Enjoy sweet treats - but eat LESS of them!

Nutrition Know-How

- Limit the amount of food and drink with added sugar your kids eat every day. If you don’t buy them, your kids won’t get them very often.

- Most added sugars come from cookies, candy, ice cream, cake, non-100% fruit juice, soda, and sports drinks.

- Try not to reward your little one with food — this teaches your child that some foods are better than others.

Other rewards to help them feel special:

Praise from their favorite person - you!

Big Hugs • Stickers • Stamps • Trip to the library

For a big reward, set aside a special time together – eat breakfast or lunch with them at school, go for a walk with just the two of you, or play a game together.

Kitchen Ideas

- It’s okay to have dessert sometimes — just serve smaller portions.

- Show kids that a small amount of treats can go a long way by using smaller bowls and plates for these foods or having them share a candy bar or split a large cupcake.

- “Treats” are not everyday foods. Limit sweet treats to special occasions.
Physical Fun

For special occasions, try to place the focus on activities (games, the park, sports) instead of cake or another sweet treat.

Kids like sugary foods because they are marketed to be fun, so make your own fun and nutritious foods with your kids instead and get creative together.

Recipes Rule

Make this smoothie with your kids for a sweet treat that’s fun and healthy!

Berry Purple Smoothie

**Ingredients:**

- 20 ounces pineapple chunks in juice, undrained
- 2 cups blueberries, frozen
- 1 ½ cups ice cubes
- 6 ounces yogurt with fruit, nonfat

**Equipment Needed:**

- Blender
- Measuring Cup
- Spatula

**Number of Servings:** 4

**Prep Time:** 5 minutes

**Total time:** 5 minutes

**Directions:**

In a blender, combine all ingredients and process until smooth. Serve immediately or cover and refrigerate until ready.

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