



How to Raise a Healthy Eater

Let small children play with their food. Playing helps them find out about new foods. As children see and play with food, they will learn to start eating it.

Make Food Look Good

Appeal to your child with color. Put different colored food on her plate and use foods to make faces, animals, or plants. It will help make eating more fun.

Give Food a New Name

Are you having carrot or celery sticks? Call them light wands or sabers. Green peas can be dinosaur eggs. Cheese toast could be a favorite cartoon character's secret snack. Use your imagination and food will seem more interesting to your child.

Keep Mealtime Warm and Fuzzy

Avoid fights at meals. Keep conversation pleasant and let everyone take part. Your children will be glad to come to the table.

Learn from restaurants. Fast-food places use red and yellow colors, bright lights, and loud

music to make you want to hurry and leave more quickly. Playing soft music, having soft lighting, and using wood tones in the dining room or kitchen will help keep your family at the table longer.

You Can Never Start Too Early

- The taste for foods begins before birth. Babies prefer foods that their mothers ate often during pregnancy. To have a child who likes healthy foods, eat healthy foods while you're pregnant.
- Breastfeeding babies can taste the foods their mothers eat. While you are breastfeeding, you have another chance to help your baby like healthy foods. Eat healthy foods often.
- Babies pick up on tiny cues that show their caretakers' like or dislike of foods. Before 4 months of age, your baby is learning to like or dislike foods just by watching you. Remember that you are always setting an example. Eat healthy foods that you enjoy in front of her.



This institution is an equal opportunity provider.



© 2007.
Department of State Health Services.
All rights reserved.
13-06-11826