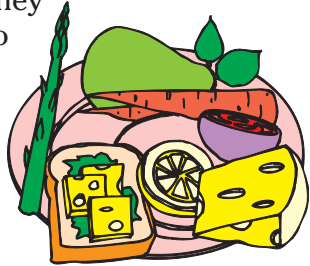


Tips for Feeding Healthy Children



1. **Offer a variety of healthy foods.**

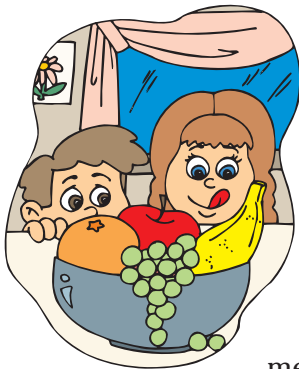
When children eat a variety of foods, they get the nutrients they need from every food group. They will be more likely to try new foods and to like more foods. This will make it easier to plan family meals.



2. **Start with small portions.**

Offer children small, easy-to-eat amounts to make eating easy and more enjoyable.

Use smaller bowls, plates, and utensils for your child to eat with. Don't insist that children finish all the food on their plate. Let your child know it is okay to only eat as much as he or she wants. We are born with an internal mechanism that signals full—don't mess with it.



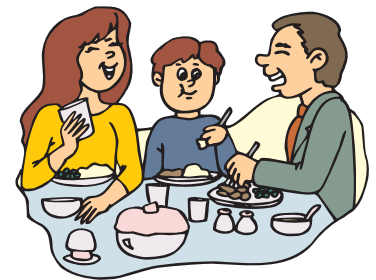
3. **Follow a meal and snack schedule.**

Regularly scheduled meal and snack times help your child learn structure for eating. Your child is more likely to eat healthy meals and try new foods if snacks are not offered too close to mealtime.



4. **Make mealtime an enjoyable family time.**

Family meals allow your child to focus on the task of eating and give you a chance to model good behaviors. You may not be able to eat together every day but try to plan a family meal at least once a day. It takes a little work to bring everyone together for meals, but it's worth it. Involve your child in the conversation. Ask questions like:



- What made you feel really happy today?
- What did you have to eat at lunch today?
- What's your favorite veggie? Why?
- Tell me one thing you learned today?
- What made you laugh today?

5. **Make food fun for picky eaters.**

Picky eating is temporary so don't get discouraged. Get your child involved in planning, shopping for, and preparing the food. Let them create snacks, salads, or desserts. Be creative with the food—try fun and interesting food shapes.



6. **Set a good example.**

Your child picks up all of your attitudes and behaviors—including your eating habits. Children love to copy what their parents do. They are likely to mimic your table manners, your likes and dislikes, your willingness to try new foods, and your physical activities.