



Healthy eating tips



- **Make half your grains whole.** Choose whole-grain breads and cereals so kids get more fiber.
- **Work vegetables and fruits into the daily routine.** Aim for at least 5 servings a day. Offer them at meal and snack times. Go easy on fruit juices.
- **Serve lean meats and other good sources of protein.** Choose lean or low-fat meat, chicken, turkey, and fish. Also, choose beans and lentils more often. Add them to salads, soups, burritos, etc.
- **Get calcium-rich foods.** Have low-fat and fat-free milks, yogurts, and cheeses. Choose soy or other plant milks with added calcium and vitamin D.
- **Choose healthy oils.** These include canola, olive, and avocado oils, along with fish, nuts, and seeds. Avoid foods with trans fat, which is listed on food labels.
- **Limit sugary drinks.** Serve water, low-fat milk most of the time.
- **Limit fast food and low-nutrient snacks.** This includes chips, sweets, and candy. Make them a “once-in-a-while” food.
- **Keep healthy snacks on hand.** Make fruits and vegetables readily available, along with low-fat yogurt, peanut butter, or whole grain crackers and cheese.
- **Get kids involved.** Let them help plan and prepare meals, and shop for ingredients.