

HEALTHY EATING FOR YOUR 6 – 10 YEAR OLD

Smart Choices

- Use the “one-bite” rule when encouraging your child to try healthy new foods.
- Keep the healthy foods your child likes within easy reach.
- Provide breakfast everyday, even if you are on the run.
- Mealtime is family time, so keep it pleasant with conversation and sharing. Avoid using this time for scolding.

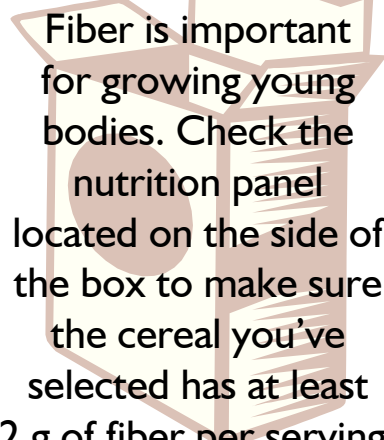
Healthy Activities

- Check out inexpensive programs provided by your local YMCA, and Boys and Girls Clubs.
- Balance every hour of screen time with one hour of active play!

Planning For Success

- Start small and build on success. Pick one small change your family can make together, like eliminating soda. After mastering that, make another small change, like watching portion size.
- Set a good example by not constantly dieting or showing too much concern about your own weight. Instead, focus on the health benefits of eating well and being physically active.

Choose Fiber-Rich Cereals



Fiber is important for growing young bodies. Check the nutrition panel located on the side of the box to make sure the cereal you've selected has at least 2 g of fiber per serving.