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Nutrition and the Family (2 min read)

The sooner you talk to your kids about nutrition, the sooner they can start making smart decisions related to their own health and wellbeing. It's not easy to get kids to eat right. However, it's especially difficult when you're setting a not-so-great example through your own unhealthy habits. But, if you and your family work together, you can all start off on a path that leads to happier, healthier living.

Kids are Naturally Curious

The best way to start kids off on a life of good nutrition is to activate their curiosity. Make healthy living an experience that they can explore and learn from. Find ways for kids to see where their food comes from, how it's grown and harvested, and cooked into tasty meals.

Appeal to Their Activities

Are your kids into sports, outdoor activities, or just having fun? Remind them that healthy foods provide the energy their bodies need to keep up with their friends, stay focused in the classroom, or score those game-winning goals. Promote food and eating as a means to stay active, not a reward.

Monitor Food Fads

Fads can have a serious impact on younger family members, especially teenagers. From new food crazes to fad diets that might impact their development, you need to keep an eye on what they're eating and how they're developing a relationship with nutrition. Remember, monitoring what's happening in your child's life will help you guide them to the right decisions about healthy living.

Look for Small Ways to Make Big Changes

If you're in charge of shopping for your family, consider the needs of everyone when you're at the grocery store. Try purchasing low-fat or sugar-free alternatives. Avoid stocking up on high-sodium or high-caloric meals. Make a dinner plan for the week so everyone can discuss what they want to eat and have a hand in their nutrition.

Written by Life Advantages - Author Delvina Miremedi ©2019

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