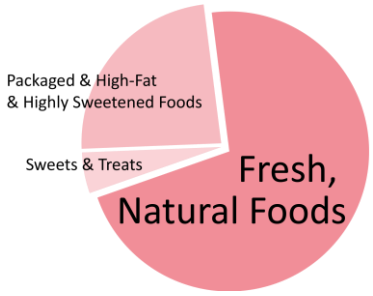
Three Habits Translate Nutrition into Behavior

Proportion	Variety	Moderation
Proportion means consuming foods in relation to their healthful benefits. It is the habit of eating fresh, wholesome food more often than anything else.	Variety means eating different kinds of foods from meal-to-meal and from day-to-day.	Moderation is the habit of eating the right amount of food – not too much and not too little—and not eating because you're bored, sad or lonely.

Habit 1: Proportion

Tips for Introducing Proportion. Remember, you're shaping your children's taste preferences!



- Sort food into three categories:
  Growing Foods Strive to serve fresh, healthy foods, such as apples, asparagus and chicken, the most frequently.
  Fun Foods Serve sort of healthy foods, like pretzels, sweetened yogurt and chicken nuggets less frequently.
  Treat Foods Serve sweets and treats like cookies, french fries, ice cream the least frequently.
- It's OK to use canned fruits and vegetables if your kids like them and they're easier to get.
- Remember to count sweet drinks too.
- Don't try to change your children's diet too quickly.

Habit 2: Variety

Tips for Introducing Variety. Remember, you're laying the foundation for new food acceptance!

- Use **The Rotation Rule**: Try not to serve the same food (except for milk) two days in a row.
- Add variety to your children's diet using foods they *already* enjoy.
- Add as much variety as your children can tolerate. For some children this means alternating between cereal, eggs and yogurt. For other children, this might mean serving different flavors of yogurt.

Breakfast	Snack	Lunch	Dinner	
Cereal	Apple	Ham sandwhich with carrot sticks	Spaghetti	Day 1
Eggs	Pretzels	Salad	Chicken	Day 2
Yogurt	Grapes	Turkey sandwhich with cucumber spears	Hamburger	Day 3

Habit 3: Moderation

Tips for Introducing Moderation. Remember, you're teaching your children about hunger and fullness. This takes time!

- Use the **Eating Zones Rule**: Schedule meals and snacks so your children know when they can eat and when they *can't* eat.
- Eliminate grazing and eating on demand for toddlers and older children.
- Remember, it is healthy for children to feel mild hunger between meals. It helps them build up a good appetite.
- Serve small portions and let your children come back for more.
- Never make children finish their food or "earn" dessert by eating their veggies.
- Talk to your children about how hunger and fullness feel.



Changing the conversation from nutrition to habits

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