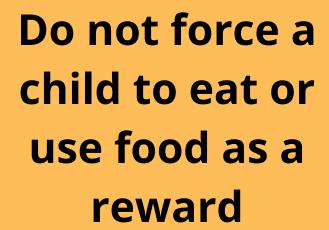
Tips To Create Healthy Eating Habits

Offer a variety of foods, repeatedly. Childrens likes and dislikes change often. It can take up to 20x to try it or decide if they like a food.

Be a role model.
Let children see you eating nutritious foods. Refrain from making negative comments about healthy foods you may dislike.





Cut foods into shapes to make it fun

Add vegetables, tofu, beans, or fruit to bulk up or change favorite recipes



Add fruits,
vegetables, and
nuts into smoothies
and baked goods
like muffins, breads,
or pancakes.

Limit fruit juice
to 4 to 6
ounces/day and
choose 100%
juices







Include children in meal planning, grocery shopping, cooking, and mealtime activities.

