



# Tips to get your kids eating healthy!

Avoid being the food police. Trying to be the food police just causes conflict, and thus the tantrums.

Dish out praise more than react negatively.

Make sure that your house is stocked full of nice healthy wholesome options, and let them choose from those options, that way this limits their choice.

Allow kids to make mistakes — and learn from them.

Let them choose their snacks from a list of pre-approved healthy snacks

Have a healthy snack cupboard within easy reach

Introduce change gradually. It can take over 15 attempts to get them to eat something new.

Experiment with adding healthy additions to their favourites. If they don't like it, don't cause a fuss, just try later.

Trick your kids! Smoothies can be your friend.

Cook with your kids! Get them involved in food.

Turn it into a game.

Educate your kids about food.

Don't expect it to be easy.

Stick to the house rules.

No TV or tech at the table. Engage in conversation with them and get them talking to you.

Limit the portions. Huge portions of food are overwhelming, so serve up small ones – they can always have more.

Lead by example and eat your fruit and veg!