FIVE TIPS FOR BUILDING HEALTHY EATING HABITS WITH CHILDREN

With 2022 upon us, the new calendar year offers a refreshing opportunity to evaluate our current habits and consider making small lifestyle changes to improve health and wellness. Consider these five tips from Canada’s 2019 Food Guide to help you establish healthy eating habits for your family!

1. **EAT TOGETHER**
   - Enjoying meals together can help children to:
     - experience different cultural foods
     - try new healthy foods
     - establish healthy eating routines
     - improve their eating pattern

2. **MAKE HEALTHY FOODS A ROUTINE**
   - Have a conversation with children about how to eat healthy and offer meals and snacks regularly:
     - replace sugary drinks with water
     - limit highly processed foods

3. **FOCUS ON MEALTIME**
   - Concentrate on spending time together and avoid scrutinizing how much children are eating. Instead of talking about how much food children are eating, try to supplement children’s knowledge about food using the following topics:
     - how do we grow our food?
     - how do foods influence your health?
     - how important are foods to culture and traditions?

4. **LEAD BY EXAMPLE**
   - If you prepare and eat healthy foods, children are more likely to follow you and make their own healthy eating choices!

5. **INVOLVE CHILDREN IN THE PROCESS**
   - Letting children help plan and cook meals and snacks aids in strengthening their knowledge about healthy foods and encourages them to try new foods!