Teach your child good eating habits. It can be easy to fill your plate (and your child’s plate) with the right kinds of foods. It can be fun too! Some examples are:

**Fruits:** apples, bananas, oranges, clementines, grapes

**Grains:** tortillas, rice, pasta, couscous, whole grain bread

**Dairy:** milk, yogurt, cheese

**Protein:** eggs, beans, meat, fish

**Vegetables:** broccoli, tomatoes, peppers, sweet potato, eggplant

**Tip:** fruit can be a delicious dessert!
EAT MORE...
• Fruits and vegetables (all kinds!)
  • Half of your plate should be fruits and vegetables.
  • Don’t forget about fruit as a dessert!
• Whole grains (whole wheat bread, brown rice, whole wheat pasta, couscous)

DRINK MORE...
• WATER!

EAT LESS...
Chips, hot dogs, fast food, candy, doughnuts, cookies, cakes

DRINK LESS...
Soda, sugary drinks, fruit drinks

HEALTHY HABITS & TIPS
• Have family meals together.
• Do not use food as a reward or to comfort your child.
• Your child does not need a “clean plate” after each meal.

REMEMBER...change is hard!
If you start to have one more fruit or vegetable a day, you’re doing great!

Have a happy, healthy holiday!

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Happy Holidays from Minding the Baby!