

be  
well.

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## Make Healthier Food Choices With Your Family

The food we put into our bodies is our fuel. It provides us with nutrients—the vitamins, minerals, and other compounds our bodies need to function and thrive.

“My best advice is for parents to be good role models by eating healthy and being physically active with their children,” says Janet de Jesus, a nutritionist at NIH. “Keep healthy foods around the house for meals and snacks. If you save desserts and treats for special occasions, it will be more special. Involve children in the meal planning and cooking, and they will be more likely to eat the meals.”

Fast-food restaurants can also be a challenge. Sometimes, fast food is your only option. Try making healthier choices, such as sandwiches without cheese, salads, sliced fruit instead of french fries, and grilled options instead of fried.

When you're grocery shopping, the nutrition facts label is a great resource to help you compare foods. Use the nutrition facts label to help guide you to limit the nutrients you want to cut back on, such as sodium and unhealthy saturated fat.

Take time to build healthy eating decisions into every aspect of your family's life. If you're a parent or guardian, start talking with kids at an early age about health and nutrition. Practice what you preach and make healthy food choices yourself to set a good example for your children.



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