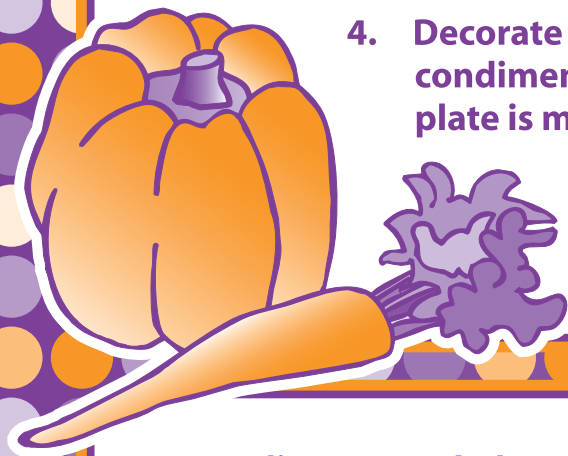


# Ten ways to make your child a healthier eater

1. Sneak nutritious foods into old favorites: add fruit to pancakes; make brownies with applesauce, etc.
2. Give foods fun or silly names
3. Involve the children in planning and preparing the meals. Children are more likely to eat something they like and have a hand in making.
4. Decorate the plate with small amounts of sauces or condiments that accompany the meal: an appealing plate is more inviting.
5. Arrange the food in a fun and interesting manner: make a face, house or other design with the food.



6. Let dinnerware help sell the food: serve the meal on colorful plates, bowls, cups, placemats, etc.
7. Make mealtimes a pleasant, social time where table manners and good eating habits are modeled.
8. Watch portion size. Smaller amounts on plates and smaller bites of food are less overwhelming. The child can always ask for more.
9. Go easy on the sugar and salt content of the meals.
10. Reduce! Reduce! Reduce the amount of fats in the foods!

