

A parent's toolkit for healthy eating

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LEDE: Whether coming back from spring break or just starting fresh, it's important for kids to develop healthy eating habits. Tim Ditman of OSF HealthCare has some tips for parents.

OSF pediatrician Doctor Jaya Wadhawan [JAY-ah WAD-ha-wahn] says make mealtime an event at the kitchen table, not the living room. And involve kids in grocery shopping and cooking.

SOUNDBITE: "Bring them to the grocery store and show them all the foods. Have them help pick out the food. It gets them more interested in eating."

She says a sweet or salty treat is fine in moderation.

I'm Tim Ditman.

TAG: My plate dot gov [MyPlate.gov] has good suggestions to fill out your plate.