

# Three Keys to Encourage Your Children to Eat Right

Parents want their children to be healthy. Sometimes getting your child to Eat Right is easier said than done, especially when there are countless foods to tempt little taste buds. The chart below simplifies ways to encourage your children to Eat Right while avoiding most mealtime arguments.



## **Exposure – It may take multiple exposures to a food before a child likes it.**

- Avoid pressuring, forcing or arguing
- Keep healthful foods available and easy to reach
- Continue to introduce and re-introduce healthful foods to increase familiarity
- Try preparing the food in different ways, by changing seasonings, preparation and food pairings
- Role model eating the same foods that you want your kids to eat

## **Control – Children want to have ownership over food decisions.**

- Share responsibility when choosing, planning and preparing meals
- Choose about three parent-approved options and allow kids to choose which one they want – satisfies the parent and makes the child feel in control of the decision
- Especially useful for snacks

## **Involvement – Healthful habits won't stick if children do not witness their caregivers engage in the same behaviors.**

- Role model healthful eating behaviors – make it fun and exciting
- Discuss new foods that you are trying – try new foods and healthful meals together
- Involve children in meal planning, preparation and choosing the vegetables and fruits
- Have a daily conversation about the healthiest activity or meal of the day



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