



*The
Secrets
of
Healthy
Families*

*9 Tips for
Healthy
Kids and
Yummy
Mommies*

**Secrets of Healthy Families:
9 Tips for Healthy Kids and Yummy Mommies**



Secrets of Healthy Families: 9 Tips for Healthy Kids and Yummy Mommies

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**Secrets of Healthy Families:
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How the 9 Secrets Can Help You!

You've seen them ... **the super healthy family down the road** ... the parents seem to have a ton of energy, the kids actually like vegetables, and the moms are slim and fit.

You can't figure out how they do it when they're working or home with little ones and running kids to sports and school events just like you but they still manage pull out a full-on healthy picnic at soccer when you've done McDonald's drive through! **Where do they find the extra time (and energy) for healthy eating?**

Our 9 secrets and 10 weeks of follow-up coaching (*all our free gift to you*) will get you on the road to a healthy life with no extra time on your part! In fact, once you're up and running with the 9 secrets we bet you'll have **more time and energy than you did before!**

Here's the 9 secrets to healthy families - they:

Secrets of Healthy Families: 9 Tips for Healthy Kids and Yummy Mommies



1. Plan their meals

Many moms think they don't have time to plan their meals but **30 minutes of planning before the start of your week can actually save you hours of time during the week!** Here's how:

- It can mean one trip to the grocery store because you'll have a shopping list for all of your meals instead of several through-out the week as you realize you're missing ingredients for what you've decided to make.
- You'll save time peering into your refrigerator trying to decide what to make for dinner at 6:00 because you'll already have decided ahead of time.
- You can plan cook once, eat twice dinners – with a makeover for the second night.

Planning your meals can also **help you lose weight** by helping you make conscious choices about healthy meals and resorting to fast food less often.

If you know the kids need to be at soccer at 5:30 on Wednesday you can preplan to have something cooked on Tuesday that can simply be heated on Wednesday or taken to go in the car, eliminating the need for drive-through and providing you with dinner in less time (and for less money!) than it would take to get through a drive-through window.

We've got plenty of [free healthy recipes](http://www.healthy-family-eating.com) at www.healthy-family-eating.com to make planning family friendly meals a snap!

Secrets of Healthy Families: 9 Tips for Healthy Kids and Yummy Mommies



2. Don't Buy Junk



Thinking of your grocery cart your family's stomachs can make a big difference as to what you put in it!

Would you give your child (or you for that matter!) a bowl of TBHQ, glycerin or tocopherol? These are all ingredients in a "healthy" Quaker granola bar.

Read the Ingredients

Healthy families read the ingredient list of items before they put it in their cart! This may seem like a time consuming task but once you find your favorite healthy brands it will take no extra time to feed your family these healthy items rather than a box of chemicals and low nutrient foods.

Keep in mind that nutrition can vary widely from brand to brand so read the labels of your favorites and replace them with other brands if the ingredients don't measure up. Some brands of pasta sauce contain 6 grams of sugar or more per serving, while other brands contain no sugar! I find the no sugar brands tend to taste better anyways since they rev up the flavor with healthy additions such as garlic and onions instead of sugar.

Make a Shopping List

Healthy families make a shopping list ahead of time and stick to it at the grocery store – filling their cart with unprocessed foods such as veggies, fruit, lean meats, and whole grains. Using a shopping list has been proven to **help people lose weight** since they buy less junk food.

If you don't bring junk into the house, you and your kids can't eat it!

Secrets of Healthy Families: 9 Tips for Healthy Kids and Yummy Mommies



3. Cook at home

Healthy families cook at home more often so they **know what's in the food they eat**. They make their own healthy versions or source out healthier treat items.

By cooking at home you automatically reduce the amount of sodium and fat you and your family are consuming. It's also been proven that cooking at home automatically reduces your calorie intake (with no dieting) which can **help you lose weight**.



Choose Wisely

When mom's of healthy families are choosing convenience foods they choose wisely! Some prepackaged foods are just as healthy as the do-it-yourself varieties but you need to know which ones they are. In week 4 of our free coaching program we'll give you some tips for which convenience items can save you time and keep you healthy!

Make it Ahead

Another way to save time when cooking your own meals is to precook large quantities and freeze the leftovers. It doesn't take that much extra time to double or triple a recipe and then you can have two or three meals out of one cooking session – this is one of my favorite strategies! Good candidates for this strategy include pasta sauce, soup, stew, casseroles, pre-cooked ground turkey or beef, and rice. **Cooking ahead of time can help you avoid high-fat, high-calorie, low-nutrient take-out dinners.**

Secrets of Healthy Families: 9 Tips for Healthy Kids and Yummy Mommies



4. Eat as a Family

Healthy families eat one or more meals a day as a family.

This is one of the most significant habits that **lowers the risk of obesity in children.**



A University of Minnesota research study also showed that if the family ate together teens ate more fruit, veggies and milk and drank less soda pop. Other studies also show a correlation between family meals and greater well-being, improved performance at school and a lower risk of unhealthy weight loss methods in teens.

With all these **great benefits** it's worth the planning to incorporate family meals into your life! It doesn't have to be dinner if that doesn't work for your family – you could try breakfast or lunch instead.

As an added perk, **parents who eat with their kids tend to eat healthier too** since they're conscious of setting a good example while their kids are watching!



5. Eat a Healthy Breakfast

Moms of healthy families know how important a healthy breakfast is to get the day off to a good start!

The Benefits to Kids

Research shows that eating a healthy breakfast has a huge impact on kids – they have **more energy, learn better, pay more attention at school, earn better grades in math, and have less behavioral and emotional problems.**

Moms Lose Weight

Eating breakfast **increases your metabolism** helping you keep your weight in check and keeping you alert for the day ahead. The Mayo clinic confirms that eating a healthy breakfast **helps us lose weight and maintain weight loss** by reducing our hunger through-out the day, increasing the chances that we'll make healthy choices throughout the day, and give you more energy that increases the likelihood of being physically active during the day.

Breakfast in a Hurry

Eating breakfast doesn't have to take a ton of time! In week 6 we'll give you a whole list of quick healthy breakfast ideas.



6. Choose Healthy Snacks

Healthy families choose healthy snacks most of the time and **think of snacks as mini-meals** rather than treats. This helps limit sugar and salt intake which is important for overall health.

Why Limit Sugar?

Sugar consumption in children is directly linked to obesity and tooth decay later in life. Often times sweet treats also have no nutritional value. **Too much sugar has side-effects in children including being overweight, tooth decay, and hyper-activity.**

The American Heart Association recommends that children only consume 12 grams of sugar per day – that’s about 3 tsp. Did you know that one can of soda has 10 or more tsp of sugar in it? And that one “healthy” prepackaged granola bar can have 12 or more grams of sugar?

Why Limit Sodium?

Children sodium limits for kids range from 1,500 milligrams to 2,300 milligrams depending on their age. Adults should limit themselves to 2,300 mg or less sodium per day (that’s the amount of sodium in about 1 tsp of table salt).

It’s not just the salt shaker we need to worry about though! The majority of us get our high sodium intake from the prepared foods we eat – think frozen dinners, deli meat, cereals, canned veggies, and canned/boxed soups. Many frozen dinners have 1,500 mg or more of sodium in them and one hot dog has more than 600 mg of sodium.

In week 6 will give you some ideas for changing over to mostly healthy snacks that your kids will still love!



7. They up the Veggie Quotient

Healthy families up the veggie quotient in 3 ways:

- They model good eating by grabbing veggies for snacks, including at least of couple of vegetables at every meal, and incorporating new produce in their diets.
- They have a “try two bites” policy for children and adults – lol! Healthy families try new healthy foods together to develop new tastes.
- They “sneak” veggies and fruit into unsuspecting dishes! Add fruit and even mild tasting veggies to smoothies. Add grated veggies to baked goods. Replace the fat in baked goods with pureed pumpkin or applesauce. Add pureed veggies to stews, casseroles, and soups.



8. Drink Plenty of Water

Healthy families make sure everyone in the family drinks plenty of water – 8 glasses each is ideal. If drinking 8 glasses of straight water doesn't appeal to you or your kids try to mix it up a bit with lemon water or naturally caffeine free tea.



9. Exercise – 20 to 60 minutes

Healthy families find a way to get **20 to 60 minutes of exercise every day at home.**

There are plenty of ways to **get some exercise without it seeming like work:** play with the kids, dance, play tag, ride a bike, throw a frisbee or practice a sport.



Why Exercise is Important

Exercise has **huge benefits** that make it worth the effort to incorporate it as a habit in your life. The benefits include:

- Exercise helps you control your weight
- Improved social relationships
- Improved self esteem
- Improved academic performance for kids
- Kids who exercise are less likely to smoke
- Decrease the likelihood of developing cancer and other diseases
- Helps control your appetite
- Reduce the risk of obesity
- Increased energy levels
- Better sleep

Perhaps the best reason for you to exercise with your kids is that it's just plain fun!

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Implementing the 9 Secrets

The key to using the 9 secrets of healthy families is figuring out **how to implement them in your everyday life!** How many times have you read something, thought it was really good information and something you should do and then never set eyes on it again and to never incorporate a single change in your life?

Over the next 10 weeks we're going to help make sure your family benefits from you knowing the 9 secrets by **giving you the tools** (and reminders – lol!) you need to change the health of you and your family.

Here's to your family's good health,

Tammy Harnett

P.S.

If someone passed this on to you don't forget to sign up for our [free online healthy eating coaching](#) so you don't miss the follow up coaching!