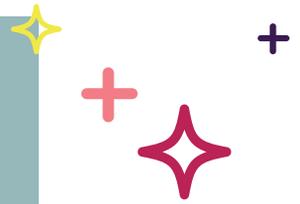




How We Eat Matters

Simple Habits for Healthier Families



Helping kids develop a healthy relationship with food starts with how – not just what – we eat. These small daily habits can make a big difference.



1. Create a Mealtime Structure

Kids feel best when they eat at consistent times. Regular meals and planned snacks help the body:

- Know when to expect food
- Feel hungry at the right times
- Stay fueled throughout the day

Snacks should be structured like “mini-meals” – a mix of foods that keeps kids satisfied until the next mealtime.



2. Practice Slow, Mindful Eating

Kids (and adults!) often eat quickly. Slowing down helps us notice when we're full. Try these easy strategies:

- Take small bites
- Chew and swallow fully before taking the next bite
- Sip water between bites
- Pause halfway through the meal to check in: “Am I still hungry?”



3. Eat Without Distractions

Screens make it easy to overeat because they distract the brain from hunger cues. At mealtime:

- Turn off TVs, tablets, and phones
- Focus on the food, the flavors, and how your body feels
- Encourage simple conversation

This teaches kids to listen to their bodies—an essential skill for lifelong healthy eating.



4. Choose an Eating Space

Where we eat matters, too. Sitting at a table or a specific eating spot helps:

- Build routine
- Reduce mindless snacking
- Separate “eating time” from “play time” or “screen time”

Healthy eating isn't just about choosing the right foods. Build routines that support hunger, fullness, and enjoyment. Small changes add up to lifelong healthy habits.