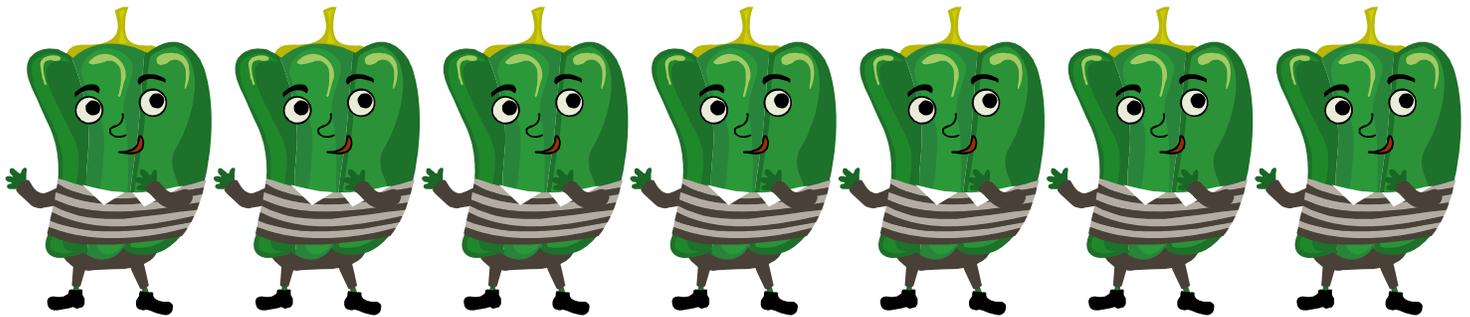


Easy Ways to Eat Right

Teaching your kids healthy eating habits is part of good parenting. Here are eight simple guidelines to follow.

- 1. Eat plenty of fruits and vegetables.** Aim for at least five servings a day.
- 2. Keep healthy snacks in the house.** Ideas include apples, grapes, carrots, nuts, raisins, low-fat yogurt, peanut butter, celery and low-fat cheese.
- 3. Choose lean meats and other healthy proteins,** such as fish, eggs, beans, soy products and nuts.
- 4. Go for whole grains** when it comes to breads, pasta and cereal.
- 5. Avoid fried foods.** Opt for lower-fat cooking methods instead, such as broiling, grilling, roasting or steaming.
- 6. Skip the junk food.** Keep fast food, chips and candy to a minimum.
- 7. Drink lots of water,** instead of sugary soda and fruit-flavored drinks.
- 8. Be a role model.** Encourage healthy eating by eating healthy yourself.



These parenting tips are courtesy of Franklin County Children Services, where we advocate for each child's safety, permanency and well-being.



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