

TIPS FOR HELPING CHILDREN BE HEALTHY



Encourage your whole family to eat a variety of foods, especially fruits, vegetables and whole grain products.



Limit the amount of soft drinks; teach your family to drink more water.



Avoid punishing or rewarding your child with food. Watch out for the portion sizes you serve your children.



Bake, roast or broil your food.



When preparing your favorite dishes, add more vegetables than what the recipe calls for.



Be a role model for your children; let them see you being physically active.



Plan your activities so that the entire family has fun doing exercises like walking, dancing, biking or swimming.



Encourage the whole family to be healthier, not just the child who is overweight.