

Tips for Healthy Children



☺ **Make sure your child eats a balanced, healthy diet.**

- 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.



☺ **Get your entire family involved.**

- Your child will learn from example.
- Healthy eating and physical activities are more fun if the whole family joins in.
- Everyone benefits from healthier 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.



☺ **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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