

Small Wins in Parenting

Healthy Mealtime Habits

Show your child the way to yummy,
healthy food habits that last!



Quarter, Quarter, Half

Portion your child's meals with $\frac{1}{4}$ plate wholegrains, $\frac{1}{4}$ plate good sources of protein, and $\frac{1}{2}$ plate fruit and vegetables.



More Water, Less Sugar

Make plain water their go-to beverage. Use colourful cups, fun straws, and share the importance of staying hydrated.



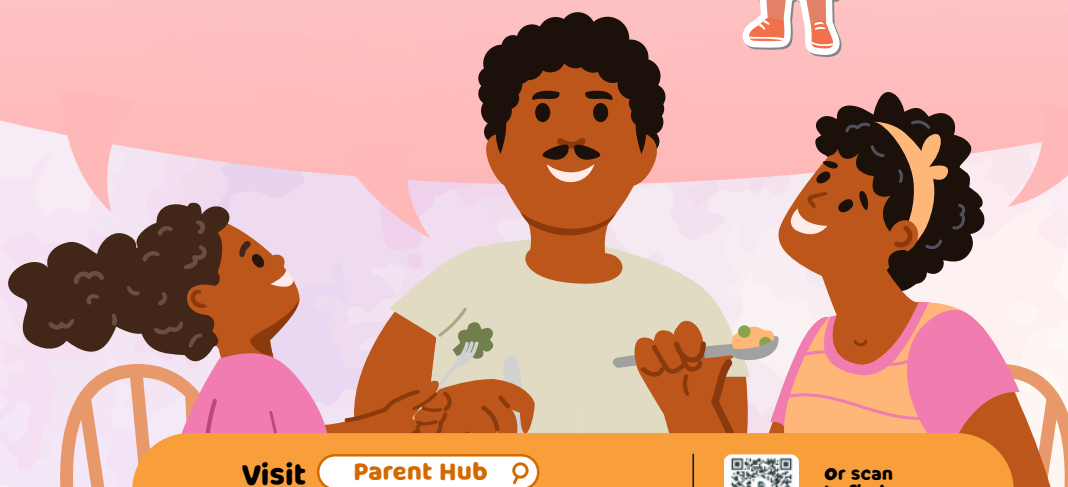
Be a Role Model

During mealtimes, share the importance of well-balanced meals and show them that healthy food can be



Eating Healthy, Independently

Teach your child to spot the Healthier Choice Symbol, so they can pick nutritious food on their



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