



Top Tips to Promote Healthy Eating

- **Have regular family meals.** Knowing dinner is served at approximately the same time every night and that the entire family will be sitting down together is comforting and enhances appetite. Breakfast is another great time for a family meal, especially since kids who eat breakfast tend to do better in school.
- **Cook more meals at home.** Eating home cooked meals is healthier for the whole family and sets a great example for kids about the importance of food. Restaurant meals tend to have more fat, sugar, and salt. Save dining out for special occasions.
- **Get kids involved.** Children enjoy helping adults grocery shop, selecting what goes in their lunch box, and preparing dinner. It's also a chance for you to teach them about the nutritional values of different foods, and (for older children) how to read food labels.
- **Make a variety of healthy snacks available instead of empty calorie snacks.** Keep plenty of fruits, vegetables, whole grain snacks, and healthy beverages (water, milk, pure fruit juice) around and easily accessible so kids become used to reaching for healthy snacks instead of empty calorie snacks like soda, chips, or cookies.
- **Limit portion sizes.** Don't insist your child cleans the plate, and never use food as a reward or bribe.

Source: http://helpguide.org/life/healthy_eating_children_teens.htm

