

# Start Your Preschooler on the Path to Healthy Eating

## 7 Tips for Raising Healthy Eaters

1. **Be a healthy role model:** Be a good role model by eating regular meals based on nutrient-rich foods, such as low-fat or fat-free dairy products, fruits, vegetables and whole grains.
2. **Enjoy Family Meals:** Establish routines around mealtimes and snacks. Be sure to allow children enough time at the table – aim for 20 minutes.
3. **Try New Foods:** You may have to offer a food 10 – 15 times before it's accepted. Try to add just one new food to a meal with three or so healthy foods your child already enjoys.
4. **Trust Your Preschooler's Stomach:** Watch for signals that your child is full and finished eating (playing with food, for example). Offer children nutritious food, and they will naturally regulate the amount they eat.
5. **Divide Responsibility:** You determine what foods are served and when. Your child should decide which and how much of those healthy foods offered he or she will eat.
6. **Eat Snacks:** Regularly scheduled healthy snacks are like “mini-meals.” Snacks can provide up to a quarter of the nutrients children need each day, as well as enough calories (energy) to sustain them through a busy day of school and/or play.
7. **Healthy Eating and Physical Activity Go Hand in Hand:** Children should be active at play for at least one to two hours each day. Consider options like a simple outing to the park to play or more organized classes or age-appropriate sports.