

## **Start Today for a Healthy Tomorrow**

Healthy eating behaviors established during childhood tend to persist through life. Parents, especially the mother has a strong influence on the eating patterns of their children. There are many ways parents can promote healthy eating behaviors to children. They include:

**Schedule meals and snacks.** Avoid eating on the run.

**Prepare and serve a variety of foods that look and taste good.** Add more color through the addition of fruits and vegetables.

**Be aware of portion sizes.** Allow children to select small portions, and assure them they can have more if they want.

**No one needs to finish everything on his or her plate.** It is the adult's role to provide a variety of nutritious foods. Allow children to choose what and how much to eat.

**Sit down and eat with children.** You can't be a role model if you are not there.

**Eliminate interferences at meals.** Turn the television off during meals.

**Create a pleasant atmosphere for eating.** Include everyone in the conversation and nourish the mind as well as the body.

Adapted from the American Dietetic Association/Foundation and Kellogg Company.

Submitted By Cathy Cook

Wellness Committee