Make meal time fun!

- Let your child pick have a say in what they are eating. Make sure to provide healthy options.
- Bring your child shopping with you.
- Let your child help in the kitchen.
- If available, grow your own vegetables.
- Make your child’s foods into fun shapes, like the picture above!
- Incorporate lots of color onto the plate.

The Statistics

18.5% of children are considered obese. 4

When provided with healthy defaults, children are 48% more likely to chose a lower-calorie options. 1

Healthy defaults result in reduced calories (21.4%), fat (43.9%), and sodium (43.4%). 5

References:

1. Wootan, 2017
2. Schille, 2017
3. Segal, 2018
4. Trust for Americas Foundation, 2108
5. Peters, 2016
What are healthy defaults?

Children are often offered meals that include French fries and soda. The “default” foods are primarily unhealthy. When default options are made healthy the easy choice is the healthy choice, meaning children must actively work to engage in less desirable behaviors.  

How to incorporate healthy defaults into you child's life

- Begin each meal with a glass of water
- Use smaller plates at meals
- Switch soda with water or juice

“Studies consistently show that the default exerts a powerful influence on choice, and the default option is more likely to be chosen.”

Healthy defaults aren’t just foods, try incorporating it other parts of your child's life

- If you live close to your child’s school, try walking to school most day of the week.
- Make sure your child gets a good nights sleep.
- Encourage physical activity, children should receive 50-60 minutes of exercise daily.

Try these kid friendly alternatives!

Instead of ..... Try....

French Fries -> “Baked fries”

Ice cream -> Yogurt or fruit smoothies

Fried chicken -> Baked or grilled chicken

Donuts/pastries -> English Muffins

Chocolate chip cookies -> Graham crackers

Potato chips -> Baked veggie chips