



3 Ways To Build HEALTHY HABITS



1 PLAY YOUR ROLE

Both you and your child have roles to play when it comes to healthy habits.

PARENT ROLE:

- Choose the foods for each meal.
- Create a regular routine of meals and snacks.
- Limit food in between scheduled meals and snacks.
- Consider your child's tastes without making a separate menu.
- Trust your child to eat the amount needed.

CHILD ROLE:

- Choose what and how much to eat from the food offered.
- Adjust to the schedule of planned meals and snacks.
- Learn to try new foods and enjoy a variety of nutritious food choices.
- Learn to eat the amount of food they need to be satisfied.

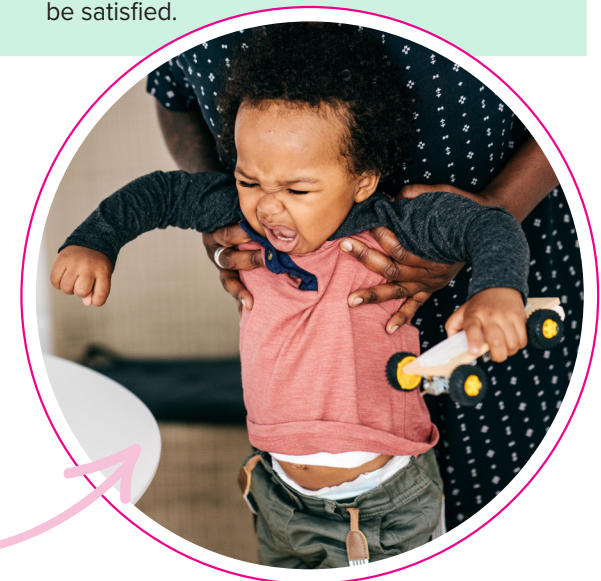
2 UNDERSTAND FULLNESS AND HUNGER CUES

FULLNESS CUES

- | | |
|------------------------|---------------|
| ✓ Full stomach | ✓ Comfortable |
| ✓ Clear-headed/focused | ✓ Content |
| ✓ Energized | ✓ Motivated |
| ✓ Stronger | |

HUNGER CUES

- | | |
|---------------------|------------------------|
| ✗ Stomach growls | ✗ Unmotivated |
| ✗ Headache | ✗ Light-headed feeling |
| ✗ GRUMPINESS | ✗ Shakiness/weakness |
| ✗ Tired | |





3 Ways To Build HEALTHY HABITS

3 OFFER A VARIETY OF NUTRITIOUS FOODS

Offer foods in all food groups like the ones below.

WHOLE GRAINS

Brown rice
 Whole wheat tortillas
 Oatmeal
 Whole wheat bread
Whole wheat pasta



VEGETABLES

Broccoli
Carrots
 Green beans
 Leafy greens
 Peas



FRUITS

Apples
Bananas
 Berries
 Melon
 Oranges



PROTEIN FOODS

Beans
 Eggs
 Chicken
 Ground beef
Tuna



DAIRY FOODS

Cheeses
 Cottage cheese
 Milk
 Ricotta cheese
Yogurt

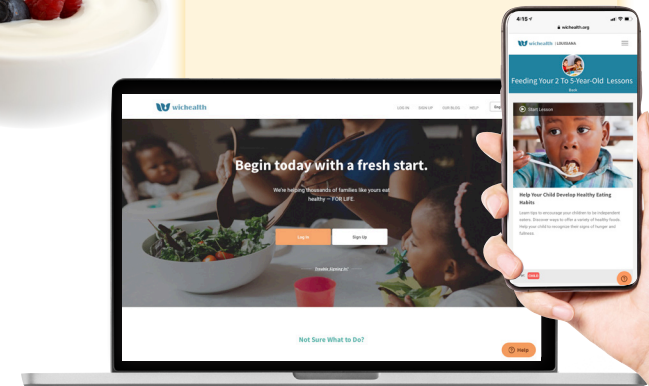


Take This Lesson to Learn:

- How to create mealtime routines and structures.
- Simple menu ideas.
- Appropriate portion sizes for children.

To Get Started:

- Visit wichealth.org
- Choose **Sign up**
- Enter Your information
- Choose a username and password
- Choose **Begin**
- Choose the category: **Feeding Your 2 To 5-Year-Old**
- Choose the lesson: **Help Your Child Develop Healthy Eating Habits**



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