

# March Is National Nutrition Month



Take simple steps to improve your family's eating habits.

According to the Centers for Disease Control and Prevention:



**Less than 10% of adults and children eat enough vegetables.**



**Only 40% of children eat enough fruit. Less than 15% of adults do.**



**Sugary drinks make up 10% of most kids' calories.**



**40% of most kids' calories come from sweets, sugary drinks and fatty foods.**



### Parents' eating behaviors can influence how kids eat.

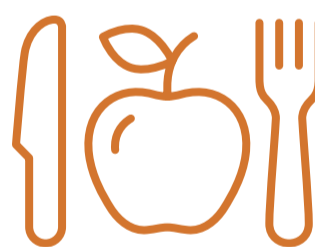
If you have positive attitudes toward foods, your kids can develop healthy habits, too.



**Recognize it's fine to eat sweet treats sometimes.**



**Praise your kids for choosing healthy foods when they want a snack.**



**Let your kids observe you eating and enjoying healthy foods.**



### Get the whole family on board with healthy eating by:

- Experimenting with different herbs or spices to flavor vegetables or lean meats.
- Exploring plant-based cooking.
- Getting your kids involved in cooking meals.
- Letting kids pick out recipes to try.
- Planning meals for the week as a family.
- Putting away screens during mealtimes for more mindful eating.
- Trying a new fruit or vegetable every week.
- Visiting farmers markets and international grocery stores and letting your kids pick out new, interesting foods to try.

**Concerned about your healthy eating habits? Find a provider to discuss with: [weillcornell.org/doctors](http://weillcornell.org/doctors)**