

**Food for Tots** Publishing  
*Healthy eating starts here!*

# How to Raise a Healthy Eater



*Secrets to lifelong  
healthy habits:*

- ▶ *The Seven R's*
- ▶ *Family Meal Magic*
- ▶ *Table-Time Tips*



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## 1. Responsibility

A parent's *responsibility* is to provide nutritious food and regular mealtimes and snack times. A child's *responsibility* is to decide how much to eat.

- ▶ Allow your child to determine **how much** to eat to satisfy hunger. We all have times when we are less hungry. Even infants know when they have had enough. They will turn their heads, push the spoon or food away, or protest verbally.
- ▶ Decide **where** your child should eat. Give food only at the table and don't allow running around while eating.
- ▶ Let your child make choices from a variety of good foods that you provide.
- ▶ Avoid coaxing, bribing, playing games, or force-feeding. Instead you can say, "**Make sure your tummy is full before you leave the table.**"