

Tips for Feeding Healthy Kids

1. Be a good role model by including healthy fruits and vegetables with each of your meals, not just your kids' meals. How can you expect your kids to eat these foods if they've never seen them eaten?
2. Don't be a short order cook! Your kids will be okay if they eat less at one meal- if they know you will always offer then something else they will never try anything new.
3. Turn off the TV at mealtimes.
4. Eat together, as a family, as often as possible. Studies show that benefits go beyond just better nutrition.
5. Each meal should include grains (whole grains if possible), lean proteins, and fruits/vegetables.
6. Younger kids need regularly scheduled snacks- sometimes 2-3 per day. Older kids and adolescents do well with 1-2.
7. Involve your kids in grocery shopping, meal planning and meal preparation. Read books about vegetables to younger kids, let older kids plan meals and help in the kitchen.
8. Avoid making dessert or sweets seem valuable. When dessert is offered only if vegetables are eaten this makes the vegetable automatically the less appealing food. Serve dessert only a few times a week (or fruit nightly) and offer small portions without commenting on what was eaten for dinner.

