

ENCOURAGE KIDS TO EAT HEALTHY FOOD

Faced with a picky eater? Try these tactics when introducing new foods.

- Get your kids involved in planning and preparing meals.
- Go to the source by visiting a farmers' market and dairy farm.
- Make healthy snacks available at home or on the go.
- Give kids freedom of choice with a base meal and optional toppings.
- Offer them nutritious smoothies and slushies to ensure proper consumption of vitamins and minerals.
- Be a role model – let your kids see you enjoying fresh, healthy foods on a regular basis.
- Don't give up! It can take 5 to 10 exposures before a child is willing to take the plunge on a new taste.
- Start early and use all snacks and mealtimes as opportunities to teach healthy eating.

Source: wholefoodsmarket.com

