



# 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](http://www.nih.gov).

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