Healthy Eating for Healthy Children

Here are some ideas for helping your children develop healthy eating habits.

- Eat breakfast every day. Skipping breakfast can leave your child hungry, tired and looking for less healthy foods later in the day.
- Plan healthy meals and eat together as a family. Eating together at meal times helps children learn to enjoy a variety of foods.
- Eat fast food sparingly. When you visit a fast food restaurant, try the healthful options offered.
- If you do eat fast food, pick low-fat options like a broiled chicken sandwich instead of a hamburger. Stay away from large portions. Choose a side salad or fruit instead of fries.
- Offer your child water or low-fat milk more often than fruit juice. Fruit juice is high in sugar and calories.
- Do not get discouraged if your child will not eat a new food the first time it is served.
- Pack a healthy lunch. You can include healthy food you know they like. Some ideas are a tuna sandwich and celery with peanut butter, or a turkey wrap with fruit salad.

Most of the information contained in this CareTip is from Helping Your Overweight Child, an article written by the Weightcontrol Information Network (WIN). You can get a copy of the article by calling 877-946-4627 or visiting www.nih.gov.

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