

# HEALTHY EATING FOR KIDS

GENERAL GUIDE FOR ADULTS





Empower kids to build healthy eating habits now and into the future

Use the following tips to make every bite count!

# OFFER VARIETY

- Include choices from each food group in meals and snacks during each day
  - Fruits, vegetables, grains, protein foods, and dairy and fortified soy alternatives

# CONNECT AT MEALTIME

- Eat meals together whenever possible
- Turn off the TV and put away phones and tablets, so you can “unplug” in order to focus on healthy foods and each other

# MAKE GOOD NUTRITION EASY

- Designate a reachable shelf or drawer in your fridge for your kids
- Stock it with cut up fruits and vegetables, yogurt, nut bars, and whole-wheat mini bagels and crackers

# THINK ABOUT THEIR DRINKS

- Make water and low-fat or fat-free daily milk and fortified soy alternatives easy options to grab in your home
- Have ready-to-go containers filled and in the fridge to take on outings

# GET KIDS INVOLVED

- Depending on their age, kids can peel fruits, assemble salads, measure, scoop, and slice
- Let them create and make their own side dish

# HAVE A SHOPPING BUDDY

- Let kids participate in grocery shopping online or in the store
- Reward them by letting them choose their favorite fruit or maybe a new one



CHECK OUT KIDS  
COOK MONDAY  
RESOURCES FOR  
KID-FRIENDLY  
RECIPES, TIPS,  
AND TRICKS

