

HOW TO GUIDE YOUR FAMILY'S EATING HABITS TO BETTER HEALTH

PROBLEMS

Eating too few fruits & vegetables, whole grains & plant foods

Eating too much fast & processed foods

Over-eating

Drinking soda & other sugary drinks

Skipping breakfast

Over-eating unhealthy snacks (chips, candy & cookies)

Parents assume kids won't eat healthy food

CONSEQUENCES

At risk for many types of cancer & weakens immune system

Increases risk of obesity, chronic disease & cancer

At risk of obesity, chronic disease & cancer

Empty calories, weakens immune system

Slows down the brain & overall energy

Risk of obesity & chronic disease

Children lack experience, with healthy foods at home

GOALS

EAT MORE FRUITS, VEGETABLES, whole grains and plant foods!

EAT more meals made from FRESH INGREDIENTS!

EAT SMALLER PORTIONS! Only "over-eat" fruits & vegetables!

DRINK WATER, MILK, 100% FRUIT JUICE & EAT FRUIT instead!

START THE DAY with some FOOD - try fresh fruit - it's fast & easy!

Eat HEALTHY SNACKS at regular times: nuts, fresh & dried fruit, yogurt, cut up vegetables & cheese.

KEEP TRYING! Children become with & learn to like / eat healthy foods if they are served them repeatedly.

