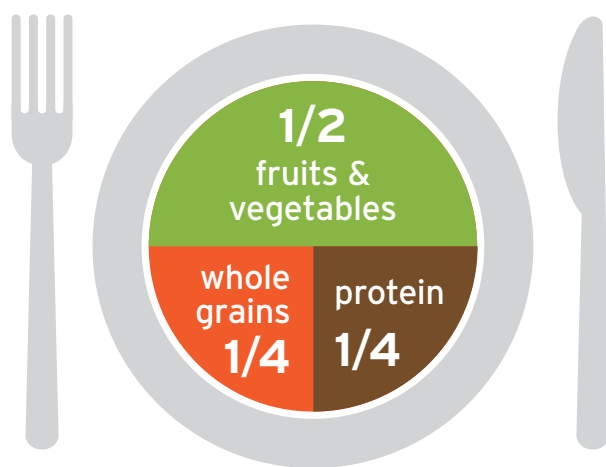


# How can I help my child eat healthier?

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**

5 or more servings  
of fruits and  
vegetables



**2**

2 hours or less  
of recreational  
screen time



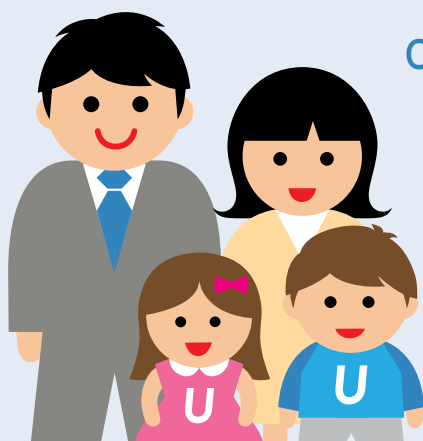
**1**

1 hour or more of  
physical activity  
per day



**0**

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!