



Nutrition Backpack

Parents Are Children's Most Important Teachers

Talk to kids about smart food choices and how important those choices are for learning and doing well in school, at sports, at play, for feeling good and staying healthy.

Use positive messages. Stress and guilt about food can lead to eating disorders and poorer eating patterns, as children get older. Let kids know that all foods fit into a healthy diet - there are no "good" or "bad" foods. The key is moderation.

Set expectations. It's easier for children to make healthy choices when they know your family's "nutrition rules of the road."
For example: Everyone starts the day with breakfast.

Talk about nutritious choices wherever you go. Whether it's a fast food restaurant, convenience store or vending machine, encourage kids to find nutritious options such as flavored milk, juice or water instead of soda.

Make good nutrition convenient. Pack the kitchen with nutritious foods that are ready to eat instead of high-fat, high-sugar snacks.

Make mealtime family time. Eating together promotes good eating habits and overall good nutrition. Involve kids in the planning and preparing.