



TIPS TO KEEP YOUR KIDS WELL-NOURISHED

Make Healthy Foods Available

Believe it or not, kids will learn to enjoy what's available to them at home! This is one reason why it's so important to make healthy options regularly available in your daily routine. Make sure the following are staples in your pantry and refrigerator:

- Fruits & Veggies
- Whole-grain bread and cereals
- Low-Fat Dairy Products
- Lean proteins
- Water and Low-Fat Milk

Keep the Kids Involved

Children enjoy being a part of the decision process when it comes to meal and snack time. Be sure to include them in the conversation when planning your next meal or snack. Depending on age, you may also wish to have them help you pick items out at the grocery store or prepare a meal or snack. Getting kids involved in decision-making and food preparation can help improve their food choices down the road and make them more willing to try new foods!

Limit Low - Nutrient Food Items

Having pizza for family game night or a slice of cake at a birthday party is part of a well-balanced diet. However, it's important to make sure that low-nutrient foods like these aren't making regular appearances in your household. Balance is key, and limiting items such as fast food, sugar drinks, candy, and other sweets should be considered "sometimes" food options.

Stay Informed

It's important to stay informed on the latest food and nutrition recommendations from trustworthy, evidence-based sources. When doing your food and nutrition research, try [Eat Right](#), [Choose My Plate](#) and the [USDA's website](#). ConnectCare3 also provides nutrition counseling and can support anyone on the insurance plan in finding healthy food choices.

Set a Good Example

One of the best ways you can promote healthy eating in your children is to do so yourself. Eating a well-balanced diet that limits foods high in added sugars, salt and unhealthy fats yourself will encourage your children to do the same. Other ways to set a good example include trying new foods and encouraging family mealtimes.