

SNEAKY CHEF

10 Tips to Help Your Children Eat Healthier

- 1. Use sneaky substitutions to make food more nutritious.**
- 2. If you don't want your child to eat something, don't bring it home.**
- 3. Try to use the least amount of processed food as possible.**
- 4. Before you buy something, read the label.**
- 5. Get kid's involved in the cooking process. They might be more likely to eat it.**
- 6. When introducing a new food, serve it with well-liked ones.**
- 7. Leave the skin on fruits, that's where all the nutrients are.**
- 8. Instead of salt, use herbs & spices to flavor food.**
- 9. Offer foods with a variety of colors and textures. Cut food into interesting shapes and arrange them attractively on a plate.**
- 10. Encourage children to eat the colors of the rainbow.**