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.

Parents’ eating behaviors can influence how kids eat. If you have positive attitudes toward foods, your kids can develop healthy habits, too.

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.

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 mealtime 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