



Why is healthy food important?²

Over 30 percent of children are overweight or obese. Healthy food can help your child keep a healthy weight and avoid health problems. It will provide stable energy and protect kids' mental and emotional health.

Healthy food can protect from many serious issues and diseases like:

- Overweight and obesity
- Type 2 diabetes
- Heart disease
- Cancer
- Bone health
- Depression and Anxiety
- Attention Deficit Hyperactivity Disorder
- Bipolar disorder and schizophrenia

HOW TO RAISE HEALTHY EATERS

For Parents and Caregivers of Younger Children

What is your parenting style?³

- 1) **Authoritative:** caring, goals are high but explained, reasonable, rules are clear
- 2) **Authoritarian:** strict discipline, punishment is common, not flexible
- 3) **Indulgent:** easy going, limited guidance, caring, not much rules
- 4) **Uninvolved:** no discipline, lack of caring, no goals

Authoritative style is the best approach to raise healthy eaters.



HEALTHY EATING STARTS AT HOME.

BE A GOOD ROLE MODEL TO YOUR CHILD.

MyPlate Kids' Place



What should kids eat?

Focus on whole foods that is rich in vitamins and minerals.

Avoid processed food that is rich in calories, fats and sugar.

Healthy diet includes:

- Variety of fruits and vegetables
- Whole grains like oatmeal, corn, quinoa, buckwheat, brown or wild rice
- Proteins like lean meat, fish, seafood, legumes, eggs
- Low fat dairy
- Raw nuts and seeds, unsalted

How to teach kids to eat healthy?

- Take kids to supermarket or farmers market. Let them pick food they want to try. Let them pick rainbow colors.
- Make your kitchen fun and safe place. Cook more at home and prepare meals together. Let your child crack some eggs, chop the veggies or mix the salad.
- Try new food together. If the kids don't like the taste keep on trying. It takes up to 15 times to accept the new taste.
- Serve veggies in different shapes. If your child doesn't like cucumber slices, try cutting it in sticks, spirals or serve it whole.
- Arrange food to tell a story, make a smiley face, an animal, a tree, or the sun. Use cookie cutters and make it colorful.
- Sneak some veggies into every dish. Blend some greens like spinach or mash some carrots, zucchinis or squash. Put them into smoothies, pancakes, muffins, soups, stews...
- Enjoy meals together as a family. Remove electronics. Talk to your child about healthy food. Make mealtime pleasant and relaxed.
- You decide what food to buy and serve. Provide a few healthy options. Your child should decide how much to eat from what you served.
- Don't push a child to eat. Instead of food use non-food items to reward or punish the behavior.



- Encourage drinking water or milk instead of juice.
- Snack on fruit and veggies, nuts and seeds. Choose from carrots, peppers, cherry tomatoes, seaweed, snap peas, avocados, sunflower and pumpkin seeds.
- Always bring food with you. Some good options on the go are: homemade popcorn, yogurt, whole grain unsweetened cereals, boiled egg, baked yams, kale chips, or corn on the cob,

Remember! Healthy eating habits formed in childhood will last a lifetime!

REFERENCES

1. Reprinted from <https://www.everythinghealthonline.com/kids-eating-healthy/>.
2. Healthy food for kids. <https://www.helpguide.org/articles/healthy-eating/healthy-food-for-kids.htm>.
3. Shloim, 2015.
4. Reprinted from <http://projectbodysmart.com/book-parents-expecting-parents-raise-healthy-eaters/>, 2013.