nutri fit sport therapy INC.

Top Ten Nutrition Communication Tips for Parents

1) **Modeling is key … eat with them at breakfast and snack too!**

2) **Help your kids choose foods based on hunger and cravings, ask them what they are hungry for or what taste they would like?**

3) **Model healthy eating containment by sitting down with your child and trying to eat slowly and be expressive with your enjoyment of your foods.**

4) **Utilize a lot of color in the foods within the choices of both snacks and meals.**

5) **It is OK to gently nudge your child with little reminders but try not to have the whole meal focused on food choices and amounts … avoid verbal power struggles over food. This only increases your child's hunger.**

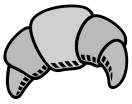
6) **Be prepared to talk about other non food/body weight issues.**

7) **Consider family meetings to discuss the week's menu and let each child contribute a menu idea and help with parts of the meals they select.**

8) **Don't preach the "there are starving children in India" story, the clean plate mentality is what has gotten Americans in trouble!**

9) **Don't weigh your child unless directed to do so by an MD, therapist or dietitian. Consider moving your scale.**

10) **Don't hold back on complimenting your child's accomplishments even at the dinner table … make meal time a pleasant time … not a time to talk about difficult family issues or criticize your child.**



Developed by Page Love, MS, RD, LD. © Nutrifit, Sport, Therapy, Inc. ♦ www.nutrifitga.com