

# 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!