

5 Tips for Getting Kids to Eat Healthier

Mealtime doesn't have to be a battle.

Get your kids to eat healthier with these realistic strategies and tips.

1 Plan Meals

Meal planning eliminates guesswork and alleviates stress on a parents' already-busy day.

- Commit to shopping only for ingredients that support your meal plan
- Provide only 2 or 3 healthy drink choices at each meal (water, milk, non-dairy alternative)
- Incorporate more water breaks throughout the day

2 Offer Healthy Choices

Introduce new healthy options alongside your child's tried-and-true favorites.

- Explain how to pick fruits and vegetables at the store
- Prepare dinner with a protein and three veggies, then allow them to choose two of the three

3 Personalize Your Child's Plate

Make mealtimes more fun and engaging by personalizing your child's plate.

- Younger children may enjoy food that is presented in a funny, silly, or interesting way
- Encourage your children to get more involved in actually choosing what foods go on their plate
- Older kids may enjoy the autonomy of making their own, individualized choices

4 Avoid Distractions During Mealtime

If your children reject the options put in front of them, try to avoid other distractions.

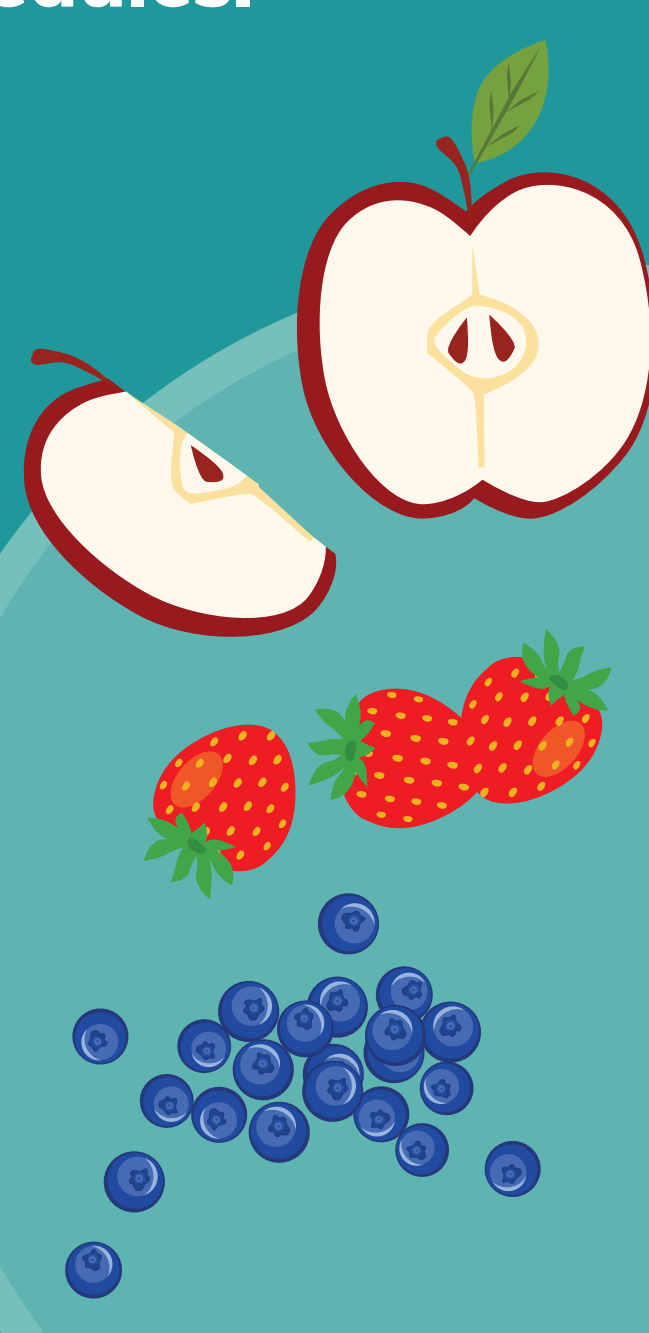
- Turn the TV off during mealtimes
- Restrict phone and tablet usage while you're at the table
- Quiet down the space and make time to focus on the food at hand



5 Keep Healthy Ingredients on Hand

Sugary snacks are designed to easily grab and go, which can encourage less than healthy eating throughout our busy schedules.

- Stock your fridge and pantry with healthier grab-and-go snack options
- Try dried fruits or veggies in portable containers at kid-height
- Have some pre-sorted baggies of strawberries, blueberries, and grapes for a healthier yet sweet alternative



*Source: Kids Data

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