

## Airplane Choo Choo Healthy Eating Behaviors

*Feeding your baby is not always easy, but it is important to encourage healthy eating habits. As parents/caregivers, you are important role models. To help your child develop healthy eating habits now and in the future, strive to model healthy eating habits yourself. For your baby, healthy eating habits begin with the very first foods and continue throughout childhood. Healthy eating habits are an important foundation for health throughout the lifespan.*



### Your Role in Feeding\*

- Provide a variety of healthy food options for your baby with every meal or snack.
- Determine where you will eat. Encourage family meals at home.

### Your Baby's Role in Feeding\*

- Determine how much and when they want to eat. Your baby will eat when hungry and stop when full.

### Tips to Encourage Healthy Eating Habits

- Encourage a well-balanced meal that is appropriate for your baby's age. Offer foods with high nutrient content like; fruits, vegetables, whole grains, lean meats, and dairy.
- Offer a variety of healthy foods and limit unhealthy food availability in the home.
- Avoid excessive control and don't pressure your child to eat. Children know when they are full and ready to stop eating.
- Have regular family meals and encourage healthy eating habits by modeling good eating behaviors at each meal.
- Encourage your child to try new foods by offering a variety of foods every day.
- Water or milk should be the beverages offered to children.
- Do not feed your baby fruit juice or other beverages including plant-based milk alternatives, soft drinks, coffee, tea or caffeinated beverages.
- Offer meals and snacks around the same time every day to create a meal schedule.
- Refrain from offering sugar-sweetened or low-calorie beverages other than plain milk and water.
- Turn off the TV when eating meals to help your child be more in tune with their body's feeding signals.
- Offer your child appropriate portion sizes (see pages 1-2 of this guide).
- Refrain from rewarding your child with food.

\*Consult your pediatrician for specific questions on feeding your child (timing, amounts, etc.).



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### Reference List



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