

# Eat Right

Food, Nutrition and Health Tips from Kids Eat Right

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## Eat Right, Move More!

### Physical Activity

Set a good example for your child by making physical activity a family value. Here are some ideas to get your family started:

- Physical activity is an opportunity to have family fun. Focus on playing rather than winning.
- Encourage your kids to make up games that you all can play.
- Fit activities to your child's interests. If your child loves reading, walk or ride bikes to the library.
- Engage your child in planning active family outings. Explore new places together.
- Involve your child in both inside and outside household tasks, and praise them for helping out.
- While adding more physical activity into your family's routine, consider ways to decrease screen time, such as limiting TV and other screen time to 2 hours a day or less and not allowing TV watching in their bedrooms.



## Eating

Set a good example for your child by making healthy eating a family value. Here are some ideas to get your family started:

- Let the kids help in food planning and shopping. For example, ask young children to pick out fruits for their snacks, and ask older kids to plan a healthy meal or two for the week. Kids of all ages can be great help in the kitchen.
- Enjoy food and meals together. Make time to eat together without the distraction of TV and phones.
- Make healthy choices the easy choice. When your kitchen has a variety of healthy options, it makes meal and snack choices easy for everyone.
- Having a bowl of fresh fruit on the counter and other healthy snacks easily available encourages making tasty and healthy choices.
- Don't use food as a punishment or reward for desired behaviors.



- Verbally praise your child for trying a new food.
- Encourage kids to tune into their own feelings of hunger and fullness. For example, ask, “Is your stomach telling you it is still hungry or have you had enough?”

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**For tips, articles, recipes and videos to help you shop smart, cook healthy and eat right, visit: [www.kidseatright.org](http://www.kidseatright.org)**

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