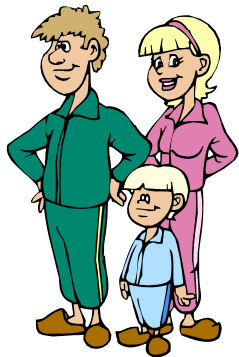
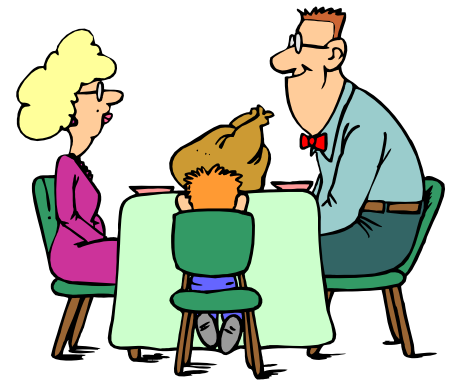


Help your child develop healthy eating habits to prevent problems such as heart disease, cancer, high blood pressure and obesity later in life.

These guidelines follow the recommendations of the U.S. Department of Education



How to Help Your Child to Start Eating



TIPS

1. Try to **introduce new** foods to your child while still in preschool, when he or she will be more open to new things.
2. Offer your child a **variety** of nutritious choices with every meal.
3. Give your child **some freedom in choosing** what and how much to eat from the foods you offer.
4. **Be creative.** If your child doesn't like vegetables, finely grate raw carrots, mix with peanut butter and spread on crackers or apple slices.
5. **Make edible art.** Use broccoli as trees, shredded lettuce grass and raisins for rocks.
6. Make sure your child's **breakfast** includes fruits or vegetables and protein such as lean meat or an egg, and a calcium-rich dairy product such as low-fat cheese, yogurt, or milk. When eating together, these foods help to keep you feeling full longer and provide the energy your child needs to start the day.
7. Allow your child to **occasional "treat"** but remind him or her that these are no substitute for healthful foods.
8. Make eating a **fun** learning experience. Explore a variety of foods, including those of other cultures, and determine how these can fit into your healthy diet.
9. Make sure that your child's school cafeteria offers balanced meals, if no **pack lunch!**
10. **Act as an example by keeping a positive attitude about healthy foods.**

