



## Help Your Family Eat Healthier!

Try these 9 tips that will lead your family to take the next steps into making food fun and taking a healthy approach to eating!

1. **Make it fun for the kids.** Try colourful new fruits and vegetables. Let them select a new fruit or vegetable in the grocery store each week (or online, depending how you shop these days), and figure out together how to cook or prepare it in a healthy way.
2. **Cook at home.** When you cook at home versus take-out, you have more control over what goes into your food and portion sizes. Aim to cook as a family at least three times a week.
3. **Roast! Grill! Steam! Bake!** Teach your kids that you can cook your veggies in a variety of ways. You will need less salt (if any) and may even turn the most anti-veggie kid into a fan!
4. **Enjoy fruit for dessert.** I know. I said it. Fruit can be an alternative to those ice cream and chocolate treat days 😊 Try a smoothie, a mixed berry and yogurt parfait, or a baked spiced apple or pear.
5. **Grow your garden.** If you grow fruits and vegetables in your garden (or your deck, whatever space you have), kids are more likely to try them.
6. **Plan healthy meals.** If you keep the healthy recipes they love, make grocery lists and coupons in the same place - meal planning becomes a little easier.
7. **Get your kids into the kitchen!** They'll be more excited about eating healthy foods when they've been involved. Give them age-appropriate tasks and keep a step-stool handy.
8. **Be the role model.** Kids are copy-cats. If you are the advocate for a healthier family-everyone will follow.
9. **Eat the colours of the rainbow!** A fun and delicious way to make sure your family is eating a good variety of fruits and vegetables is to eat as many different colors as you can each day.

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