

## **Nutrition Tips for Parents to Help Their Kids Live Healthy**

Start incorporating these healthy eating habits today that will last a lifetime:

- **Model It** – Walk the walk and talk the talk. Give your kids the best example of health by living it.
- **Slow Down When You Eat** – Eat slowly to give your brain time to get the message that your stomach is full.
- **Play Every Day** - Get your family moving together: walk, hike, bike and play.
- **Make Meal Time Memories** – Cook and eat together.
- **Brake for Fruit** – Instead of a big dessert, satisfy your sweet tooth with some fresh fruit.
- **Breakfast is the Way to Start Your Day** - Boost your memory, concentration and metabolism.
- **Veggies are the way to go** – Vegetables are jam-packed with nutrients. Eat them fresh or frozen at lunch, dinner or on the go.
- **Can the Soda** - A 12-ounce soft drink can contain 10 teaspoons of sugar. Go for water instead.