

Healthy Eating & Your Child

Here are 5 strategies to improve nutrition and encourage smart eating habits:

1. **Have regular family meals:** Family meals are a good way to connect. They are a good opportunity to incorporate variety and introduce new food.
2. **Shop for healthy foods:** Kids will eat what is available, by making healthy options the main choice in your fridge/cupboards children are able to choose healthier snacks. It also helps if the snacks are easily accessible – cut up fruits and veggies in containers ready to go when your child is hungry.
3. **Be a role model:** Children follow the adults lead, the best way to have your child eat healthy is for them to see you eating healthy. As well, serve proper proportions and talk about feelings of fullness
4. **Don't battle over food:** Well-intentioned caregivers might find themselves bargaining or bribing kids so they eat the healthy food in front of them. A better strategy is to give kids some control, but to also limit the kind of foods available at home. Kids should decide if they're hungry, what they will eat from the foods served, and when they're full. Adult's control which foods are available to their kids, both at mealtime and between meals.
5. **Get kids involved:** Children will enjoy getting involved in planning meals and snacks. Further involve them by allowing them to help shop for and prepare the meal.

5 Children's books that encourage healthy eating:

Eating The Alphabet – Lois Elhert

Gregory, The Terrible Eater – Mitchell Sharmat

We're Going To The Farmer's Market – Stefan Page

Growing Vegetable Soup – Lois Elhert

The Vegetables We Eat – Gail Gibbons



Children need to have a positive relationship with food. There are a few ways that we, as adults, can help to build this positive relationship.

1. Don't use food as a reward or punishment. This can set the stage for added emotion around food and it builds unhealthy habits around restriction or overindulgence.
2. Avoid labelling foods as "good" or "bad". Labels can lead to restriction, sneaking, or over indulgence in certain categories of foods. It can be helpful to talk about "always foods" or "sometimes foods", i.e. vegetables are an always food, cookies are a sometimes food.



10 Superfoods to feed your Child:

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| 1. Apples | 6. Carrots |
| 2. Oatmeal | 7. Beans & Lentils |
| 3. Eggs | 8. Chicken |
| 4. Blueberries | 9. Salmon |
| 5. Avocado | 10. Chia Seeds |