

Healthy Eating for Kids

Kids do best when they eat from all the food groups — fruits, veggies, grains, proteins, and dairy (or fortified milk alternatives). Try these easy habits:

- Serve a variety of foods every day so kids get all the nutrients they need.
- Eat together as a family, without screens, so meals become time to connect.
- Make healthy food easy to reach: keep cut fruits, veggies, yogurt, whole-grain snacks ready to grab.
- Offer water and low-fat milk (or fortified soy) as the everyday drink choices.
- Get kids involved — let them pick fruits, help shop, or assemble parts of their meal.

Over time, these little changes add up to stronger health and good eating habits.

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<https://www.myplate.gov/tip-sheet/healthy-eating-kids>

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<https://myplate-prod.azureedge.us/sites/default/files/2024-06/TipSheet-17-Healthy-Eating-For-Kids.pdf>



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