

Tips To Create Healthy Eating Habits

Offer a variety of foods, repeatedly. Children's 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.

Do not force a child to eat or use food as a reward



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.

