

Healthy Eating Habits

- Have regular scheduled family meals together.
- Serve a variety of healthy foods and snacks.
- Do not battle over food.
- Allow kids to be a part of the process – picking meals, helping prepare or serve meals, grocery shopping.
- Be a role model by eating healthy yourself.
- Stock up on healthy options.
 - Fruits
 - Veggies
 - Low fat yogurt
 - Peanut butter
 - Whole grain crackers
 - Pretzels
 - String cheese
 - Whole grains breads and cereals
- Avoid buying juice, soda, cookies, chips, etc. to keep in the household.
 - Save these as fun treats!
- Offer water at every meal.
- Don't force to finish their plates. Kids have a great way of knowing when they are full. Overriding this feeling by forcing them to finish can create an unhealthy pattern of overeating.