



powerUP

Tips for food and your family

Lead by example. Kids want to be like you so let them see you Powering-Up your day with regular meals, fruits, veggies and being active!

Listen to your body. Show your kids how to stop eating when “satisfied.” Forget the “clean your plate” rule and encourage your kids to decide how much they eat from what is served.

Reward with attention...not food.

A big hug or words of praise are better than ice cream to kids.



PowerUp your words: Little ears hear everything, so model a positive attitude towards food and weight.

Don't bother with food battles. Offer balanced meals and healthy snacks. Set limits on eating between meals. It's more powerful for them to see you eat spinach than to force them to eat it.



Get back to family meals.

Eat together as often as you can! Share the news of the day and dish out a great meal, with lots of positive conversation. The food can be simple, but the benefits for kids are amazing.

Visit www.powerup4kids.org for more PowerUp activities, recipes and more!