

## TIPS TO PROMOTE HEALTHY EATING

- Focus on overall diet rather than specific foods. Promote a healthy relationship with healthy foods.
- Have regular family meals. This routine is comforting and enhances appetite.
- Cook more meals at home. Eating at home is healthier and sets a great example.
- Get kids involved. Let kids help in the prep work or picking out new foods to try.
- Make a variety of healthy snacks available. Keep fruit, veggies, whole grains and healthy beverages on hand.
- Limit portion sizes. Don't insist your child cleans the plate or use food as a reward or bribe.
- Be a role model by eating healthy yourself. Kids learn by example.

## DEALING WITH PICKY EATERS

- Offer a new food only when your child is hungry and rested.
- Present only one new food at a time.
- Make it fun: present the food as a game or cut the food into unusual shapes.
- Eat the new food yourself; kids love to imitate.
- Limit beverages. Picky eaters often fill up on liquids instead of food.
- Limit snacks to two per day.



## HOW TO CUT DOWN ON SUGAR

- Limit sweets, don't ban them entirely.
- Give recipes a makeover by using less sugar.
- Avoid sugary drinks.
- Cut down on processed foods like white bread and cakes. These can leave kids tired and cranky.
- Don't swap healthy sources of fat with sugary snacks. We tend to switch regular yogurt for a low- or no-fat version which is packed with more sugar. Or we swap breakfast eggs for a pastry or muffin.
- Create your own popsicles and frozen treats. Freeze grapes, berries, banana pieces topped with a little chocolate sauce.

## VISIT THESE SITES FOR MORE INFORMATION AND NUTRITIONAL GUIDELINES:

<http://www.helpguide.org/articles/healthy-eating/nutrition-for-children-and-teens.htm>

<http://www.choosemyplate.gov/kids>

<http://www.choosemyplate.gov/students>