

HELP YOUR KIDS EAT HEALTHY

Try to buy vegetables that are in season. In Texas, eggplant, squash, pears, and sweet potatoes are in season October through November.

Don't be part of the "clean plate" club. Let your child stop eating when he or she feels full. You can save leftovers for lunch the next day.

Halloween time? Know how much candy is collected and keep it in the kitchen where you can monitor it. Don't keep candy in the house for a long time. Set a date to get rid of what's left.

Drinks have calories, too! Try to stick to water and milk. If your child wants juice, mix it with water.

Encourage your child to try new foods, but don't force him or her to eat it.

Give your child some choice in deciding what to eat. Keeping healthy food in the home will help your child make healthy choices.

Don't use food as a reward for good behavior. Use family activities and other non-food ideas to reward kids.

Remember, kids do what you do. Make sure you are also eating healthy!

