



## Nutrition tips

### Embrace family mealtimes

Eating as a family helps kids develop healthy eating habits. And it's a good chance to connect and share. Planning them gives you a chance to teach your kids about what makes a healthy meal. Check out [ChooseMyPlate.gov](https://www.choosemyplate.gov) for helpful information. Letting your kids help teaches them important skills they'll use throughout their lives. Practice mindfulness as you serve and enjoy your meal. Notice the smell and taste of the food. Focus fully on the conversation around you.

### Be aware of what you eat and why

Sometimes we turn to food when we're bored, lonely or anxious. It can be soothing. And it can distract you from what's really bothering you. But emotional eating can interfere with making healthy food choices. It can lead to weight gain that can lead to other health problems. Try to notice what makes you want to eat. Keep a food journal. Write down what you were doing and feeling before you started eating. Ask yourself if you're really hungry before you eat. You'll learn to tell the difference between physical hunger and emotional eating.

### Healthy and delicious go well together

You can make healthy meals that are calorie conscious and delicious. Instead of fried chicken, try roasted or grilled. You could even try a recipe for oven-baked "fried" chicken. Kick up the flavor with herbs and spices instead of butter and salt. Offer fruits and veggies with every meal. It's a great time to experiment with new recipes. Or try some new twists on old favorites. Let your kids help mix and measure. Then just enjoy the time around the table with people you love.

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