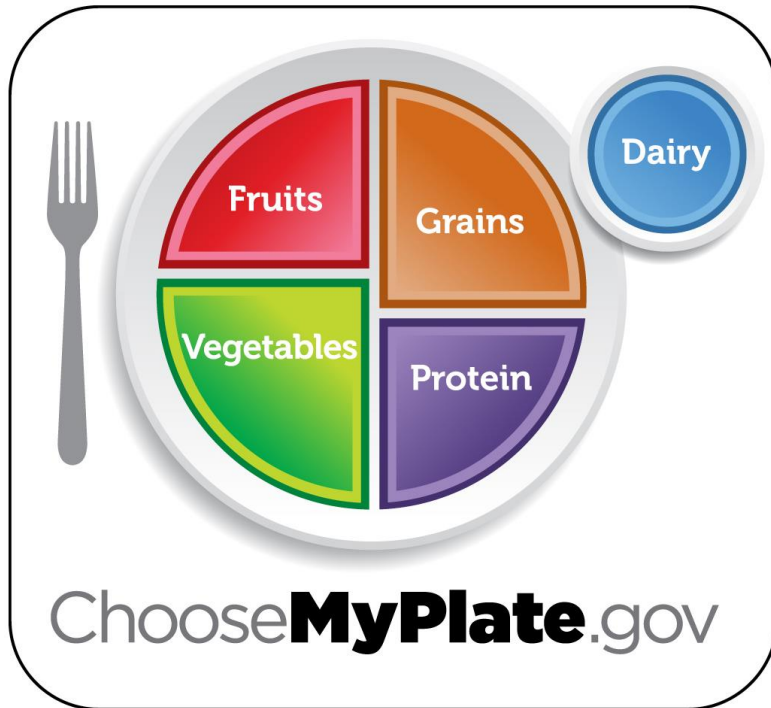
- Soy milk
- Rice Milk
- Almond Milk
- Pea Protein Milk



MyPlate in Action



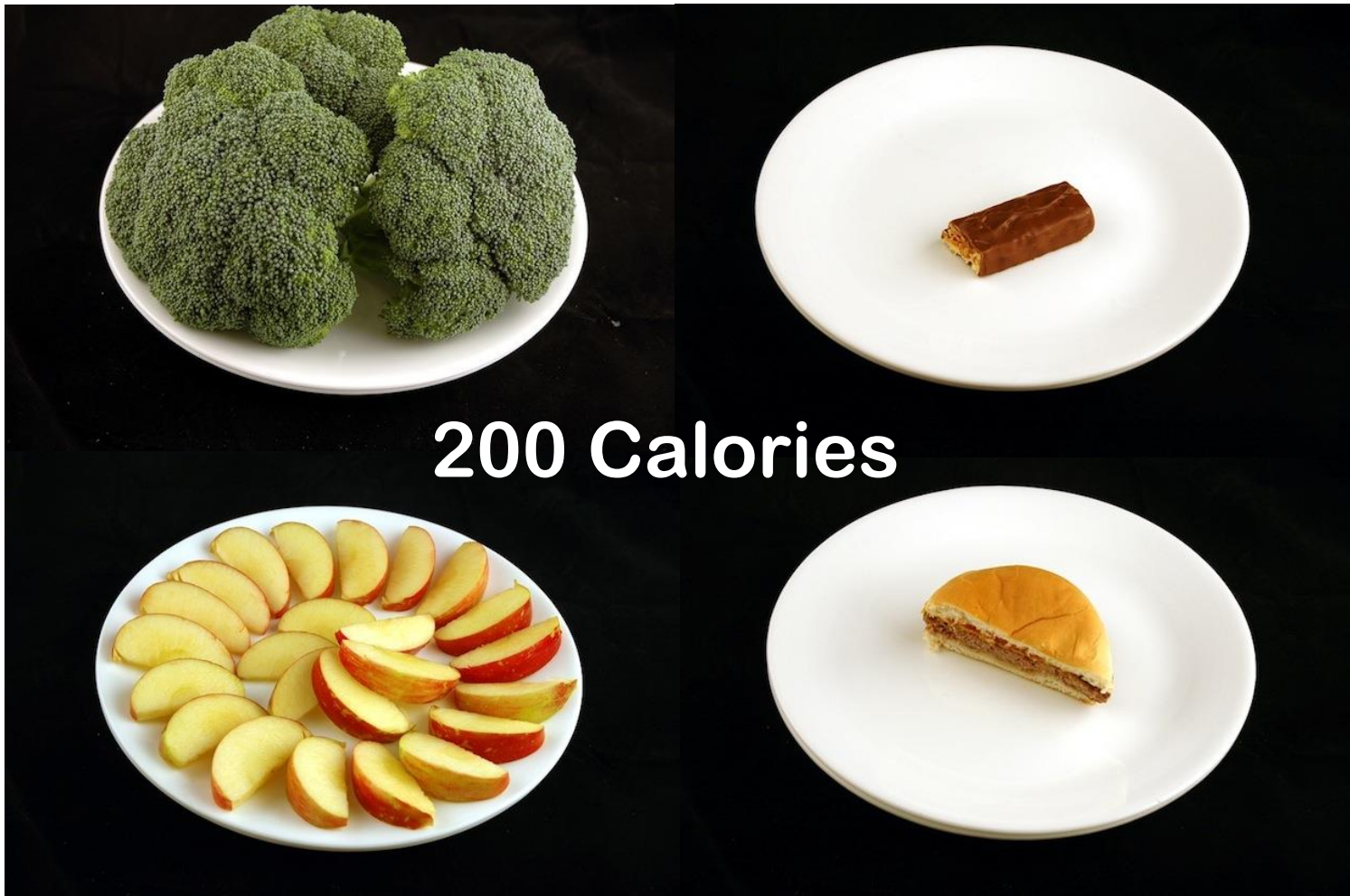
Calories aren't Everything



vs.

Counting Calories

The Whole Food Difference



Snacking Tips

- Mini-Meals
- 2 to 3 Foods
 - (Example: veggie or fruit + protein + grain)
- Provide regularly to balance energy
- Make healthy snacks available, visible and convenient



Eating with CHD

- **Healthy nutrition is heart healthy!**
- **Small, frequent meals and snacks**
 - **Tiredness**
 - **Breathlessness**
 - **Early fullness**
- **Nutritious vs. Empty Calories**

Grocery Store Tips



Outsmart the Store

- **Be prepared**
 - Have a plan
 - Eat a snack
- **Shop the perimeter**
 - Inner aisles for necessities only!
- **Compare prices**
- **Know when “healthy” is healthy**
- **Read labels**



Reading an Ingredient List

- Look for a healthy first ingredient
- Choose foods with ingredients you recognize and can pronounce
- Sugar has many names: sugar, syrup, juice, anything ending in “ose”, honey, molasses, turbinado

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Serving size 1 (35g)		Total Fat 3g	4%	Total Carbohydrate 23g	8%
		Saturated Fat 0.5g	3%	Dietary Fiber 4g	14%
		Trans Fat 0g		Total Sugars 14g	
		Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
		Sodium 20mg	1%	Protein 2g	
Calories per serving 130		Vitamin D 0mcg 0% • Calcium 30mg 2% • Iron 1.5mcg 8% • Potassium 350mg 6%			

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: STRAWBERRY, SPINACH, CASHEWS, APRICOT, UNSWEETENED APPLES

Nutrition Facts

8 servings per container
Serving size 2/3 cup (55g)

Amount per serving
Calories 230

% Daily Value*

Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%

Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	

Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

1. How much is being eaten?
2. Consider
3. Lower is better. Less than 5% is low.
4. Less Sugar (<5%) and Higher in Fiber (20% or more)
5. Vitamins and Minerals

Quick and Easy

Tips for Busy Families

Breakfast

- **Make Ahead:** hard boiled eggs, crockpot oatmeal, overnight oats, egg muffins
- **Quick and easy:** whole grain cereals, mini bagels, waffles, etc. with hummus or nut butter
- **Grab & Go:** fruit, boiled eggs, single-serve yogurt, nuts



Lunch

- Pack salads in tall containers
- Freeze water bottles and fruit overnight
- Use divided containers and/or muffin tins
- Freeze a few PB&Js for grab-and-go lunches



Dinner

- Slow cooker meals
- Instant Pot or Air Fryer
- Frozen, Microwaveable
- Fresh veggies and fruits!
- Ready Made, Pick Ups
- Plan ahead



Snack Hacks

- Healthy Bin or Shelf
- Grab and Go
- Fresh and Whole
- Colorful
- Easy to See & Reach





Drink more water
& limit sugary drinks

Sugary Drinks



=



=



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H2O Flow: Tips for Drinking More Water



Be active



Limit
screen time



Healthy Habits are for **ALL** Kids



Resources: Strong4Life.com

5 Easy Lunchbox Shortcuts

SCHOOL AGE

A nutritious lunch can keep your kid's engine running smoothly throughout the school day. Check out our top five lunch hacks—they'll save time and money, plus give kids a boost just when they need it most.

In This Article

[Keep everything cool](#)

[Make mini-meals](#)

[Quick and quirky](#)

[What to pack?](#)

[Feeling fun and festive](#)



RECIPE

[Pita Bread Pizza](#)

...Try our healthy spin on your favorite pizza recipe. ...



RECIPE

[Salad with Turkey Slices](#)

...This recipe offers a quick protein to add to a delicious lunch salad....



RECIPE

[Hummus and Veggie Pita Pizza](#)

This quick no-bake pizza is a tasty idea for a weekend lunch.



RECIPE

[Meal Prep Shortcut: How to Cut a Bell Pepper](#)

...Great in recipes or on their own, bell peppers pack plenty of flavor and nutrition. We'll show you how to cut a bell pepper without the mess!...



Use a kitchen knife to score the fruit like a checkerboard.

RECIPE

[Meal Prep Shortcut: Cutting an Avocado, Made Easy](#)

...Avocados are good for you, but can be hard and messy to cut. This meal prep hack makes it easy to serve this wholesome fruit in recipes or on its own. ...

Ask the Expert

Expert Advice
My child is a select age...
Search For... 🔍

Ask an Expert

Children's Healthcare of Atlanta has assembled a team of doctors, psychologists, registered dietitians, exercise physiologists and other wellness experts to give you expert advice, balanced with real-life parenting experience. From newborns to teens, we can help you with your feeding and nutrition-related question.


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ASK A QUESTION


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QUESTIONS?

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