

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

Providing Nutritious Meals and Snacks





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.

Pay attention to cues

Cease mild encouragement if a child resists trying new foods, like looking away or disengaging.

Don't overdo it

Children will eat what they enjoy and can handle.

Create a calm atmosphere

Ensure meal times are calm. Play calming music.

Keep it real

Avoid scaring picky eaters with threats about not growing "big and strong."

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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