5 Keys to Raising a Healthy, Happy Eater

**Division of Responsibility**

**Parent Decides:**

1. **What to offer**
   - Choose healthy foods and drinks to serve
   - Offer the same foods to everyone at meals
   - Offer vegetables and fruits on the plate

2. **When to offer**
   - Have meals at the same time daily
   - Have planned, healthy snacks between meals

3. **Where to offer**
   - At home
   - At the table
   - Turn off TV, tablets, and other screens

**Child Decides:**

4. **Whether to eat**
   - Child can choose to eat or not eat while at the table
   - Child can choose from the foods the adult offers on the plate

5. **How much to eat**
   - If the child wants more, it's okay to serve more
   - Do not force the child to eat

Choose two behaviors to practice at home!

- Serve meals with at least one vegetable and/or fruit to the whole family
- Serve the child the same food at meals as the rest of the family
- Serve planned meals and snacks about the same time each day
- Let the child eat as much or as little as he/she wants at meals and snacks
- Turn off TV and other screens at meals