

NUTRITION



Choose nutrition goals to help keep your family healthy!

- ◆ Eat breakfast every day.
- ◆ Offer new fruits and vegetables multiple times (up to 10 times).
- ◆ Make a variety of nutritious, low-energy dense foods, such as fruits and vegetables, available in the home.
- ◆ Limit or do not allow sugar sweetened beverages or juices.
- ◆ Limit purchases of food and beverage items high in calories and low in nutrients.
- ◆ Serve smaller portions or let children self-select portion size.
- ◆ Increase the frequency of family meals.
- ◆ Turn off the television and cell phones during meals.
- ◆ Avoid using food as a reward or punishment.

Be a positive role model for your children.

