



Healthy Holiday Eating

FOR
KIDS

Between family dinners, homemade goodies, and sticky-sweet candy, how can you help your kids find balance this holiday season? Keep your family's nutrition on track with these tips.



START IT *Right*

Try to begin the day with a healthy breakfast. Choose nutrient-dense foods, like scrambled eggs with peppers and onions on whole wheat toast, rather than ultra-processed options.



PILE ON THE *Produce*

Teamwork makes the dream work!
At holiday gatherings, commit as a family
to fill your plates with fruits and vegetables
first before seeking out higher-calorie treats.



Remake YOUR Favorites

Enlist the entire family to help make over holiday recipes using healthier ingredients. Replace half the butter with unsweetened applesauce, or try cutting the amount of sugar in half.



DITCH SUGARY *Drinks*

Don't add extra sugar by serving soda and other sweetened beverages. Instead, try making festive herbal iced teas, or add a splash of natural fruit juice to sparkling water.



MODEL GOOD

Behavior

Show your kids what healthy habits look like through your own actions. Keep your meal portions in check. Enjoy a favorite sweet without overdoing it. The whole family will benefit!



HOLLY, JOLLY,
Healthy!

Don't sideline health this holiday season. You can still encourage nutritious habits that allow children to savor the season's joy—without compromising their well-being or yours!