



DIVISION OF EDUCATION, INNOVATION & ENERGY

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Healthy Eating Practices for Children and families

- Begin the day with a healthy breakfast. A healthy breakfast fuels the body and provides energy for the day.
- Let children help plan and prepare one (1) meal each week. This allows them to feel involved and responsible for their own health.
- Eat more vegetables and fresh fruits. Aim for a total of one (1) fruit and two (2) cups of vegetables each day. Fruits and vegetables help to build the immune system.
- Drink plenty of fluids. Water should always be the first option.
- Serve food in small portions.
- Ensure children take time eat and chew slowly. It takes 20 minutes for the brain to tell the body that you are full.
- Eat together as a family as often as possible.