Teach Healthy Habits
Children won’t think healthy eating is important if you aren’t eating nutritious foods.
Mark the choices you could do:

☐ Try new foods together.
☐ Eat snacks from the food groups most of the time and enjoy fun snacks sometimes.
☐ Manage stress with movement—not food.
☐ Prepare meals with your kids. Ask them to set the table or chop the vegetables.
☐ Let your children decide what and how much to eat from what you serve.
☐ Show how much you enjoy eating together.

For more ideas on healthy snacks, visit HealthyEating.org/Snacks

Healthy Eating Starts With Families
The foods you serve and eat help raise healthy eaters. Here are a few eating habits you as parents can role model for your children:

- Eat breakfast; it helps your children learn in school. Also, breakfast eaters tend to weigh less as adults.
- Take moderate portions.
- Limit but don’t ban all extra foods like chips and candy.
- Drink water and milk instead of soft drinks, sports drinks or other sugar-sweetened beverages.
- Plan meals and snack times for you and your children. Eat foods from all food groups—milk, vegetables, fruits, whole grains, lean meats, fish + beans.

Your Job
Set an EXAMPLE by eating the same foods as your children at the table.

SERVE foods from all 5 food groups.
Your family will eat better when you eat together.

Improved Academic Achievement
- Frequent family meals are linked with being successful in school, including getting better grades and scoring higher on achievement tests.

Better Nutrition
- Home-prepared meals often mean better nutrition, with higher intakes of calcium, potassium, vitamin D, fiber and iron.

Higher Self-Esteem
- Mealtime conversation brings the family together. It helps kids gain confidence and starts a lasting and positive relationship with food.

Five Tips for Success
Family meals should be positive with social-sharing ideas, experiences and feelings.

1. Eat together as a family whenever possible and try to invite friends sometimes too!

2. Keep mealtime pleasant—avoid power struggles over what gets eaten and remember that mealtime is not a time for discipline.

3. Make meal and snack times screen free. Turn off all electronics and focus on the good taste of the foods.

4. Get the kids talking by asking questions like, “What is the best thing that happened today at school?”

5. Serve family-style meals. You set out all the foods and family and guests put together their own plates.

For more ideas on healthy family meals, visit HealthyEating.org.