

It's Easy to Cultivate Healthy Eating Habits



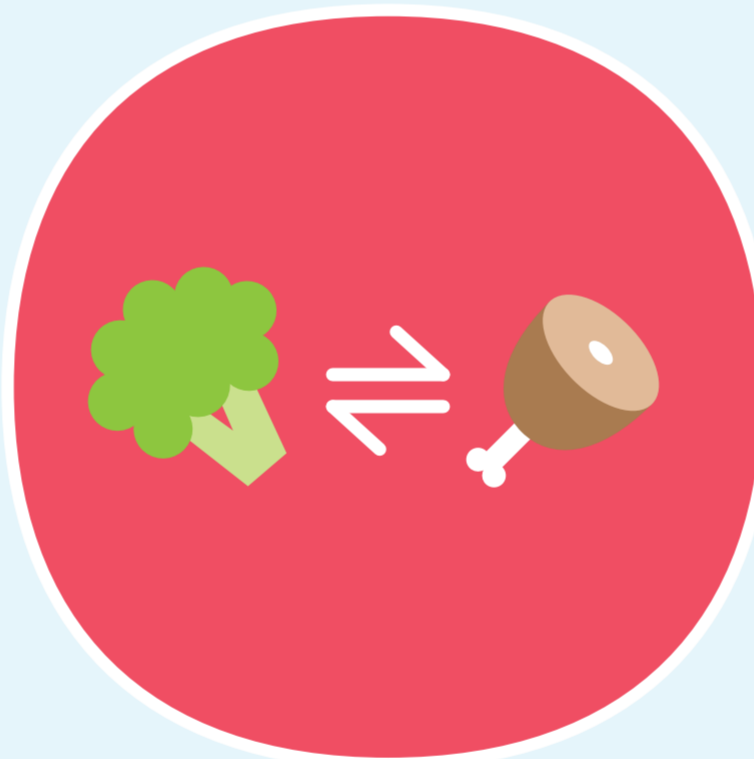
Serve the right portion sizes for your child



Drink water or clear soup before a meal to prevent overeating



Don't skip meals, especially breakfast



Don't substitute vegetables with extra meat or rice



Avoid TV or mobile games during mealtimes



Having family meals together can promote family bonding and healthier eating habits for your child.



How to help your child eat their veggies!

