

Building a healthy relationship with food

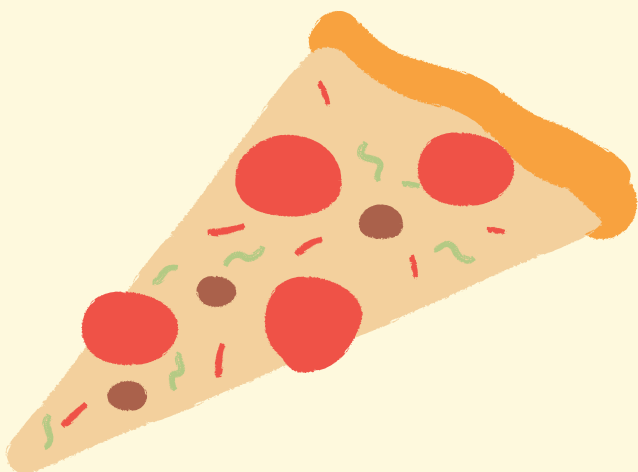
Guidelines for balanced eating for children



There isn't a right or wrong way to eat.
Encourage a balanced dietary intake.



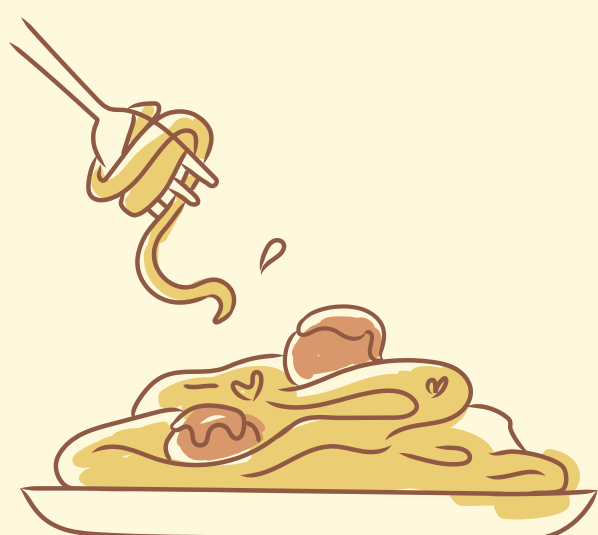
Encourage balanced communication
with your child on their likes and
dislikes.



Be careful of how you label foods.
Avoid using 'good' or 'bad' terms.



Encourage new foods at their pace.



Make food fun with getting children
involved in the food shop, cooking,
and cleaning .