

Having Healthy Conversations in your Household

Children's taste buds can develop over time.

Introducing new foods can be challenging but you should keep trying.

Be Persistent

Don't label foods as Good or Bad

These labels can form a judgmental picture of food which could negatively impact body image.



Encourage a Healthy Lifestyle

Talk about eating healthy as a necessity for nutrition and living, instead of for weight loss and weight gain

Involve them in making healthy choices

Allowing your family to cook with you and learn about ingredients can inspire autonomy in healthy eating