

TIPS TO HELP YOUR CHILD EAT BETTER

Creating an environment where your kids can make healthy food choices is one of the most important steps you can take to ensure the health of your child. By fostering a supportive environment, you and your family can develop a positive relationship with healthy food. You can lead your kids by example. Here are a few tips for getting children to eat healthy food and form wise nutritional habits:

1. **Children will eat what's available:** Keep fruits and vegetables washed, peeled and cut and at the front of the fridge, on kitchen countertops, on the dining table, etc. Keep foods like chips and cookies out of sight.
2. **Be a Healthy Role Model:** Kids will do what their parents do and that includes eating. Make sure you set a good example by eating a variety of fruits, vegetables, beans and whole grains and keeping them stocked in the house.
3. **Get them involved:** If your children become involved in choosing or preparing meals, they'll be more interested in eating what they've created. Take them to the store, and let them choose fruits and vegetables for you. If they're old enough, allow them to cut up vegetables and mix them into a salad.
4. **Choose to drink water:** Choose to drink water often, instead of sugary or carbonated beverages which are usually a source of extra calories with little nutritional value.
5. **Cut back on junk:** Remember, you—not your kids—are in charge of the foods that enter the house. By having fewer junk foods around, you'll encourage your children to eat more fruits, vegetables, whole grains, and dairy products.