



# e-Tips for Families

## Creating Healthy Eating Habits

Good nutrition is crucial to fuel your child as they grow. By encouraging healthy eating habits from the beginning, you are creating a foundation for a healthy lifestyle that will carry into adulthood.

### A few tips for success:

1. Have regular family meals.
2. Let your child choose from what's on their plate.
3. Keep trying - your child may need exposure to a food 10 to 20 times before they decide to eat it.
4. Don't make your child finish dinner to get dessert.
5. Don't forbid treats, instead encourage healthy treats or smaller portions. You may want to try these healthy recipes.

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