

# Raising Healthy Eaters

Say goodbye to mealtime stress with these tips for raising healthy eaters!



It is normal for your child to go through phases when they are less open to trying new or different foods.

Some children will need to taste a food up to **20 TIMES** before they will eat it!

## FEEDING RESPONSIBILITIES

The **PARENT/CAREGIVER** decides:



**What** foods to offer



**When** to offer meals and snacks



**Where** the child will eat

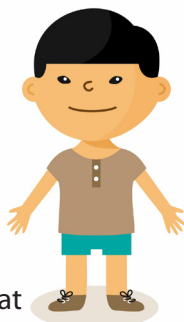
The **CHILD** decides:



**Whether** to eat



**How much** food to eat



## WHAT ELSE CAN YOU DO?

**HAVE REGULAR MEAL  
AND SNACK TIMES**

**OFFER A VARIETY OF FOODS**

**EAT WITH YOUR CHILD**

**DON'T PRESSURE YOUR  
CHILD TO EAT**

**INVOLVE YOUR CHILD IN MEAL  
PLANNING AND PREPARATION**



Remember, as long as your child is growing and developing normally, a relaxed and neutral approach to food is the best way to help your child become a healthy eater.



For more information, contact the **Health ACTION Line** 1-800-660-5853 or visit [www.healthunit.org](http://www.healthunit.org)