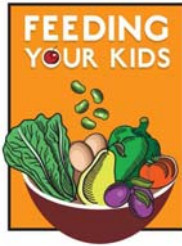


Feeding Your Kids Index

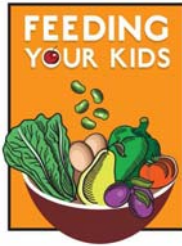
- Day 1 Review What Your Children Eat**
Itemizing what my children eat will help me identify better choices to make a real difference in my children's lives.
- Day 2 Outline**
Eating healthy and developing a healthy attitude to eating in childhood depends on many different factors. We've built this program around those.
- Day 3 Hostile Environment**
We are surrounded by processed food products readily available. It takes a certain mentality to go against the tide.
- Day 4 Power of Breakfast**
Agree to sit down and eat breakfast every day this week with your child.
- Day 5 All "Food" Is Not Created Equal**
You don't need to understand every ingredient in the food you buy in the store, but you should learn a few things about labels.
- Day 6 Protein Breakfast**
Adding a little protein will make them that much stronger during the day.
- Day 7 Schedule Family Meal**
One of the best ways to improve your children's health is to develop a routine. Children do better with a consistent structure.
- Day 8 Family Meal Behavior**
Family meals are eaten at the table, using plates, everyone seated. It's all about community, good food and conversation!
- Day 9 Decisions You Should Leave Up To Your Child**
Create an environment where the child always gets to make his own choices from the healthy options offered.
- Day 10 What To Do When Your Child Refuses To Eat Something**
According to the American Academy of Pediatrics, you need to offer a child a new food 10-20 times before they might accept it
- Day 11 Encourage Children to Chew Their Food**
Mindful eating including chewing your food, eating more slowly and checking in on how full you are important parts of a healthy attitude to eating.



- Day 12 Balanced Meal Basics**
Today, focus on eating a balanced meal. In your mind, divide the plate into four quarters.
- Day 13 Planning Your Shopping**
If you want to feed your child healthy in an environment which is hostile to this objective, plan what you want to feed your child before you go shopping.
- Day 14 Grocery Shopping Tips**
Grocery stores are in the business of selling products. They don't have the nutrition of your child as their primary goal. But *you* do!
- Day 15 Upgrade Tonight's Meal**
Today the challenge is to find a way to make your most requested family dinner with upgraded whole food ingredients.
- Day 16 Make Snacks a Mini-Meal**
Snacking with a purpose means reinforcing good habits and filling the gaps between meals with nutrients.
- Day 17 Upgrade Snacks**
You want to serve the highest quality foods to your child. Let's use today's challenge to upgrade some of your child's snack items.
- Day 18 Monkey See, Monkey Do**
Being a good role model is the fastest and easiest way to influence your child.
- Day 19 Eating Out With Ease – 1**
Restaurants, just like grocery stores, do not set out to provide your child with a healthy and nutritious meal.
- Day 20 Eating Out With Ease – 2**
It is your job to mind what to eat. If your child is choosing from the menu, you will have to offer guidelines.
- Day 21 Did You Get Bored With Breakfast?**
Did you make scrambled eggs for three days, and now your kids won't eat it? What to do next?
- Day 22 Upgrade Basic Pantry Items**
Let's read the ingredient label. What did you discover about the bread you are serving?
- Day 23 Processed Food Upgraded**
Replacing highly-processed "wrapper" foods with fresh, will give your family more vitality and more nutrition.



- Day 24 Back On Track**
It takes some forward momentum and consistency to get daily routines established. How are you doing?
- Day 25 New and Different**
Variety offers the best nutrition and fun. Fill your children's meals with a variety of food, and their enjoyment will increase with their health.
- Day 26 How Are Your Family Meals Going?**
In spite of all your good intentions, did you find that the family dynamics went back to how it was before?
- Day 27 Free Pass or Coupon**
If you sense your child needs a break from this much change, try this challenge.
- Day 28 Sugars Upgraded**
You don't have to give up sweet things, or the taste of sweet. Sweet taste can come from many sources other than sugar, it's worth experimenting.
- Day 29 Did Your Child Surprise You?**
Did you expect that your child will fight a change and worry about it or did you struggle with yourself, only to realize that your child prefers it the new way?
- Day 30 Upgrading Is Addictive**
Upgrade only as you like it. Every upgrade has a cumulative effect.
- Day 31 How's Your Planning Going?**
Are you feeling overwhelmed? Planning will most likely feel stressful at first. Let's build your capacity for planning and preparing one step at a time.
- Day 32 Positive Reward System**
Making a change from rewarding with food will help your child maintain the natural relationship with food that they were born with.
- Day 33 Lunchbox Mystery**
It's hard to come up with choices for lunchboxes. Make it a mini-meal (combine 2-3 different types of food), keep it balanced.
- Day 34 Five / Ten / Fifteen**
You don't have to be a chef to prepare a delicious and simple meal with fresh ingredients. Try today's challenge to see that good food doesn't take a huge time commitment.
- Day 35 You Are Not Alone**
There are a lot of allies who are willing to help you, and their ideas are collected on the web! See the ideas from nutritionists, doctors, teachers, and other mothers.



- Day 36 Child Involvement Is Key For Success**
Some parents choose their children's clothing and cook and clean for them. In this challenge, you will explore some ways to involve and challenge your child.
- Day 37 Drink Up**
Once you make a habit of having water at the table, everyone will drink it.
- Day 38 What's Going Right**
As much as you are succeeding here, your child will have a better chance at living a longer, healthier, happier life. This is the new "tradition" you want to pass down to your children.
- Day 39 Lunchbox Magic**
You can bring new life into lunch and even use what you have left over from dinner. Your new problem will be that other kids will want to eat it too.
- Day 40 Easy Cooking**
Soups are very easy to cook, and can accommodate varying tastes and preferences for children.
- Day 41 How're Your Child's Snacks Going?**
Children are creatures of habit. The more good food they eat, the more they will recognize it as their diet. Hardwiring takes time to develop.
- Day 42 Congratulations!**
Congratulations! Today is the last day of this program, but it's only the beginning of what you can do with what you have learned, and are still learning.