Healthy Lifestyles Clinic
Doernbecher Pediatrics Clinic
15220 NW Laidlaw Rd., Suite 102
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How to have a Healthier Easter Holiday

- Make the basket look like it has Easter bunny food – carrots, celery, and lettuce
- Put stickers or toys in small plastic eggs
- Add nuts or dried fruit
- Add a holiday book to the basket
- Focus on painting eggs and holiday crafts
- Don’t give a whole packet of candy – one or two Peeps is better than a whole sleeve
- Make a contest: who can make their Easter candy last the longest

Moving Healthy Choices Easier for Kids

A recent study has found that children are influenced by the environment in which food is presented. This means that there is an opportunity to help children make healthier choices, by creating a situation in which the healthy choice is more attractive or available.

You can do this by placing fruits and vegetables in attractive settings, such as apples and bananas in a nice bowl or carrots on a plate. Another way to help is by making sure that the child is served vegetables first, and has easy access to more servings of fruits and vegetables.

Moved? Change of Phone/Address?
Questions/Comments?
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