

Eat Right

Food, Nutrition and Health Tips from Kids Eat Right

Eat Right, Move More!

Physical Activity

Set a good example for your child by making physical activity a family value. Here are some ideas to get your family started:

- Physical activity is an opportunity to have family fun. Focus on playing rather than winning.
- Encourage your kids to make up games that you all can play.
- Fit activities to your child's interests. If your child loves reading, walk or ride bikes to the library.
- Engage your child in planning active family outings. Explore new places together.
- Involve your child in both inside and outside household tasks, and praise them for helping out.
- While adding more physical activity into your family's routine, consider ways to decrease screen time, such as limiting TV and other screen time to 2 hours a day or less and not allowing TV watching in their bedrooms.



Eating

Set a good example for your child by making healthy eating a family value. Here are some ideas to get your family started:

- Let the kids help in food planning and shopping. For example, ask young children to pick out fruits for their snacks, and ask older kids to plan a healthy meal or two for the week. Kids of all ages can be great help in the kitchen.
- Enjoy food and meals together. Make time to eat together without the distraction of TV and phones.
- Make healthy choices the easy choice. When your kitchen has a variety of healthy options, it makes meal and snack choices easy for everyone.
- Having a bowl of fresh fruit on the counter and other healthy snacks easily available encourages making tasty and healthy choices.
- Don't use food as a punishment or reward for desired behaviors.



- Verbally praise your child for trying a new food.
- Encourage kids to tune into their own feelings of hunger and fullness. For example, ask, “Is your stomach telling you it is still hungry or have you had enough?”

For tips, articles, recipes and videos to help you shop smart, cook healthy and eat right, visit: www.kidseatright.org

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