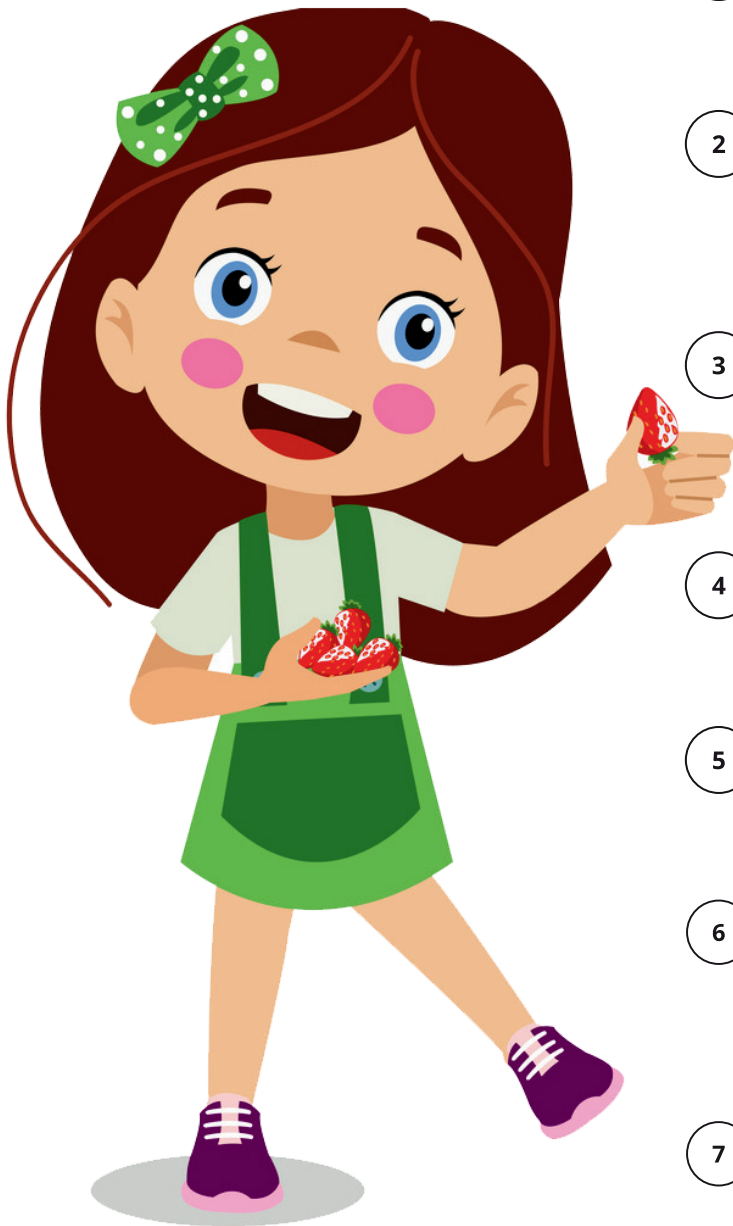


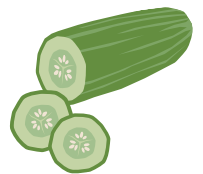
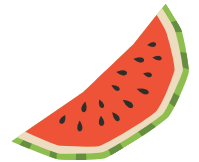
7 Nutritionist-Approved Tips for Promoting *Healthy Eating* Habits



Providing Nutritious Meals and Snacks



- 1 Start small**
Encourage gently to try new foods and eat a variety.
- 2 Make it enjoyable**
The key ideas are keeping the food introduction gentle, fun, and exploratory.
- 3 Pay attention to cues**
Cease mild encouragement if a child resists trying new foods, like looking away or disengaging.
- 4 Don't overdo it**
Children will eat what they enjoy and can handle.
- 5 Create a calm atmosphere**
Ensure meal times are calm. Play calming music.
- 6 Keep it real**
Avoid scaring picky eaters with threats about not growing "big and strong."
- 7 Engage families**
Notify parents if a child tries new food for continuity at home.



Tasty Tuesday aligns with CDA® Functional Area 2: Healthy. This competency emphasizes the importance of good nutrition and practices that promote health and wellness in young children.

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