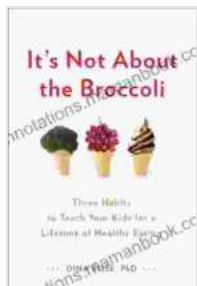


Three Habits To Teach Your Kids For Lifetime Of Healthy Eating



It's Not About the Broccoli: Three Habits to Teach Your Kids for a Lifetime of Healthy Eating by Dina Rose

★★★★☆ 4.5 out of 5

Language : English
File size : 1451 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Screen Reader : Supported
Print length : 274 pages



Teaching your kids healthy eating habits can be a challenge, but it's important to start early. The habits they learn now will stay with them for the rest of their lives. Here are three simple habits that you can teach your kids that will help them develop a healthy relationship with food for life.

1. Make healthy food choices available

The first step to teaching your kids healthy eating habits is to make healthy food choices available to them. This means stocking your fridge and pantry with fruits, vegetables, whole grains, and lean protein. It also means limiting the amount of processed foods, sugary drinks, and unhealthy fats in your home.

When your kids have access to healthy food, they are more likely to choose it. So make sure to keep your fridge and pantry stocked with plenty of

healthy options.

2. Eat meals together as a family

Eating meals together as a family is a great way to teach your kids healthy eating habits. When you eat together, you can model healthy eating behaviors for your kids and talk to them about the importance of making healthy food choices.

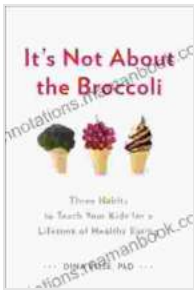
Family meals also provide a great opportunity to connect with your kids and learn about their day. So make sure to make time for family meals as often as possible.

3. Encourage your kids to be active

Being active is an important part of a healthy lifestyle for kids. When kids are active, they burn calories and build muscle. They also improve their coordination and balance. And when kids are active, they are more likely to eat healthy foods.

Encourage your kids to be active by playing with them outdoors, taking them to the park, or signing them up for sports or dance classes. You can also make physical activity a part of your family routine by going for walks or bike rides together.

Teaching your kids healthy eating habits is important for their long-term health. By making healthy food choices available, eating meals together as a family, and encouraging your kids to be active, you can help them develop a healthy relationship with food for life.



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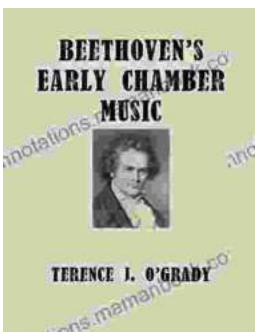
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