



Take 10 for healthy family eating

1. Eat together at the meal table

Research shows that families that eat together at the table have healthier diets.

2. Involve the kids in cooking

Children love to cook and are much more likely to try new foods they have helped prepare.

3. Have the whole family eat the same healthy foods

If children are only given a limited selection of food everyone knows they are willing to eat they are less likely to try new healthy foods. Introduce new foods along with those you know they are happy to eat.

4. Let the kids see you eating well – you are their best role model

Children mimic the eating habits of those around them. Eating healthy food together allows them to see others eating and enjoying good food.

5. Turn off the television at meal times

Meal time is a great opportunity to enjoy each other's company and catch up on the day's events without the distraction of television. It also helps with eating awareness – tasting and enjoying food and realising when it is time to stop eating because you are full.

6. Eat vegetables every day

Include vegetables and salad with every meal and chop up vegetables as a snack. Doing this everyday helps children to get used to eating and enjoying vegetables.

7. Go fruit and vegetable shopping with the kids

Show children all the colourful, interesting foods at the fruit and veg shop. Let them pick a new food to try and give them the job of washing and preparing it for the rest of the family.

8. Have a bowl of fruit on the table so children can help themselves

Fruit is a great snack and children love it. Place a bowl of fruit on the table so that children can help themselves when they feel hungry.

9. Choose low fat dairy foods for the whole family once children are aged over five years

While full fat dairy food is important for children under the age of two years, children aged two-five years can have reduced fat dairy and children five and older can have low fat dairy food like the rest of the family.

10. Get the right support

An Accredited Practising Dietitian (APD) is your diet coach – providing you with tailored, expert advice to help your family achieve their goals. Visit the 'Find an APD' section of the Australia's Healthy Weight Week website at www.healthyweightweek.com.au to find an APD in your area.

Eat better, feel better, move more **NOW!**

