

31 NUTRITION TIPS FOR THE WHOLE FAMILY

Start the day with a healthy breakfast

Allow kids to help prepare 1 meal each week

Take time eating, and chew slowly

Eat together as a family as often as possible

Aim for 5 servings of fruits and vegetables every day

Eat more whole grains, like brown rice and oatmeal

Drink plenty of fluids

Serve a variety of foods during meal times.

Serve food in smaller portions

Reward children with praise, not food

Do not demand or reward “a clean plate

Let your child decide if they want seconds

Read nutrition labels together and discuss what they mean

Bake, broil, or grill foods. Avoid fried.

Use healthy cooking oils like olive, canola, or sunflower oil.

Choose snacks that provide nutrients and energy over junk food

Ask your doctor about vitamin supplements for your family

Know your daily calorie needs

Avoid eating in the car or while watching TV

Make healthy meals exciting with family theme nights- like Taco Tuesday

Eat only when you're hungry.

Shop for groceries on a full stomach

Enjoy fruit for dessert, and limit traditional desserts to special occasions

Create your own backyard garden

Remember kids do as you do. Be a positive nutrition role model

Turn off distractions and limit multi-tasking during mealtime

Make your own food art. For inspiration, just search the internet

Sneak fruit into everyday kid favorites. For example, add blueberries or bananas to cereal.

You can sneak in some veggies too! Add peas or carrots to tomato sauce — and serve it over whole-grain pasta

Develop a regular meal routine

Involve your kids in the weekly planning of meals and the grocery list