Children and Nutrition

Teaching your child to eat right is not always easy. But if parents start at an early age and set a good example, children will learn the basics of good nutrition.

The food guide pyramid will help you choose the foods your children need to eat every day to grow and stay healthy.

Set up regular times for meals and snacks. Offer them foods like fruits, fruit juices, peanut butter sandwiches, and frozen lowfat yogurt instead of candy, chips, soda and cookies.

Let your children decide for themselves how much food to eat. Their appetite may change from day to day. Offer small portions of food. Let your child ask for seconds. Involve your child in shopping for food and in food preparation.

Children may not want to eat new foods the first time you serve them. But don't give up.

You may need to serve them 3 or 4 times before your children will finally eat them.

Help your child be active every day:

► Turn on the radio and dance together.
► On weekends, have the family go on walks.
► Buy your children a ball or jump rope.
► Encourage your children to be active instead of watching too much television or spending too much time playing computer games.
► Encourage your child to participate in school sports.
► Participate in physical activities with your child.

Remember, lifelong eating habits develop early

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