

Be a Healthy Eating Role Model

Healthy Eating
Made Easier™



Healthy Eating Starts With Families

The foods you serve and eat help raise healthy eaters. Here are a few eating habits you as parents can role model for your children:

- * Eat breakfast; it helps your children learn in school. Also, breakfast eaters tend to weigh less as adults.
- * Take moderate portions.
- * Limit but don't ban all extra foods like chips and candy.
- * Drink water and milk instead of soft drinks, sports drinks or other sugar-sweetened beverages.
- * Plan meals and snack times for you and your children. Eat foods from all food groups—milk, vegetables, fruits, whole grains, lean meats, fish + beans.

Your Job

Set an **EXAMPLE** by eating the same foods as your children at the table.



SERVE foods from all 5 food groups.



Teach Healthy Habits

Children won't think healthy eating is important if you aren't eating nutritious foods.

Mark the choices you could do:

- Try new foods together.
- Eat snacks from the food groups most of the time and enjoy fun snacks sometimes.
- Manage stress with movement—not food.
- Prepare meals with your kids. Ask them to set the table or chop the vegetables.
- Let your children decide what and how much to eat from what you serve.
- Show how much you enjoy eating together.

For more ideas on healthy snacks, visit
HealthyEating.org/Snacks

#EatTogether

Your family will eat better when you eat together.

Improved Academic Achievement

- * Frequent family meals are linked with being successful in school, including getting better grades and scoring higher on achievement tests.

Better Nutrition

- * Home-prepared meals often mean better nutrition, with higher intakes of calcium, potassium, vitamin D, fiber and iron.

Higher Self-Esteem

- * Mealtime conversation brings the family together. It helps kids gain confidence and starts a lasting and positive relationship with food.

Five Tips for Success

Family meals should be positive with social-sharing ideas, experiences and feelings.

- 1 Eat together as a family whenever possible and try to invite friends sometimes too!
- 2 Keep mealtime pleasant—avoid power struggles over what gets eaten and remember that mealtime is not a time for discipline.
- 3 Make meal and snack times screen free. Turn off all electronics and focus on the good taste of the foods.
- 4 Get the kids talking by asking questions like, “What is the best thing that happened today at school?”
- 5 Serve family-style meals. You set out all the foods and family and guests put together their own plates.



For more ideas on healthy family meals,
visit [HealthyEating.org](https://www.healthyeating.org).