

# 20 WAYS TO MAKE Healthy Eating Fun!

Shopping, planning and preparing healthy meals and snacks are activities your family can do together. Be creative and try different recipes. Take turns deciding on the menu. You can make mealtimes fun and educational.

TRY THESE 20 TIPS TO HELP YOUR FAMILY EMBRACE HEALTHY EATING:

1. **Allow your child to pick out a new fruit** or vegetable in the grocery store. Have a family vote on how to prepare it in a healthy way.
2. **Choose whole grains** such as whole-wheat bread and cereal, brown rice, popcorn and oatmeal.
3. **Use healthy fats** such as olive oil and real butter instead of margarine when possible.
4. **Eat more skinless poultry and fish** with omega-3 fatty acids such as salmon and tuna.
5. **Limit red meat** to an occasional serving and choose the leanest cuts. Ask your grocer or check labels.
6. **Read food nutrition labels** and help your child understand how to make healthy choices.
7. **Explain why excessive sugar, sodium and saturated fat** and trans fat are unhealthy.
8. **Cook at home more often** so you know exactly what's in your food and to control portion sizes. Some restaurant and fast food meals can be loaded with sodium and fat.
9. **Keep healthy snacks available** like lightly salted or unsalted nuts, fresh fruit and veggies.
10. **Reduce the amount of salt.** Check labels. Most salt is in processed food, a reason to eat less of it.
11. **Buy frozen vegetables and fruits**, which are loaded with nutrients and fiber. Check labels for additional ingredients like sugar.
12. **Use herbs and spices instead of salt** when cooking. Flavor meals with fresh lemon and lime.
13. **Try steaming, baking, roasting and grilling** vegetables to bring out their natural flavors.
14. **Limit sodas and sugary juices** and tea. Encourage your family to drink more water.
15. **Make fruit desserts more often** and limit cakes, pies and cookies to special occasions.
16. **Start a garden.** Get your child excited about growing fruits and veggies.
17. **Take turns organizing the grocery list**, collecting coupons and gathering recipes.
18. **Assign and rotate duties such as gathering ingredients**, prepping food, and cooking as well as clean up duty. Make sure tasks are age-appropriate.
19. **Eat a meatless meal such as veggie burgers weekly.** Add beans for more protein.
20. **Eat the rainbow.** Fruits and vegetables come in a variety of different colors. Keep a count on how many you can eat each day.



Make **healthy eating** a **fun** and  
**creative family activity**  
with **planning** and **everyone's** involvement.