

Healthy Eating Tips for Kids



It's good to be Blue.

1

Sugary snacks don't have to be a staple in your kids' diets! It's important to encourage healthy habits beginning at a young age and to set a healthy example yourself.

2

Limit sugary foods like soda, candy and pastries.

3

Keep trying. A general rule is to try serving a certain food to your child at least 15 times before you give up. Sometimes children must learn to enjoy different foods.

4

Make healthy snacks. Cut up fresh fruits and vegetables and pre-package them in single serving containers for kids to enjoy on the go.

5

Give younger children smaller portions. If they are still hungry and want more, let them ask.

6

Don't demand a clean plate. This can lead to overeating and unnecessary weight gain.

7

Avoid using food as a reward or as a bargaining tool.

8

Choose low-fat foods and try to limit each meal to 30 percent fat or less.