

Healthy Eating in Children

Children and adolescents need to eat a variety of fruits, vegetables, whole grains, low-fat or non-dairy, and proteins. Here are some ways to help your child eat more healthy foods.

- **Use an app!** If your child uses a phone or tablet, download the Dining Decisions app to help them learn about healthy food choices at home or on the go.
- **Use games or activities to promote healthy eating.** Find a list of interactive websites and activities that are right for your kids for different grade levels.

Try new foods or meals with your child!



- **Make a new recipe with your child.** Choose a kid-friendly recipe that includes a fruit or veggie they like. It's a great way to bond and encourage healthy cooking habits in the home.
- **Try a new fruit or vegetable.** Use a list of fruits and vegetables and ask your child to pick some to try. Give your child a chance to "rate" the fruit or vegetable to make exploring new foods more exciting.
- **Choose water over sugary drinks.**
- **Provide a variety of healthy foods for breakfast.** A healthy breakfast can include foods that aren't traditional breakfast foods.

For more information on healthy eating in children, visit:
<https://www.cdc.gov/healthyschools/features/healthysummer.htm>



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