

## A parent's toolkit for healthy eating

March means spring break for some and perhaps a family trip. And you can bet most children won't be eating healthy every day during those getaways

### TAKE VO

Whether you're snapping back to healthy habits after a warm weather excursion or just starting from scratch, it's important for kids to establish good eating behaviors early.

### \*\*\*SOT\*\*\*

Dr. Jaya Wadhawan [JAY-ah WAD-ha-wahn], OSF HealthCare pediatrician

"Good nutrition can improve your cognitive function and memory. Children would benefit from that in the classroom. It improves your mood and energy. It boosts your immunity. And it supports muscle and bone growth." (:14)

### VO TAG

Some tips and guidelines for parents include:

- When filling out the plate, Use the guidelines from [MyPlate](#). Half the plate is taken up by fruits and vegetables. One quarter is a grain. The last quarter is protein, accompanied by a healthy dairy drink.
- Make mealtime an event to connect with family members. Have everyone sit down at the kitchen table and talk to each other.
- Involve kids in grocery shopping and cooking.