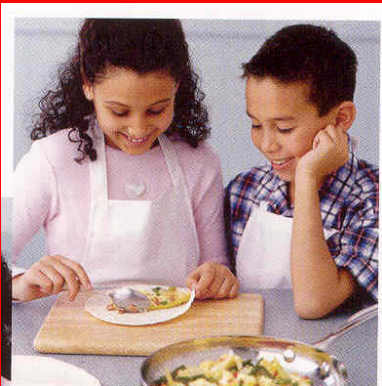


**Here are 10 kid-friendly tips to help your family create better eating habits. By starting to build these habits when your kids are young, you can set the way for them to choose healthy foods for their whole lives.**



# **Top 10 Ways**



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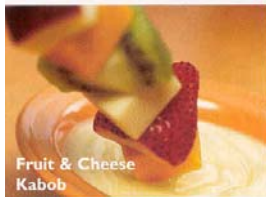
# **to Build Better Eating**



# Top 10 Ways to Build Better Eating Habits

## 1. Good habits stick.

Research shows that what your kids learn to like when they are young is what they will like when they are older. Make sure they have a variety of different foods daily. Allow them to experiment with new



Fruit & Cheese Kabob

foods in a fun way by making fruit kabobs and shapes with their foods.

- ## 2. Expand on what they like.
- Add veggies you know they like to foods like macaroni and cheese. You can also try adding new veggies to foods you know they like.



Cheesy Macaroni and Veggies



- ## 3. Presentation is everything.
- Pack veggies in a brightly colored pail for a picnic. Use fun plates and let your children be creative. Kids will be more excited to eat something if it looks fun!

## 4. Serve food with “kid appeal”.

Let your kids create funny faces using fruits & veggies like carrots, celery, raisins, grapes, lettuce, tomatoes, bananas and more!



- ## 5. Little power shoppers.
- Take your kids to the grocery store and let them pick out new fruits and veggies to try. They are more likely to eat it if they have chosen it themselves.

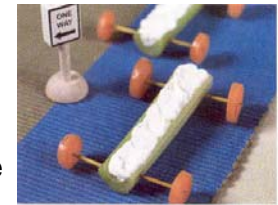


## 6. Get kids involved.

Let kids make their own foods sometimes, like pizzas with all kinds of healthy toppings.

- ## 7. Make it a contest.
- Come up with creative contests to get them excited about eating healthy foods. For example, have a “big crunch” contest to see who can make the loudest crunch when eating raw veggies. Make race cars out of celery, carrots

and toothpicks and let them have a race.



- ## 8. Drink your fruit.
- Make smoothies using frozen fruit, fat free milk, and fat free or low fat yogurt. You don't even need to add sugar!



- ## 9. Growing taste buds.
- Let your kids plant a garden, even if it's a potted garden. They will love to grow, pick, and eat their own handiwork.

- ## 10. Mix it up.
- Introduce your kids to a variety of foods including ethnic foods. Don't give them “kid-friendly” foods only. Have Mexican, Greek, Italian, Japanese or any ethnic theme night. It's a great way to get your kids excited about eating different foods.

