

Growing a Healthy Eater



In America, we are heavily invested in food and feeding. We know how important eating right is to maintain our health and well-being, and that good nutrition is particularly essential for children's optimal growth and development, but ensuring a child's healthful eating is at times a difficult task for parents. Building flexible feeding techniques can create a win-win situation in the feeding game. Use the following tips for happy and healthful meals.

- Make family meals a priority.
- Plan ahead.
- Include your child.
- Keep mealtime fun.
- Convey positive messages.