

Celebrate! Eat Smart and Be Active



EATING SMART
BEING ACTIVE

Mindful eating

- Choose satisfying and nutritious foods.
- Pay attention to what you are eating.
- Minimize distractions while eating.



Sharing Food Tasks



EATING SMART
BEING ACTIVE

Parents Decide

What food is offered

- Offer a variety of healthy foods.
- Make sure there is something your child likes at each meal.

When food is offered

- Have a schedule of meals and snacks.
- Children have small stomachs and need snacks between meals.

Children Decide

How much to eat

- The child decides how much to eat from healthy foods the parent offers.
- Let the child ask for more if she/he is still hungry.

Whether or not to eat

- Children will eat when they are hungry.



This material is based upon work that is supported by the National Institute of Food and Agriculture, US Department of Agriculture. USDA is an equal opportunity provider, employer, and lender.

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Plan meals and snacks for one day.

Morning meal (breakfast)



Morning snack



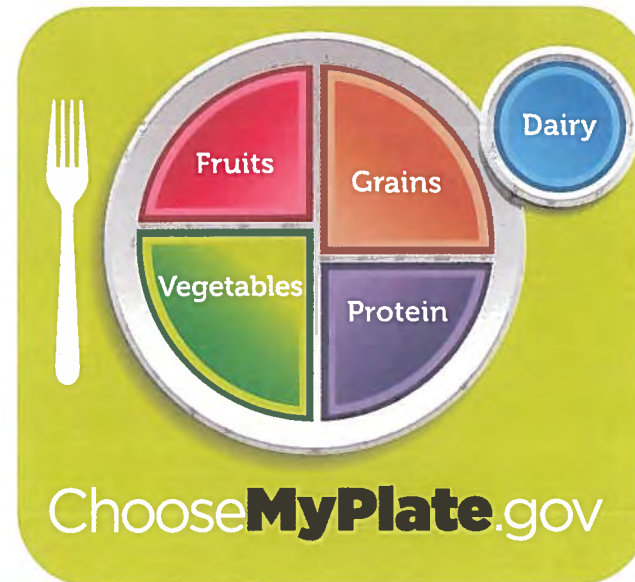
Midday meal (lunch)



Afternoon snack



Evening meal (dinner)



Fruits and vegetables,
half your plate.

Make half your grains whole.