

Tips to Encourage Healthier Eating

Every day is a new day.

It is never too late to change the way your family eats!

Model good “nutritional” habits.

Children will notice when you practice what you preach.

Put up with food quirks.

For example: Keep foods separated on the plate (not touching) if that is how your child prefers it.

Trust your child’s appetite.

Remove food contingencies – no “Clean Plate Club”

Relieves pressure to eat unwanted food, and to stop eating once satisfied.

This is very important.

Set meal times...3 meals, several nutritious snacks

After-school snacks are almost as important as a meal!

Be careful that snacks supplement meals, not sabotage them.

Children should come to your table hungry.

Respect for likes and dislikes will make kids more willing to try new foods when you ask.

Kids generally reject new foods and pass on vegetables.

They tend to like unmixed foods, rather than casseroles and foods served at room temperature.

Most kids are discouraged by large portions.

It generally takes 10 tastes of a new food before a child will begin to like it

Don’t give up!

Relax if your kids do not eat the whole meal.

The average of what kids eat over several days is what counts!

