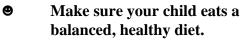
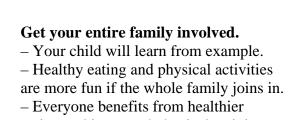
## **Tips for Healthy Children**





- The best way to do this is to provide a variety of nutritious foods that are low in fat and sugar.
  Let MyPyramid guide your
- food choices. – Include many colorful fruits and vegetables in your child's diet

everyday.



eating and increased physical activity.



## Make the most out of family mealtime.

- Eating meals together helps your child develop a healthy attitude toward food.
- Create a positive, enjoyable environment.
- Schedule meals at regular times when everyone can be together.



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## Set healthy, realistic goals.

- Making changes step-by-step and setting realistic goals will help you be more likely to succeed.

- Decide on two or three specific, small changes in eating or physical activity at a time.

- Write out your family's weekly goals and keep track of your progress.



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