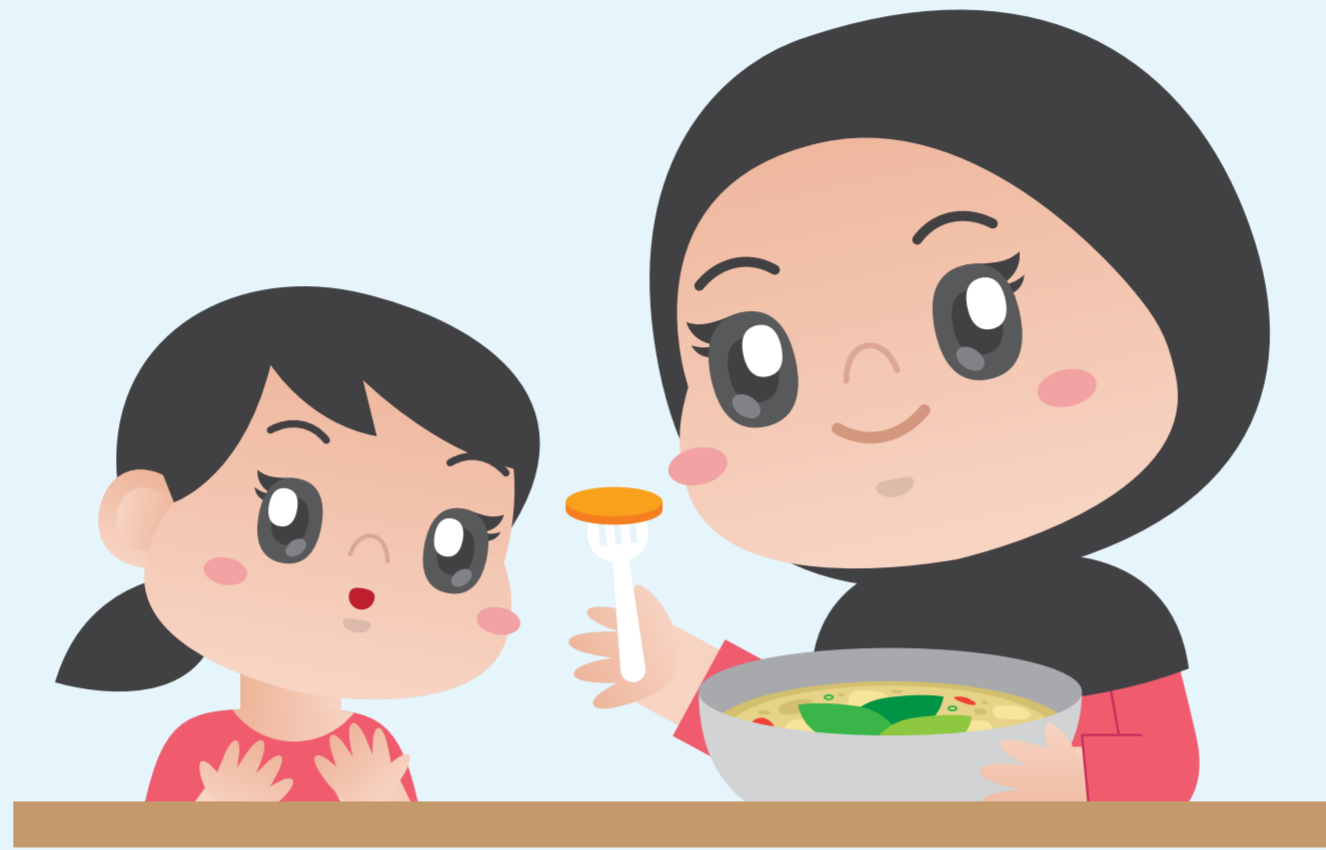
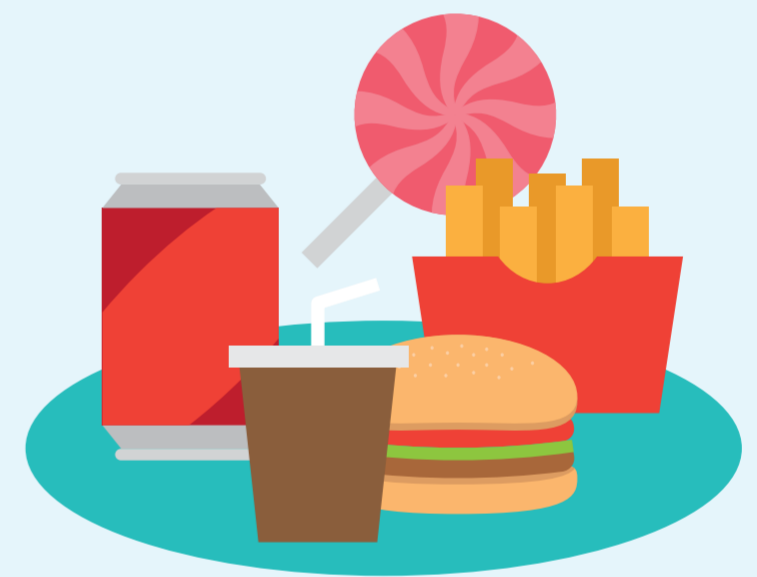


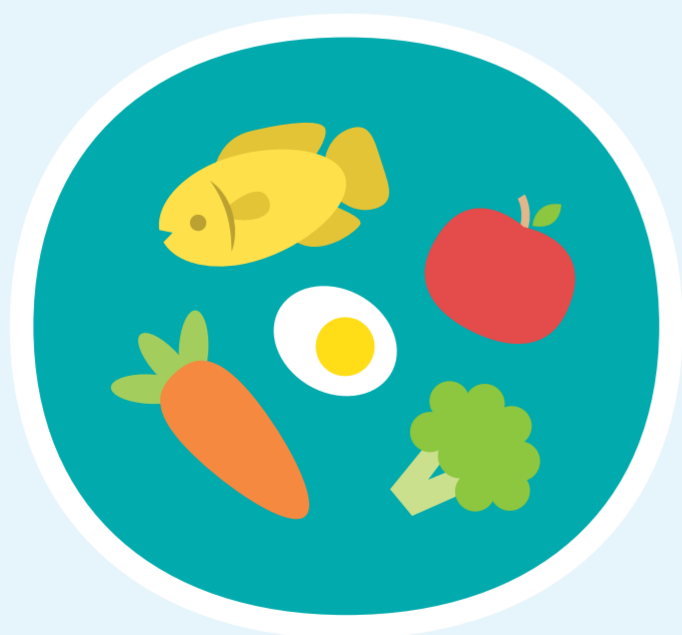
As Role Models, Cultivate Healthy Eating Habits



Replace unhealthy foods
with healthier choices



Reduce quantity and
frequency of foods high
in fat, salt and sugar



Introduce healthy
food repeatedly



Praise your child for
trying healthy food



Avoid pressuring
your child to eat

