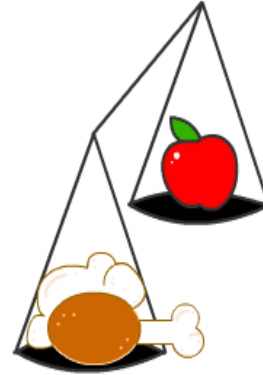


## Pass on your Healthy Eating Habits:

- 1 Eat it yourself.** Let your child see you enjoying healthy foods. Tell them how yummy the foods are.
- 2 Keep secrets.** If there are foods that you or someone else in your family refuses to eat, don't tell your child. They may like these foods.
- 3 Offer healthy foods** such as fruit for snacks. Your child will start asking for bananas and apples. He will learn to expect healthy foods at snack times.
- 4 Clean out your cupboard and refrigerator** – get rid of unhealthy foods such as soda, chips, and candy. Don't buy these foods.
- 5 Buy healthy foods that your family will love.** Try different brands of whole grain bread or whole grain cereals. Find a brand your family loves.
- 6 Let your child see you eating normal size servings.** Serve food on smaller plates. Use smaller serving spoons.



## The nutrition gatekeeper

The person who buys and prepares the food has a huge influence on what foods their family eats.

This is a very important person - often called the “**nutrition gatekeeper**”. This could be a mother or a father, a grandparent or another caregiver.

**Who's the gatekeeper in your family?**  
**Maybe it's you.**  
**It is often the 'Mom' or 'Dad'.**

You may feel like your family won't eat a healthy diet. And that you have no control over what they eat.

But you do! You can help your family take small steps toward a healthy diet.



While at the store,  
buy the foods  
that *you want*  
your family to eat.

Share healthy eating habits  
with your family.

# Pasta & Tomatoes

- 2 cups uncooked ditalini pasta
- 1 tablespoon vegetable oil
- 2 garlic cloves, minced
- 1 (28 ounce) can diced tomatoes
- 2 tablespoons dried Italian herbs



- 1 Bring a large saucepan of salted water to a boil. Add the pasta and cook until tender, about 8 minutes. Drain the water off the pasta.
- 2 Heat the oil in a large skillet. Add the garlic and sauté for about 1 minute.
- 3 Add the tomatoes to the skillet and heat, about 2 minutes.
- 4 Add the cooked pasta and herbs to the skillet. Heat and stir for 2 to 3 minutes.

6 servings (1/2 cup serving) – 129 calories, 3.4 grams fat, 23% calories from fat and 3.3 grams of fiber in a serving.

## Family Favorites...

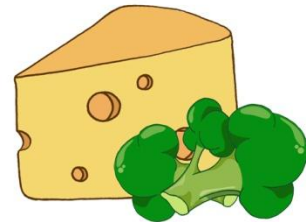
- Top Pasta & Tomatoes with grated Parmesan cheese or shredded mozzarella cheese.
- Serve a cooked chicken breast or pork chop with this pasta.
- Serve tiny meatballs with this pasta.
- Try fresh herbs (basil, oregano, Italian parsley) with this pasta during the summer – yummy!

## What is “ditalini” pasta?

Ditalini pasta is a small tube shaped pasta. Small children love the shape.

## Can I use a different pasta?

Yes, try another small pasta – small macaroni, penne or ring pasta.



## What can you do?

- Clean out my cupboards – get rid of unhealthy foods.
- Share a healthy eating habit with my child: \_\_\_\_\_
- Stop buying soda, fruit drinks and other sweet drinks for my home.
- Other: \_\_\_\_\_