

Habits That Encourage Healthy Eating

Easy ways to make eating nutritious foods a habit!



Don't ask open-ended questions. Instead of asking what they would like to eat, offer two healthy choices to help them feel in control of what they're eating.

Involve your child in food preparation, whether it's washing vegetables or setting the table.



Encourage your child to choose what goes on their plate by putting a range of healthy options on the table.

Limit distractions at the table such as toys and devices with screens.



Sit down for breakfast and dinner as a family as much as you can.

Refer to foods as 'everyday' or 'sometimes' as opposed to 'good' and 'bad'. This helps children understand how all foods fit into a balanced diet.



Get the tools, tips and recipes you need for a simplified mealtime with The Tot Feeding Sets.



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