

## How to help children eat better?

- Give your child a snack or two in addition to his or her three daily meals.
- Offer your child a wide variety of foods, such as grains, vegetables and fruits, low-fat dairy products, and lean meat or beans.
- Serve snacks like dried fruit, low-fat yogurt, and air-popped popcorn.
- Let your child decide whether and how much to eat. Keep serving new foods even if your child does not eat them at first.
- Cook with less fat—bake, roast, or poach foods instead of frying.
- Limit the amount of added sugar in your child’s diet. Choose cereals with low or no added sugar. Serve water or low-fat milk more often than sugar-sweetened sodas and fruit-flavoured drinks.
- Choose and prepare foods with less salt. Keep the salt shaker off the table. Have fruits and vegetables on hand for snacks instead of salty snack foods.
- Involve your child in planning and preparing meals. Children may be more willing to eat the dishes they help fix.
- Have family meals together and serve everyone the same thing.
- Do not be too strict. In small amounts, sweets or food from fast-food restaurants can still have a place in a healthy diet.
- Make sure your child eats breakfast. Breakfast provides children with the energy they need to listen and learn in school.

