

# Healthy Eating Habits

Eating habits started in toddlerhood last into adulthood.



Serve a variety of healthy foods in age appropriate amounts.



Let your child see you eating healthy foods.



Provide 3 meals and 2 or 3 snacks each day at regularly scheduled times.



Make mealtime a family time. Spend time talking with your child.



Turn off the TV and other distractions so your child can focus on the meal.

