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 sweetended 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.