



# Creating Healthy Habits for Tots & Kids

A PLAYBOOK FOR CAREGIVERS

# Introduction



Your little one is growing up quickly right in front of your eyes! As they grow and evolve, so does their food journey. **Exploring new flavors, foods and textures are some of the most important moments of their first few years.** You, as their caregiver and role model, can help create a balanced diet that fulfills their nutrition needs and helps them meet key milestones.

Though sometimes feeding little ones can leave you feeling confused and frustrated! It can be hard to know whether you're feeding them enough to support their growth and development. You may find yourself asking "am I doing this right?"

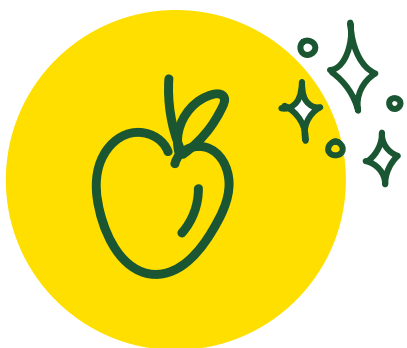
We understand the challenges caregivers face. That's why we've created this simple guide to help you create long-lasting, healthy habits for your toddlers and kids.

## **Within this playbook you will find,**

- Nutrition needs by age
- Mealtime tips
- Grocery shopping guides
- Cost-saving swaps

We hope you'll use this guide to make healthy achievable for you and your family!

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# Establishing Healthy Habits From Age 1-3


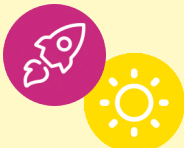




Your growing toddler is starting to become more active and more curious. Food exploration is an exciting chapter of their lives as they learn to eat on their own. The nutrition achieved in their first few years can have a profound effect on their health and development.<sup>1</sup> As such, it is important to offer your little one a variety of nutritious foods and establish healthy habits for their future.

## SMALL BODIES, BIG NUTRITION NEEDS

They may be small but their nutrition needs are big! Pound for pound, **toddlers need 2x as many nutrients as adults.**<sup>2</sup> Our child's brain and body need specific nutrients to help them grow and develop.



PURPOSEFUL NUTRIENTS	... AND WHERE TO FIND THEM
 <b>Fat and DHA</b> helps support brain development	<ul style="list-style-type: none"> <li>• Beef</li> <li>• Flax seeds</li> <li>• Walnuts</li> <li>• Chia seeds</li> <li>• Edamame</li> </ul>
 <b>Calcium and Vitamin D</b> helps support the development of strong bones and teeth	<ul style="list-style-type: none"> <li>• Dairy (milk, cheese, yogurt)</li> <li>• Leafy greens (broccoli, kale)</li> <li>• Almonds</li> <li>• Oranges</li> <li>• Prunes</li> <li>• Beans</li> </ul>
 <b>Iron</b> helps support brain development and provides immune support	<ul style="list-style-type: none"> <li>• Lean meats</li> <li>• Fortified cereals</li> <li>• Beans</li> <li>• Raisins &amp; dried fruit</li> <li>• Eggs</li> <li>• Tuna</li> </ul>
 <b>Zinc</b> helps support kids' immune systems by helping them grow and repair cells	<ul style="list-style-type: none"> <li>• Red meat</li> <li>• Potatoes (with skin)</li> <li>• Beans</li> <li>• Mushrooms</li> </ul>

1. Sarah Jane Schwarzenberg, Michael K. Georgieff, COMMITTEE ON NUTRITION, Stephen Daniels, Mark Corkins, et al; Advocacy for Improving Nutrition in the First 1000 Days to Support Childhood Development and Adult Health. Pediatrics February 2018; 141 (2): e20173716. <https://publications.aap.org/pediatrics/article/141/2/e20173716/38085/Advocacy-for-Improving-Nutrition-in-the-First-1000-T2>

2. RDAs comparing toddler vs adult man per lb body weight

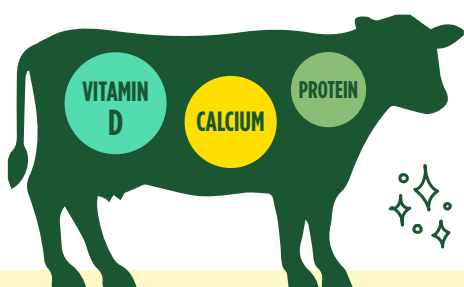


# RAISE A GLASS! MAKING THE SWITCH TO COW'S MILK



Your little one can transition from breastmilk or formula to cow's milk at 1 year of age.<sup>3</sup>

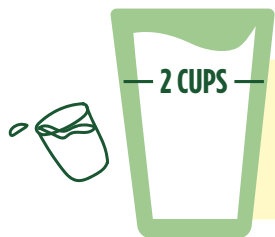
## THINGS YOU SHOULD KNOW BEFORE MAKING THE SWITCH:



Each glass of milk is full of essential nutrients, like **calcium**, **vitamin D** and **protein** for growth and development.



Experts recommend **whole milk until age 2** unless there is a reason to switch to low-fat milk or a milk alternative sooner.



Toddlers should have **2-2.5 cups** of milk a day. Anything more than that can curb their appetite for other nutritious foods.

You may consider a powdered milk option like **Nestlé NIDO® 1+ Toddler Milk Beverage** which delivers 13 essential vitamins and minerals in every cup. This toddler beverage includes a probiotic along with Vitamins A, C, D, Iron, Zinc to help support immunity, and Omega-3 DHA and iron to help support healthy brain development.



Put a balance into practice with this easy-to-follow daily plan!<sup>4</sup>

## BREAKFAST



### Oatmeal

#### PREPARED WITH

- ½ oz oats
- ½ oz Nestlé NIDO® 1+ Toddler Milk
- ¼ c raisins

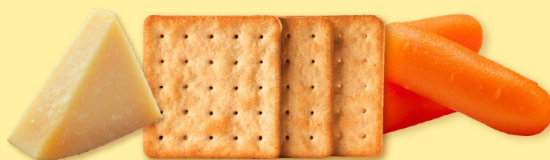


#### TIP CORNER

- By age 2, your child should be eating 3 healthy meals a day, plus 1 or 2 snacks.<sup>5</sup>
- Toddlers don't know how to chew properly until they are about 4 years old. Prevent choking by cutting food into small pieces, encouraging them to slow down, and making sure there is always adult supervision.
- Prep meals in advance (like chili or beef stew) and scoop into a muffin tin to freeze into "toddler friendly" portions. Store in freezer bags and defrost when you need mealtime in a flash.

## SNACK

- 2-3 whole grain crackers
- ¾ oz of cheese
- ½ cup vegetables



## LUNCH



- ½ slice whole grain bread
- 1 oz nut butter
- ⅛ cup vegetables
- ⅛ cup of unsweetened applesauce

## SNACK

- ½ cup sliced banana
- 1 cup Nestlé NIDO® 1+ Toddler Milk



## DINNER



- 1 oz lean beef
- ½ oz brown rice
- ⅛ cup vegetables
- Handful of berries
- 1 cup whole milk

- Healthy doesn't need to be expensive—look for unsweetened canned fruit, low sodium canned vegetables, shelf-stable milk, beans, fortified cereals and canned fish. Shop the freezer aisles for frozen fruit, vegetables, meat and poultry.

4. NIDO A Day in the Life of a Toddler. <https://www.goodnes.com/nido/tips/ideal-toddler-diet/>

5. American Academy of Pediatrics. Samples Menu for a Two Year Old. <https://www.healthychildren.org/English/ages-stages/toddler/nutrition/Pages/Sample-One-Day-Menu-for-a-Two-Year-Old>

1

## Plan for exploration:

- Start exposing your little one to new foods early and often.
- Look for varying colors, textures and tastes.
- Don't fear bold flavors—add herbs, spices to broaden their palate.
- Let them play and be prepared for the mess.



2

## Keep calm and carry on:

- If they don't like a new food, keep trying! Offer it at different times of the day or in different forms.
- Kids feel stressful situations, so try to stay calm at meal time.
- Appetites will vary a lot at a young age. Trust they will eat when they are hungry and stop when they are full.



3

## Create a positive environment:

- Resist bribes or punishments if your little one isn't eating.
- Eat the same foods with them— you are their best role model.
- Remove digital distractions from mealtime so that you can focus on being together and eating while at the table.



# Making Nutrition Fun From Age 3-4



Your baby is now a preschooler which means the days of bottles and purees are long gone. With their age and independence also comes their desire to pick and choose. Their newfound preferences and ability to communicate may make mealtime more difficult. But, sticking to healthy habits, being consistent in what foods you offer and getting them involved can make food fun and help you overcome these hurdles!

## WHAT'S A PORTION? CREATING THE RIGHT SIZE

A portion is the amount of food you choose to serve at a snack or a meal. The serving size on the Nutrition Facts Panel may not be the appropriate portion for your child, so consider using this portion guide based on your child's age. Modify (if needed) for their appetite and activity level.<sup>1</sup>

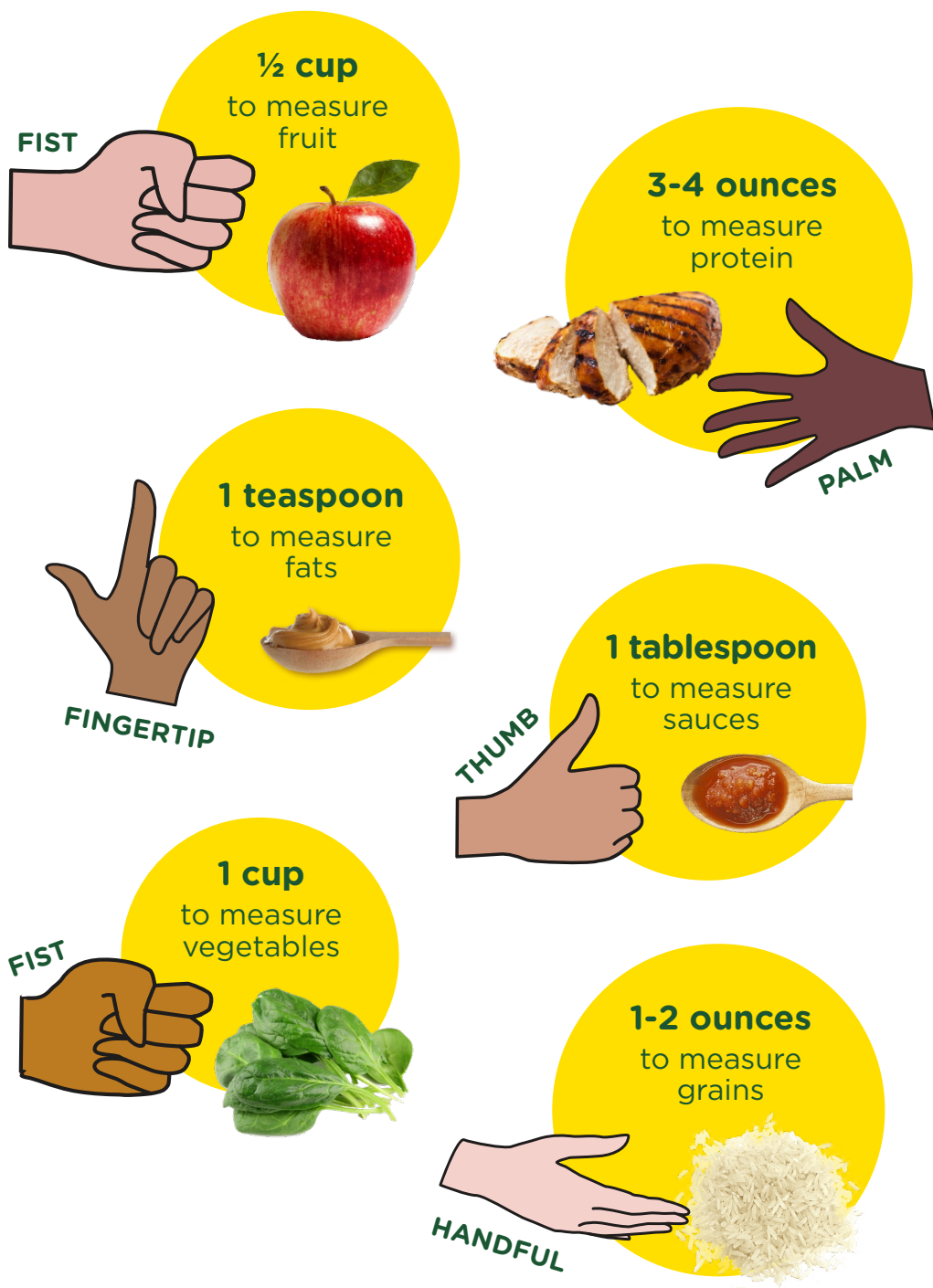
Food Group	Servings Per Day	Portion Sizes for Ages 1 to 3	Portion Sizes for Ages 4 to 6	Portion Sizes for Ages 7 to 10
Fruits	2-3 servings	¼ cup cooked, frozen, or canned ½ piece fresh ¼ cup 100% juice	¼ cup cooked, frozen, or canned ½ piece fresh ⅓ cup 100% juice	⅓ cup cooked, frozen, or canned 1 piece fresh ½ cup 100% juice
Vegetables	2-3 servings	¼ cup cooked	¼ cup cooked ½ cup salad	½ cup cooked 1 cup salad
Grains	6-11 servings	½ slice bread ¼ cup cooked cereal, rice or pasta ⅓ cup dry cereal 2-3 crackers	½ slice bread ⅓ cup cooked cereal, rice or pasta ½ cup dry cereal 3-4 crackers	1 slice bread ½ cup cooked cereal, rice or pasta ¾-1 cup dry cereal 4-5 crackers
Meat and other proteins	2 servings	1 ounce meat, fish, chicken or tofu ¼ cup cooked beans ½ egg	1 ounce meat, fish, chicken or tofu ⅓ cup cooked beans 1 egg	2-3 ounces meat, fish, chicken or tofu ½ cup cooked beans 1 or 2 eggs
Dairy	2-3 servings	½ cup milk ½ ounce cheese ⅓ cup yogurt	½ cup milk 1 ounce cheese ½ cup yogurt	1 cup milk 1 ounce cheese ¾-1 cup yogurt

Adapted from Dietz WH, Stern L, eds. Nutrition: What Every Parent Needs to Know. 2nd ed. Elk Grove Village, IL: American Academy of Pediatrics; 2012:194

1. American Academy of Pediatrics. Portions and Serving Sizes. <https://www.healthychildren.org/English/healthy-living/nutrition/Pages/Portions-and-Serving-Sizes.aspx>



Visual guides can be a helpful tool for portions. With the help of your hand, you can roughly measure the right amount.<sup>2</sup>



## TIP CORNER

- Get your kids involved! Let them interact with you as you measure portions with your hand.
- Remember—kids need smaller amounts than adults. Encourage your little one to choose their own “kid-sized” plates, bowls and cup—what a treat!
- Watch for oversized portions at restaurants. Don’t be afraid to ask for nutritional information or a to-go box for leftovers. With the help of your hand, you can re-portion properly on their plate.

**Everyone’s hands are different sizes! That means portions aren’t one size fits all.**

# TEN TRICKS TO NAVIGATE PICKY EATING



Let's face it - mealtime with a 3 year old can be frustrating! Children may begin to use eating as an opportunity to test boundaries. This is not abnormal for this age group, and is typically just a phase. Continue to make healthy food choices available and put these tips into practice to overcome the picky eating stage.<sup>3</sup>

1. **Resist the food fight.** Don't fuss if your little one refuses a meal. You provide, the child decides. Avoid pressuring or punishing them for not eating.
2. **If you don't succeed, try, try again.** Don't give up if your child refuses a food. It can take up to 10 times for a toddler's taste buds to accept a new food. You can also consider providing the food in a different form, like cooked carrots instead of raw carrots.
3. **Encourage variety.** While it can be easy to stick to the same foods that work, try to add in a few new foods and flavors each week. Explore adding herbs and spices to advance your child's palette.
4. **Stick to the schedule.** Be consistent with mealtime and limit snacks to help ensure your child is hungry when a new food is introduced.
5. **Make food fun.** Eye-catching snacks are harder to resist! Use cookie cut-outs for shapes and add delicious dips for mealtime fun.
6. **Ditch the distractions.** When sitting down to eat as a family, remove media distractions like cell phones, laptops and TVs. This allows your child to stay focused on mealtime.
7. **Resist the bribes.** It can be tempting to bribe your child with treats, but this can create a cycle of "prizes" for behavior.
8. **Involve kids in meal planning.** Put your toddler's interest in exercising control to use by allowing them to pick which fruit or vegetable to have at mealtime. Introduce kid-friendly cookbooks and let your little one pick a recipe they'd like to create.
9. **Pair purposefully.** Try serving familiar foods with unfamiliar foods or flavors they tend to dislike. Pair broccoli with grated cheese, celery with peanut butter, or sweet potatoes with cinnamon.
10. **Make your child a sous chef.** Some simple cooking tasks (like stirring, sifting, counting or picking) can be the perfect task for your little sous chef in the making.

Dining out can be an enjoyable experience for the whole family. But the change in routine and new environment can be an adjustment for kids. Consider these steps to prepare for a pleasant evening out:



**Choose a family friendly restaurant.**



**Go during off-peak hours where the restaurant is less frequented.**



**Look at the menu ahead of time.**



**Practice table manners at home.**



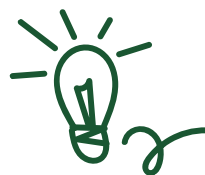
**Bring nutritious back up options (like fruit cups or sliced vegetables) to pair with their meal.**



**Have a special set of “restaurant” toys (coloring books, stickers) to bring to dinner.**



**Take this opportunity to explore different cuisines and expand your child's palate.**



**Look beyond the kid's menu and consider sharing a meal.**

# MAKING MEALTIME HARD TO RESIST



One way to encourage your little one to eat healthier foods is to up the fun factor! Being creative and silly comes naturally to your 3 year old, so use this same technique to get them excited and interested in their meals.

## PLAYFUL PAIRINGS

### BREAKFAST



- Oatmeal + berries
- Eggs + avocado slices + whole grain toast
- Pancakes + sliced strawberries

### SNACK

- Banana slices + nut butter
- Fruit kabobs + yogurt dip
- Trail mix with dried fruit + nuts + whole grain cereal



### LUNCH



- Low sodium turkey roll ups with low-fat cheese + sliced apples + crackers
- Quesadilla with whole grain tortillas with low-fat cheese + salsa + beans
- Nut butter sandwich with whole grain bread + fruit cup

### DINNER

- Build your own rainbow pizza with a premade crust and assortment of toppings
- Pasta + broccoli with cheese



### BEVERAGES



- Keep a water cup handy at all times
- Offer milk with meals to help reach dairy recommendations



### THE FUN FACTOR



- Give foods fun names like "superhero sauce," "EYE-vacados" and "little trees."
- Use cookie cutters to turn a sandwich into a butterfly or a star.



- Assemble sliced vegetables on the plate to make shapes.
- When using berries on oatmeal or pancakes, place them to look like a smiley face.



- Let them create their own trail mix with a few options for them to choose from.





From homework to extracurricular activities, parents of grade schoolers have a lot to think about. On top of their kids' busy schedules, parents are busy themselves with jobs and household responsibilities. That's why making healthy eating as easy as possible is the key to achieving it!

## BUILDING STRONG BONES

Most kids love the concept of “growing big and strong.” You are likely to tell them that achieving it starts with bone health. Bones are the framework for your child's growing body. Our bones allow us to move and they also protect our organs. Bones are made of living tissue that are constantly being removed and replaced by new bone.<sup>1</sup> Adolescence is prime time to “deposit” bone tissue to be used later in life. When it comes to bone health, healthy habits formed early, like good nutrition and exercise, can pay off in the future.

### NUTRIENTS THAT SUPPORT BONE HEALTH

#### CALCIUM

A mineral that's known for building healthy bones<sup>2</sup>

##### SOURCES OF CALCIUM



Fortified orange juice



Milk



Fortified cereal



Yogurt



Cheese

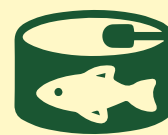
#### VITAMIN D

Helps the body absorb calcium (sometimes known as vitamin D3)

##### SOURCES OF VITAMIN D



Salmon



Tuna



Vitamin and Mineral Supplements



Milk

1. National Institute of Health. Kids and Their Bones. <https://www.bones.nih.gov/health-info/bone/bone-health/juvenile>

2. Nemours Children's Health. 3 Ways to Build Strong Bones. <https://kidshealth.org/en/parents/strong-bones.html>

# PHYSICAL ACTIVITY TO SUPPORT BONE HEALTH



Our bones get stronger the more we use them! Encourage your kids to participate in weight-bearing activities that add pressure on the bones and help build their strength.



**DID  
YOU  
KNOW:**

- We build almost all our bone density before age 20. That means adolescence is the most important time to prioritize bone-building foods.
- Our bones get weaker over time. As adults, we replace old bone with new bone more slowly.
- Health professionals often recommend a vitamin D3 supplement for kids because it's found in foods not often consumed by kids. Talk to your pediatrician or health care provider to be sure your child is getting enough.



**WALKING**



**RUNNING**



**JUMPING**



**CLIMBING**



**DANCING**

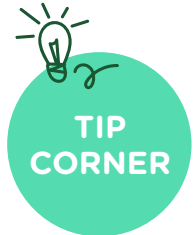
Many of these weight-bearing exercises can be a part of recreation sports such as basketball, baseball, gymnastics, dance and soccer.



At this age, you may hear “can I have a snack?” one too many times. Snacks can be an opportunity to sneak in more nutrition, but they often fall short on nutrients and can result in lack of hunger at mealtime<sup>3</sup> (when the nutritious foods are served!)

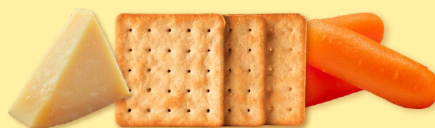
## MIX N MATCH WITH THESE SNACK COMBOS

Stock your shelves with nutritious snacks to make better choices more accessible. Try to pair energy-based foods with protein-based foods to keep your big kid satisfied until mealtime. Keep this equation in mind when offering snacks throughout the day:



- Aim for one snack mid morning and another snack mid afternoon. A snack with energy + protein should keep them satisfied until mealtime.
- Between school, sports and other activities—schedules are busy. Pack on-the-go snacks the night before to transport with you throughout the day.
- Let your child get involved by taking on simple, safe meal plan tasks according to their age.
- Remember that kids (much like adults) may defer to snacking out of boredom. If this happens, look for healthy activities to fill their time.

- Trail mix + 1 Glass of Nestlé NIDO® Fortificada Dry Whole Milk
- Veggies & whole grain crackers + hummus (or cheese)
- Celery + peanut butter + raisins
- Hard boiled eggs + fruit
- Sliced banana + whole grain bread + peanut butter



Healthy eating does not need to be complex. Consider these meal and snack ideas that can be prepped and ready in a flash. As your child ages, try to get them involved with food prep and packing.

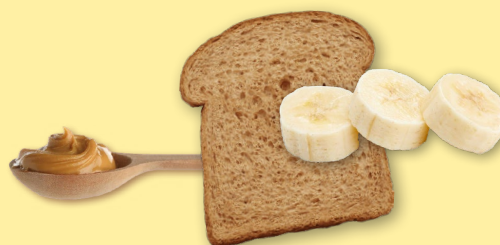
## BREAKFAST



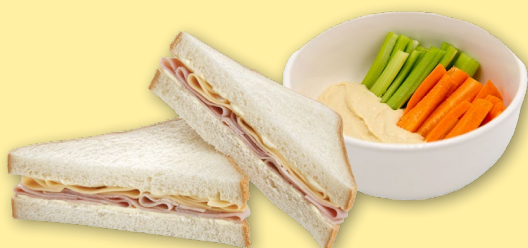
- Whole grain cereal + Nestlé NIDO® Fortificada Dry Whole Milk + fruit cup
- Omelet + whole grain toast + avocado
- Yogurt + granola + sliced fruit

## SNACK

- Yogurt + granola bar
- Sliced banana + whole grain bread + peanut butter
- Trail mix



## LUNCH



- Ham sandwich + veggies + hummus
- Peanut butter and jelly on rice cakes + fruit + string cheese
- Whole grain english muffin “pizza” + banana

## DINNER

- Meatloaf + baked potato
- Grilled chicken + roasted vegetables + whole grain roll
- Turkey burger + whole grain bun + cooked vegetables





# Healthy Habits For The Family



One of the most effective ways to create healthy eaters is by demonstrating what it's like to be one! You are your child's biggest role model, and believe it or not, they are watching your habits both good and bad.<sup>1,2</sup> Healthy routines are easier when the whole family is involved together.

## 8 AWESOME TIPS TO HELP CREATE A HEALTHY MEALTIME ROUTINE

1

**Make family meals frequent:** Family meals are a comforting ritual and present an opportunity to catch up with your kids. Consider adjusting the time of dinner during the week or reserving weekends for family meals so that all can eat together.

2

**Avoid battles:** As they say, “the parent provides, the child decides.” Avoid arguments and know that your children will eat when they're ready. Keep mealtime positive and calm without any bribes or punishments.

3

**Lead by example:** You are the most influential person in your child's life. Kids copy their surroundings and if they see you making healthy choices, they are more likely to do the same.

4

**Remove digital distractions:** Cell phones, tablets and TV screens are distracting during mealtime. Establish a “no screen” policy so that you and your family can connect and talk.

5

**Spark creativity:** Find ways to make meals joyful and light. Let your kids pick out interactive placements or host meal-time “games” to guide the conversation and spark their creativity.

6

**Empower children to help:** Find age appropriate tasks so your child can assist with meal planning, shopping, prepping, and cooking. Getting them involved helps them make good decisions on their own about the foods they want to eat.

7

**Keep nutritious foods in a convenient place:** Kids will mostly eat what's readily available to them. Keep their snacks prepped and easy to access so when hunger strikes, healthy foods are ready.

8

**Connect to cultural foods:** A special way to connect to your heritage is through food. Recreating a recipe passed on from your family teaches your kids about their past and helps them feel more connected to their culture.

1. American Academy of Pediatrics. 5 Easy Ways to Improve Your Family's Eating Habits. <https://www.healthychildren.org/English/health-issues/conditions/obesity/Pages/5-easy-ways-to-improve-your-family-s-eating-habits.aspx>

2. Nemours Kids Health. Healthy Eating. <https://kidshealth.org/en/parents/habits.html>

# START STRONG WITH BREAKFAST

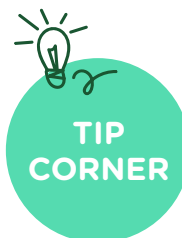


A good day starts with breakfast. Breakfast is the fuel that starts your day and helps you power through it. Getting your family into the routine of eating breakfast can provide big benefits. Starting the day with breakfast has been associated with:<sup>3</sup>

- Educational benefits
- Better energy to learn and focus
- Higher intake of fiber, iron and calcium

## BUILDING A BALANCED BREAKFAST

Keep this equation in mind when building breakfast for any member of the family.



- Breakfast doesn't need to be fancy or time consuming. Keep it simple to make it achievable.
- If your mornings are busy, prep for breakfast the night before (wash berries, slice fruit, make overnight oats) to save time in the morning.
- Give your older kids age-appropriate tasks to help get breakfast on the table for themselves or their younger siblings.
- Let the freezer be a friend when it comes to storing breakfast foods. Keep frozen waffles, pre-made pancakes and frozen fruit on hand.
- Many school cafeterias offer breakfast. Talk to your school district to see what's available.

### GIVE THESE COMBOS A TRY

- Oatmeal + berries + milk
- Whole wheat tortilla + tomato and avocado slices + eggs
- Mini bagel + peaches + cottage cheese
- Dry cereal + banana + peanut butter
- Granola + sliced fruit + yogurt



## GROCERY STORE GUIDE

Choose from these food groups when creating a balanced meal for your family.



### Meats and other proteins

\*Provides protein, iron and healthy fats

- ☐ Meat
- ☐ Poultry
- ☐ Eggs
- ☐ Fish
- ☐ Nuts
- ☐ Nut butters

\* Look for fresh or frozen meats

\* Look for items packaged in water and labeled low sodium



### Dairy

\*Provides calcium and vitamin D

- ☐ Cheese
- ☐ Yogurt
- ☐ Milk



### Fruits and vegetables

\*Provides vitamins and minerals

- ☐ Carrots
- ☐ Beans
- ☐ Potatoes
- ☐ Broccoli
- ☐ Tomatoes
- ☐ Leafy greens
- ☐ Corn
- ☐ Berries
- ☐ Oranges
- ☐ Bananas
- ☐ Apples & applesauce

\* Shop the inner aisles for frozen or canned varieties

\* Look for seasonal produce



### Cereals, rice, flour products

\*Provides energy

- ☐ Whole wheat bread
- ☐ Oatmeal
- ☐ Whole wheat crackers
- ☐ Rice
- ☐ Whole grain tortillas

\* Look for whole grain varieties



### Drinks

\*Provides nutrients and supports hydration

- ☐ Water
- ☐ Cow's milk
- ☐ Nestlé NIDO®

## CHAPTER 1: ESTABLISHING HEALTHY HABITS FROM AGE 1-3

1. Sarah Jane Schwarzenberg, Michael K. Georgieff, COMMITTEE ON NUTRITION, Stephen Daniels, Mark Corkins, et al; Advocacy for Improving Nutrition in the First 1000 Days to Support Childhood Development and Adult Health. Pediatrics February 2018; 141 (2): e20173716. <https://publications.aap.org/pediatrics/article/141/2/e20173716/38085/Advocacy-for-Improving-Nutrition-in-the-First-1000#T2>
2. RDAs comparing toddler vs adult man per lb body weight
3. American Academy of Pediatrics. Recommended Drinks For Young Children 0-5. <https://www.healthychildren.org/English/healthy-living/nutrition/Pages/Recommended-Drinks-for-Young-Children-Ages-0-5.aspx>
4. NIDO A Day in the Life of a Toddler. <https://www.goodnes.com/nido/tips/ideal-toddler-diet/>
5. American Academy of Pediatrics. Samples Menu for a Two Year Old. <https://www.healthychildren.org/English/ages-stages/toddler/nutrition/Pages/Sample-One-Day-Menu-for-a-Two-Year-Old.aspx>

## CHAPTER 2: MAKING NUTRITION FUN FROM AGE 3-4

1. American Academy of Pediatrics. Portions and Serving Sizes. <https://www.healthychildren.org/English/healthy-living/nutrition/Pages/Portions-and-Serving-Sizes.aspx>
2. ©2021 Georgetown University's Portion Balance Coalition, All rights reserved
3. American Academy of Pediatrics. 10 Tips for Parents of Picky Eaters. <https://www.healthychildren.org/English/ages-stages/toddler/nutrition/Pages/Picky-Eaters.aspx>

## CHAPTER 3: BIG KID, BIG NUTRITION

1. National Institute of Health. Kids and Their Bones. <https://www.bones.nih.gov/health-info/bone/bone-health/juvenile>
2. Nemours Children's Health. 3 Ways to Build Strong Bones. <https://kidshealth.org/en/parents/strong-bones.html>
3. American Academy of Pediatrics. Choosing Healthy Snacks for Children. <https://www.healthychildren.org/English/healthy-living/nutrition/Pages/Choosing-Healthy-Snacks-for-Children.aspx>

## CHAPTER 4: HEALTHY HABITS FOR THE FAMILY

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2. Nemours Kids Health. Healthy Eating. <https://kidshealth.org/en/parents/habits.html>
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