

Nurturing Our Families with Food Meal Times

Children are important in Indian families. Children represent the future. Choices for your children in every part of their life, including what they eat, should be thought out. We want them to grow and be strong in mind, body, and spirit. Feeding children in a positive way teaches them to make good food choices in the future.

Adults provide healthy food choices for children in the home.

- Purchase foods that will help your children and family grow and be well.
 - Control what foods come into your house. Provide a variety of low fat, low sugar foods.
- Offer variety at each meal.
 - Plan your meals to include one food from each food group.
 - Bread, fruit, vegetable, dairy, and meat groups
- Make rules for meals.
 - Create traditions and be consistent.
 - Decide when the meals and snacks will be served.
 - Teach children how they should act at the table.
 - Serve water.
 - Make meals a special time for family.
 - Eat meals together.
 - Make meals pleasant and a time for conversation.
 - Include every family member since family size varies from two to many.

Children decide what and how much to eat.

- They are able to make their own foods choices from the foods you provide.
- They are good at knowing when they are full and will stop eating at that point.
- They will eat more on some days and less on others, which is good for normal growth.

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