A parent’s toolkit for healthy eating

Run time - :27

LEDE: Whether coming back from spring break or just starting fresh, it’s important for kids to develop healthy eating habits. Tim Ditman of OSF HealthCare has some tips for parents.

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OSF pediatrician Doctor Jaya Wadhawan [JAY-ah WAD-ha-wahn] says make mealtime an event at the kitchen table, not the living room. And involve kids in grocery shopping and cooking.

SOUNDBITE: “Bring them to the grocery store and show them all the foods. Have them help pick out the food. It gets them more interested in eating.”

She says a sweet or salty treat is fine in moderation.

I’m Tim Ditman.

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TAG: My plate dot gov [MyPlate.gov] has good suggestions to fill out your plate.