

# Top 10 **Healthy** Family Tips for The New Year

1. Eat dinner together as a family. Studies conducted show that families who regularly eat together, make healthier food choices.

2. Bring kids into the kitchen and have them help prepare the meal. Children who participate in the meal preparation tend to eat healthier foods.



3. Avoid words like "don't, can't, bad, forbid" with foods. It only makes kids more curious about them.

4. Plant a vegetable with your child and have them care for it until it is ready to be harvested. Kids who have participated in gardening tend to be more interested in fruits and vegetables.



5. Take a family walk together after dinner with pedometers and have kids put a star on the calendar for every day they walk.



6. Include a vegetable and a fruit at every meal. Let the kids select which ones they want.



7. Limit fruit juice to once a day. Help kids find creative ways to eat their fruit.

8. Choose higher fiber foods like legumes, produce with skin and 100% whole grains. Most children do not get enough fiber.



9. Turn the TV off during meal time and share your experiences of the day. Keep table talk positive fun family time.

10. When eating out, teach children to split a meal. Most restaurant portions are too big.



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