

TEN TIPS FOR HELPING KIDS EAT BETTER

by Kelly Hayford, C.N.C., Copyright 2005

- 1. Appeal to their interests** by making them aware of the many benefits they will derive from eating healthy (i.e. every child wants to be strong, healthy, fast, smart, etc.)
- 2. Educate them** about what are wise food choices and how to make them and avoid making sweeping statements such as "that food is bad for you," etc.
- 3. Involve them with food preparation** as much as possible, at as early an age as possible.
- 4. Avoid using food as a reward** or comfort food, especially unhealthy foods.
- 5. Be an example** by Eating for Health regularly yourself and ask them to help keep you on track (fair is fair!).
- 6. Don't keep tempting "junk" food in the house.** Do keep plenty of healthy foods and snacks on hand.
- 7. Make a fun game out of exploring new healthy alternatives** to unhealthy habits by taste testing new foods and finding ones that they/you like.
- 8. Encourage other parents, teachers and family members** to make health foods available at school and social functions.
- 9. Increase understanding and body awareness** by conducting a fun experiment having them record how they feel before and after eating a generous amount of sugary foods, for example.
- 10. Pack a bag with nutritious foods when going out** and avoid having to resort to poor quality food choices for the sake of convenience and availability.