How can I help my child eat healthier?

Healthy eating can impact a child’s energy, mood, mind and overall health. By encouraging healthy eating habits starting at a young age, parents can impact their children’s lifelong relationship with food and help them grow into healthy adults.

**Offer a healthy, balanced diet & control portion size**

Exact portion sizes differ depending on age, gender, weight and height, but a rough estimate of portion size is a one-hand fist size for fruits, vegetables, pastas and beans and a palm-size for proteins.

**Foods to avoid:**

- high in sugar
- high in salt
- high-fructose corn syrup
- hydrogenated oils
- saturated/trans fat

**Cook more at home & have regular meal times**

**Involve your kids when shopping and cooking**

**Increase physical activity & limit TV/computer time**

**5-2-1-0 blast-off everyday!**

- 5 or more servings of fruits and vegetables
- 2 hours or less of recreational screen time
- 1 hour or more of physical activity per day
- 0 serving of sweetened beverages

Children learn from their parent’s actions

Role model healthy eating habits. By introducing your child at an early age to a healthy lifestyle, parents can help their child prevent obesity, diabetes and heart disease. The family home environment should support a healthy lifestyle for the entire family!