



# Helping Kids Eat Healthy



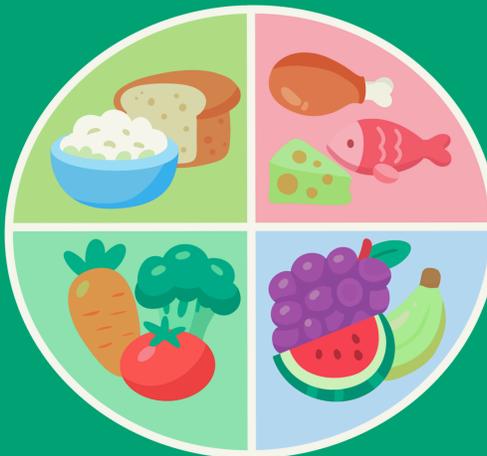
## Be a Role Model

- Eat fruits and vegetables with them
- Try new foods together
- Talk positively about healthy foods

Tip: Instead of saying "This is healthy," try "This helps our bodies grow strong!"

## Make Healthy Choices Easy

- Keep cut fruit and veggies ready to grab
- Put healthy snacks in the pantry or cabinet
- Limit sugary snacks at home
- Serve smaller portions
- Create colorful plates



## Use Positive Language Around Food

- Avoid labeling foods as 'good' or 'bad'
- Talk about a balanced diet
- Say "I'm proud of you for trying the broccoli today!" instead of "Finish everything on your plate."



## Try This Today

- Offer water first when kids are thirsty
- Add one fruit or vegetable to each meal
- Keep portions kid-sized
- Celebrate small wins
- Eat together with your kid
- Turn off screens during meals



- [Kids healthy eating plate](https://www.kidshealthyeatingplate.com)
- [findtreatment.gov/locator](https://findtreatment.gov/locator)
- [www.hrl.nyc](https://www.hrl.nyc)