

TIPS FOR HEALTHY EATING

Encouraging Food Choices For A Healthy Diet



- ❶ BE PATIENT. Young children may not be interested in trying new foods. Offer new foods more than once.
- ❷ BE A PLANNER. Most children need a snack or two in addition to three regular daily meals.
- ❸ BE A GOOD ROLE MODEL. What you do can mean more than what you say. Your child learns from you about how and what to eat. Eat meals with your child whenever possible. Walk, run, and play with your child, don't just sit on the sidelines. A family that is physically active together has lots of fun!
- ❹ BE ADVENTUROUS. At the store, ask your young child to choose a new vegetable or fruit, from two or three choices. At home, your child can help you wash and prepare the food.
- ❺ BE CREATIVE. Encourage your child to invent a new snack or sandwich from three or four healthy ingredients you provide. Try a new bread or whole grain cracker. Talk about what food groups the new snack includes and why it tastes good. Is the snack smooth, crunchy, sweet, juicy, chewy, or colorful?