

Tips for Healthy Eating with Kids!



Children can be difficult during mealtime, which can make it to encourage children to eat nutritious food.

Here are some ways to encourage kids to eat healthy!

- Be a role model to children by eating healthy meals yourself.
- If possible, include kids in the process of cooking.
- Try cutting food into fun shapes such as hearts or their favorite animals!
- Name food a silly name. For example: "Silly Dilly Green Beans"
- On their plates use foods to make funny face.

Fun and Healthy Snack Ideas

- ✚ Fruit and peanut butter! Apples or bananas or with peanut butter can be tasty!
- ✚ Popcorn that is low fat or low sodium can be a healthy snack.
- ✚ Crackers with low-fat cheese can be easy to pack for lunch.
- ✚ Fruit smoothies with Greek yogurt and frozen fruit.
- ✚ Try Trail Mixes instead of chips.
- ✚ Hummus with cut up vegetables.
- ✚ Kale chips are an excellent way to get kids to eat more vegetables!