



Healthy Eating Without Shame



Instead of:
Talking about your diet,

TRY THIS

Let your kids see you eating a healthy salad. No comments necessary!

Instead of:
Eating in front of a screen,

TRY THIS

Eat together at the table.



Instead of:
Using dessert as a reward for eating dinner,

TRY THIS

Allow dessert and other treats within moderation, no strings attached.

Instead of:
Talking about how poor your child's eating habits are,

TRY THIS

Talk about all the benefits different foods offer.



Instead of:
Equating healthy eating with losing weight,

TRY THIS

Talk about how eating healthy foods make you feel.

Instead of:
Worrying about the best way to get your kids to eat healthier,

TRY THIS

Find what works best for you family and enjoy making healthy choices together.