

## Healthy Eating... We Lead by Example!

Parents and caregivers... are you sending your children confusing, mixed messages about healthy eating?

- Do you talk about the importance of eating a healthy breakfast before school, then rush out the door with only a coffee in hand?
- Do you talk about your weight and skip meals because you are on a diet?
- Do you send snacks and bag lunches to school with many processed and pre-packaged foods that are low in nutrients and high in fat, sugar, salt and caffeine?

Children watch the adults in their lives very closely. Be a positive role model and show healthy eating behaviours at all times. As a parent, you can help provide children with positive healthy eating messages by:

- Eating nutritious foods and drinking milk instead of pop
- Limiting foods with Minimum Nutritional Value (e.g., cake, chips, cookies, chocolate, pop, fruit drinks) in your home
- Keeping your food likes and dislikes to yourself
- Encouraging your children to try new foods
- Encouraging your family to eat more vegetables and fruits every day
- Using non-food items for rewards
- Stocking the house with plenty of 'grab-and-go' breakfast items (e.g., 100% pure fruit juice boxes, lower-fat cheese strings, fresh fruit, whole wheat bagels, snack-sized unsweetened fruit cups/applesauce)

A complete listing of all fact sheets and resources on nutrition and school-age children is available on the [Nutrition Services Fact Sheet web page](#). For more information on nutrition and school-age children visit [Eat Right Ontario](#).