

Raising a Healthy Eater

Help children learn to make healthy choices on their own. It's a lesson they will use for life.

Have healthy foods ready to eat.

- Want kids to reach for healthy foods? Make sure healthy foods are in reach.
- Keep plenty of fruits and vegetables in the house to add to meals and snacks.

Let kids learn by serving themselves.

- Follow a regular meal and snack schedule so kids know what to expect.
- Serve foods family-style.
- Teach them to take small amounts at first. Use smaller bowls and plates so they don't take too much at once.
- Tell them they can get more if they are still hungry.



Be patient. It works better than pressure.

- Kids don't always take to new foods right away. Offer them many times, and try serving them in different ways.
- When you offer children new foods, let them choose how much to eat. Kids are more likely to enjoy a food when eating it is their own choice.

Let kids help in the kitchen.

- Kids like to try foods they help make. It's a great way to support trying new fruits and vegetables.
- Name their dish ("Karla's Salad"). Make a big deal of serving foods they help create.

Use encouraging words.

- As a parent, what you say has a big impact on kids' eating habits.
- Gently guide your kids to make healthy choices with positive words.

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