



IAP KI BAAT COMMUNITY KE SAATH 2.0

Healthy Eating , Happy Growing

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Health is defined by WHO a state of complete physical , mental and social well being and not merely the absence of disease or infirmity.



Objectives

- **To educate individuals about the benefits of a nutritious and balanced diet.**
- **To foster awareness about the connection between food , growth , and emotional well being.**
- **To encourage healthy eating habits in children , adolescents and adults**
- **To provide actionable advice on creating balanced meal plans and sustainable healthy eating practices**
- **To reduce the prevalence of diet related health issues as obesity , malnutrition, and poor mental health.**



Why nutrition is important ?

- **Growth & Development:** Important for height , weight of child
- **Child's mile stones are dependent on consumption of good amount of proteins , vitamins & micronutrients**
- **Immunity:** Nutrition helps the child against diseases
- **Good amount of proteins with exercise will prevent obesity.**
- **Right amount of proteins and fats in food will reduce the chances of obesity which is cause for chronic diseases like hypertension , diabetes etc.**
- **Brain functions require fats and vitamins to work better leads to reduce behavioral issues like aggressiveness , dullness.**
- **Brain functions and academic performances are dependent on constant supply of energy and vitamins**

Tips

- **Exclusive breast feeding till 6 months and later to continue till 2 years**
- **Grains , tubers and roots are good source of carbohydrates and starch.**
- **Legumes and nuts are good source of proteins.**
- **Dairy products -milk , yogurt , cheese are good sources of proteins and calcium.**
- **Flesh foods -meat , fish , poultry , liver and other organs are rich source of protein.**
- **Water is for quenching thirst and help in digestion and kidney health.**

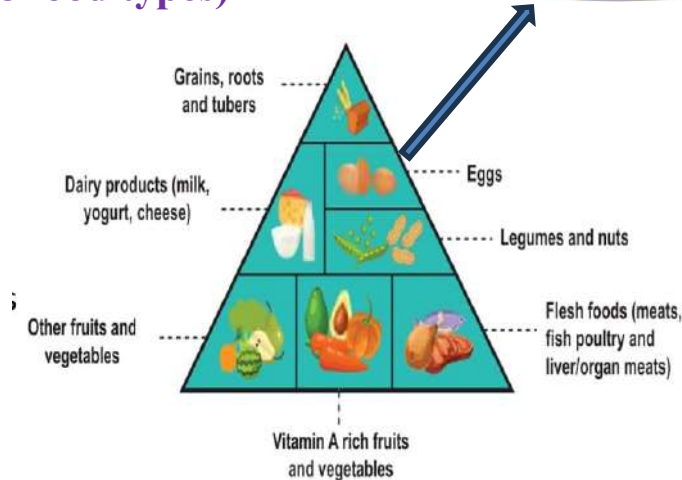


Complementary feeding

- **Feeding should be started after completion of 6 months , till that time should be given exclusive breast feeding**
- **Locally available family foods with thick consistency that stay on the spoon , nourish and fill the child**
- **Legumes , peas , beans , lentils and nuts are good source of proteins , vitamins and minerals**
- **Vit C rich foods like lemon , tomatoes are important to absorb iron.**
- **Introduce one food at a time , once child starts to accept it then introduce new food**
- **Addition of ghee , oil adds to increase palatability.**
- **Child 's choice and preferences should be respected . Avoid force feeding.**
- **Give as much as child wants ,**
- **Monitor weight of the child using MCP card to identify early growth faltering**



Food diversity (8 food types)



Consumption of minimum 5 food types are essential daily

Key nutrients are Protein , Carbohydrates , Fats , Vitamins and minerals

Protein

- **Muscle building and repair and growth**
- **Building blocks for skin , organs , blood , hair and nails**
- **Produces enzymes and hormones which are essential for bodily functions like metabolism**
- **Immune support to fight against diseases**
- **Energy source if carbohydrates are deficient**



- Sources -Dal , paneer , fish , chicken , chana , soya products , nuts and seeds , sprouts , eggs , yogurt , tofu etc

Protein food items



Fats

Brain development

Energy source

Vitamins absorption

Hormones production and organ protection by fat covering

Immunity and body temperature regulation

Sources -ghee , oils , dairy products , nuts , seeds , fatty fish , eggs , butter , cheese



Fat food items



Carbohydrate

Growth and development with constant supply of energy

Energy source for activities

Brain function and alertness

Digestion and prevents constipation as it contains fibers

Sources -whole grains, potatoes , corn , legumes , fruits , milk , vegetables

Carbohydrate food items





Vitamins and minerals

Vit A -Vision , immunity , healthy skin , growth

Sources – leafy vegetables , carrots , mangoes , papayas , pumpkin , eggs , milk , fish

Vit C -Immunity , iron absorption, antioxidants (protects cells from damage)

Sources -amala , oranges, guava , strawberries , lemon , kiwi , tomatoes , broccoli

Vit D -bone health , calcium absorption , immunity

Sources- sunlight , fatty fish, eggs , mushrooms , fortified foods

Vit E-Immunity , antioxidant

Sources -nuts seeds, mangoes , kiwi , green leafy vegetables

Vit K-Blood clotting , bone health

Sources -green vegetables , cabbage spinach , eggs

Vit B -Energy production , brain function, nerve health

Sources -eggs , milk , meat , fish , nuts , green vegetables , whole grains , seeds

Calcium-bone and teeth health

Sources -milk , paneer , green , vegetables , nuts , fish seeds

Iron -Prevents anaemia

Sources – meat , spinach, eggs , fish , nuts , beet , jaggery

Zinc -Immunity , wound healing , growth

Sources -Meat , eggs , fish , nuts , legumes

Iron containing foods





Balanced food

My plate -Its easy to follow food guide to help the parents to figure out how to feed kids nutritious and balanced meals

The colourful divided plate include all the food groups

Orange – whole grains , wheat , rice

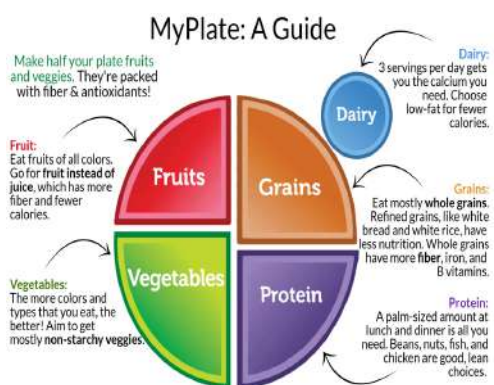
Purple – protein – meat , fish , eggs , dal

Greens – vegetables , leafy veg , beans , potatoes

Red -fruits – different types

Blue -dairy -milk product , small amount of fat and oil

Rainbow diet -This concept is variety of colourful food items if offered to child , the chances of acceptance is good and it helps to consume multiple food groups maintaining the diversity





JUNCS(term coined by Indian Academy of Pediatricians)



Junk foods

Ultra processed foods

Nutritionally inappropriate foods

Caffeinated /Carbonated beverages

Sugar/ sweetened beverages

**Salty snacks like chips , sweets like candy cakes -ice cream , processed meats ,
fried foods like French fries , soft drinks and juices , pizza, burgers**

Why JUNCS foods are unhealthy?

It contains high calories , lack of nutrients , unhealthy fats , high sugar , salt

Can cause obesity , chronic diseases like diabetes , cancers , heart diseases



How to reduce JUNCs ?

Swap processed food to healthier snacks



Healthy snacks



How to read a food labels?

Diary of a Fit Mommy

HOW TO READ A NUTRITION LABEL

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings per Container 2			
Amount Per Serving			
Calories 280	Calories from Fat 120		
	% Daily Value*		
Total Fat 13g	20%		
Saturated Fat 5g	25%		
Trans Fat 2g			
Cholesterol 2mg	10%		
Sodium 660mg	28%		
Total Carbohydrate 31g	10%		
Dietary Fiber 3g	0%		
Sugars 5g			
Protein 5g			
Vitamin A 4%	Vitamin C 2%		
Calcium 15%	Iron 4%		
<small>*Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g
Calories per gram:			
Fat 9		Carbohydrate 4	Protein 4

- 1 Look for calories , choose low calorie options
- 2 Look for proteins , fibers , vitamins
- 3 Limit – saturated and trans fats , added sugar , sodium(salt)
- 4 Avoid artificial colours , flavours and preservatives
- 5 Look for hidden sugars like fructose , maltose , dextrose etc
- 6 Whole grains will be better than refined flours
- 7 Check for allergen information



Physical activities

- 1 One hour moderate / vigorous activities
- 2 Aerobic , strength training , stretching and balance exercises
- 3 Parents can be role model
- 4 Reduce sedentary time
- 5 Make it fun activities

Mental health related to healthy eating



No mobile while eating

Eat together

Meditation and yoga

Avoid screens



Keep processed foods out of reach

Healthy mind lives in healthy body !!

Tips for parents

Establish a trusting relationship

Discuss the impact of nutrition on Health

Prepare variety of foods with creative colours and shape

Avoid forcing certain foods

Avoid food as reward

Cook together

Be role model

Involve children in shopping and preparing new foods or recipes

Cook together

Empowering children for Lifelong





Conclusion

Establish a trusting relationships

Discuss the impact of Nutrition on Health

Recap the importance of Healthy eating in promoting growth ,well being and happiness

Encourage making healthy food choices every day

“What you eat today affects your tomorrow -choose wisely!!”



FAQs

Q1: What does "Healthy Eating" mean?

Ans-Healthy eating means eating foods that are good for your body, like fruits, vegetables, milk, eggs, nuts, and grains. These foods give you energy, help you grow, and keep you strong and happy!

2: Why is healthy eating important for growth?

Ans: Healthy eating provides essential nutrients that are necessary for physical development, energy, and overall well-being. Proper nutrition supports strong bones, muscles, brain function, and immune health, all of which contribute to healthy growth.

Q3: What is a balanced diet or healthy food? Give some example

Ans: This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight.:
Fruits and vegetables, Cereals (like rice and wheat) , Pulses, Milk and dairy Product like egg, meat, Ghee & Oil, Sugar & Jaggery

It gives your body everything it needs to grow healthy and happy!

Examples:

- **Fruits & Vegetables:** Berries, spinach, kale, carrots, apples.
- **Proteins:** Chicken, fish, beans, tofu, lentils, eggs.
- **Whole Grains:** Brown rice, quinoa, whole-wheat bread, oats.
-



- **Healthy Fats:** Avocados, nuts, seeds, olive oil.
- **Dairy Alternatives:** Almond milk, soy milk, Greek yogurt.

Q4: What is junk food?

Ans: Junk food refers to food that is high in calories, sugar, unhealthy fats, and salt but low in essential nutrients like vitamins, minerals, and fiber.

These foods are often processed, packaged, and designed to be convenient and tasty but can contribute to health issues like obesity, heart disease, and diabetes if consumed in excess.

Examples of Junk Food:

Fast food (burgers, fries, pizza)

Sugary snacks (candy, chocolate, doughnuts)

Processed snacks (chips, instant noodles, microwave popcorn)

Sugary drinks (soda, energy drinks, milkshakes)

While eating junk food occasionally is okay, it's best to have a balanced diet with more whole, nutrient-rich foods like fruits, vegetables, and lean proteins.

Q5: What are good breakfast options for growing kids?

Ans: A healthy breakfast can be: Milk and cereal, Oats with fruits, A boiled egg, Whole grain toast with peanut butter Dalia or poha with nuts and veggies, Ragi dosa or besan chilla with curd, Eggs with multigrain toast, Homemade staff paratha or homemade roti with curd or chutney

Breakfast gives you energy to start your day! Breakfast is Brain Food , Do not skip!!



Q6: How does healthy eating impact mental well-being?

Ans: A nutritious diet supports brain health, improving mood, focus, and emotional well-being. Nutrients like Omega-3 fatty acids, B & C vitamins, and antioxidants can help reduce symptoms of anxiety and depression, leading to better mental clarity and emotional balance.

Healthy mind lives in a healthy body!

Q7: How much water should children drink daily?

Ans:

Toddlers (1-3 years): 4-6 glasses

Children (4-8 years): 6-8 glasses

Older kids (9+ years): 8-10 glasses

Can Include buttermilk, coconut water, and fresh fruit juices to keep them hydrated.

Try to avoid soda and sugary drinks because they aren't good for your teeth and bones.

Q8: Why do I need to eat different colored fruits and vegetables?

Ans: Each color gives your body something special!

- Red keeps your heart strong ❤️
- Orange helps your eyes 👁️ and keep you away from infection
- Green makes your bones and muscles strong 💪
- Purple and blue help your brain stay sharp 🧠

Eating a rainbow helps you stay healthy all over!



Q9: Why is exercise important along with healthy eating?

Ans:

- Exercise is just as important as healthy eating
- Regular physical activity strengthens muscles and bones, improves cardiovascular health, boosts mood, and enhances brain function.
- Combined with a balanced diet, exercise helps you grow stronger and healthier

Q10: How can I make my food fun and healthy?

Ans:

- Try making fruit kababs with colourful fruits
 - Cut sandwiches into fun shapes.
 - Make a smiley face with veggies on your plate!
- Healthy food can be fun to eat and look super co

Tag Lines

1. "Nourish Your Body, Grow with Joy!"
2. "Crunch, Munch grow a bunch"
3. "Fuel Your Day, Thrive the Healthy Way!"
4. "Eat Right, Grow Bright!"
5. "Nourish to flourish"!
6. "Healthy mind lives in a Healthy body"

7. दौड़ो- कूदो, स्वास्थ्य बनाओ,
जंक फूड को दूर भगाओ

8. आप जैसा खाते हैं
वैसे ही होते हैं



Press note

As parents, caregivers, and educators, ensuring that children grow up healthy and happy is a priority for everyone. A crucial aspect of achieving this goal is fostering healthy eating habits from a young age.

Proper nutrition plays a key role in a child's physical, mental, and emotional development and it lays the foundation for their overall well-being throughout life.

The Importance of Healthy Eating

A balanced diet is essential for the growth and development of children.

Proper nutrition supports the immune system, aids in cognitive development, and promotes energy for daily activities. Key nutrients such as vitamins, minerals, proteins, and healthy fats contribute to healthy brain function, bone strength, and muscle development.

Children need a variety of foods in the right amounts to ensure that they grow up strong, healthy, and energized. This includes:

- **Fruits and Vegetables:** These provide essential vitamins, minerals, and fiber.
- **Proteins:** Lean meats, eggs, dairy, beans, and legumes are important for muscle growth and tissue repair.
- **Whole Grains:** Whole wheat bread, brown rice, and oats provide long-lasting energy and are rich in fiber.
- **Dairy Products:** Milk, cheese, and yogurt offer calcium for strong bones and teeth.



- **Healthy Fats:** Nuts, seeds, avocados, and olive oil support brain development and overall health.

Healthy Eating Habits for Growing Minds and Bodies

- **For children, proper nutrition is critical in the early years of growth and development.**
- **The food they eat impacts their physical growth, cognitive abilities, emotional well-being, and future health outcomes.**
- **As they grow, their nutritional needs evolve.**
- **A balanced diet that includes a wide variety of food groups ensures that young bodies and minds develop optimally, setting them up for success throughout their lives.**

Building Healthy Habits Early

Instilling healthy eating habits in children early can have lifelong benefits. Parents can encourage healthy eating by:

- 1. Making Healthy Foods Fun:** Present fruits, vegetables, and other healthy options in a creative, visually appealing way. Use different colors and shapes to make meals more enjoyable.
- 2. Setting a Good Example:** Children often mimic the behaviors of adults. If parents and caregivers consistently choose healthy foods, children are more likely to follow suit.
- 3. Introducing a Variety of Foods:** Encourage children to try new foods and flavors, as variety is key to a balanced diet. Offer different options at every meal to expand their tastes.



- 4. Incorporating Family Meals: Eating together as a family encourages positive relationships with food. It's a great opportunity to model mindful eating and healthy portion sizes.**
- 5. Limiting Junk Food and Sugary Beverages: Reducing processed foods, sugary snacks, and sodas is important for preventing childhood obesity, tooth decay, and other health issues.**

Nurturing Emotional and Social Well-Being

Eating healthy foods doesn't just support physical health — it also contributes to mental and emotional well-being.

Healthy eating also plays a key role in stabilizing mood and preventing energy crashes.

Moreover, family meals or shared experiences around food can strengthen emotional bonds and create lasting memories.

This social interaction fosters a positive relationship with food and promotes healthy, balanced attitudes toward eating.

Let's prioritize healthy eating habits in our homes, schools, and communities to ensure every child has the chance to grow, thrive, and enjoy a fulfilling, happy life.

Nourish Your Body, Nourish Your Life

For more information on healthy eating tips and child nutrition, visit.

<https://iapindia.org>

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Pediatrics





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*Healthy Eating ,
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Definition



Health is defined by WHO a state of complete physical, mental and social well being and not merely the absence of disease or infirmity.





Why nutrition is important?



- **Growth and development-** good nutrition is important for height, weight of child
- **Child's milestones** are dependent on consumption of good amount of proteins and vitamins & micronutrients
- **Immunity-** nutrition help the child to fight against diseases
- **Good amount of proteins with exercise** will prevent obesity
- **Right amount of proteins and fats in food** will reduce the chances of obesity which is cause for chronic diseases like hypertension, diabetes etc. which in long term will be prevented.



Continue...



- Brain functions require fats and vitamins to work better leads to reduce behavioural issues like aggressions , dullness etc.
- Brain functions and academic performances are dependent on constant supply of energy and vitamins. Vitamins and iron deficient child will have poor scholastic performance



Tips



- **Breast milk- till 6 months of age exclusive breast feeding and later continue till 2 years**
- **Grains ,roots and tubers – good source of carbohydrates and starch**
- **Legumes and nuts- good source of proteins**
- **Dairy products- milk, yogurt, cheese good sources of proteins and calcium**
- **Flesh foods- meats, fish, poultry, liver and other organs- excellent proteins**
- **Water is for quenching thirst and help in digestion and kidney health**



Complementary feeding



- 1 . Feeding should be started after completion of 6 months of age till that Exclusive breast feeding**
- 2. Locally available family food with thick consistency that stay on spoon, nourish and fill the child**
- 3 . Legumes, peas, beans, lentils and nuts are good source of proteins, vitamins and minerals**
- 4. Vit C rich foods like lemon , tomatoes are important to absorb iron.**
- 5. Introduce one food at one time, once child starts to accept it, introduce new food.**

Complementary feeding



6 Addition of ghee ,oil adds to energy amd increases palatability.

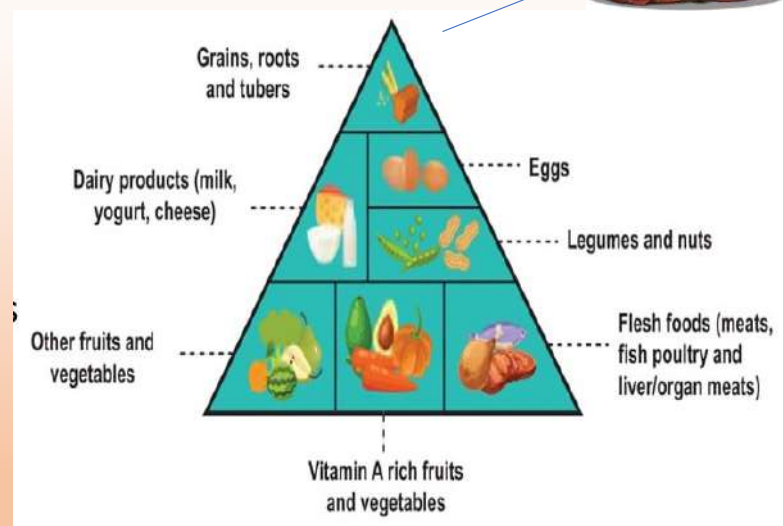
7 Child's choice and preferences shall be respected. Avoid force feeding

8-Give as much as child wants ,

9 Monitor weight of child with the help of MCP card and can detect early faltering of growth



Food diversity-8 food types



Consumption of minimum 5 food types



Key nutrients



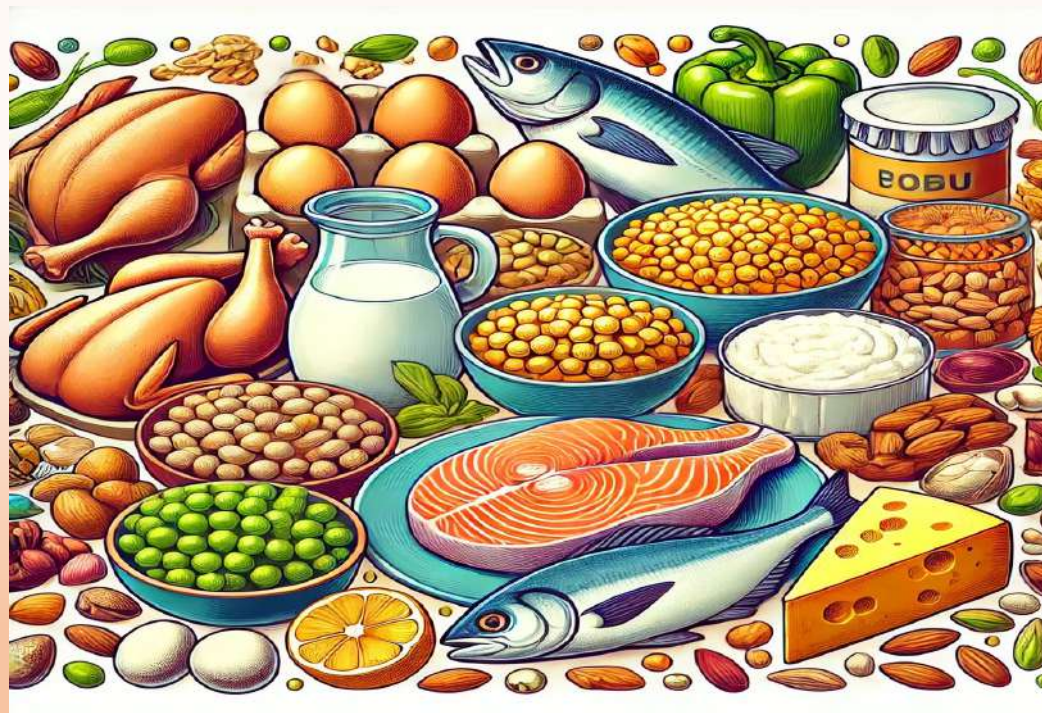
- Protein
- Carbohydrates
- Fats
- Vitamins and minerals

Proteins



- **Muscle building and repair and its growth**
- **Building blocks for skin ,organs, blood, hair and nails**
- **Produces enzymes and hormones which are essential for bodily functions like metabolism**
- **Immune support to fight against diseases**
- **Energy source if carbohydrates are deficient**
- **Sources- dal, paneer, fish , chicken, chana, soy products, nuts and seeds, sprouts, eggs, yogurt, tofu etc**

Protein food items





Fats



- Brain development
- Energy source
- Vitamins absorption
- Hormones production and organ protection by fat covering
- Satiety- help to feel full and managing hunger and healthy eating
- Immunity and body temperature regulation
- Sources- ghee ,oils ,dairy products ,nuts ,seeds, fatty fish ,egg , butter, cheese, dark chocolate

Fats food items





Carbohydrates



- Energy source for activities
- Growth and development with constant supply of energy
- Brain functions and alertness
- Digestion and avoid constipation as it contains fibres
- Sources- whole grains, potatoes, corn ,legumes ,fruits , milk, vegetables.

Carbohydrates food items





Vitamins and minerals



- **Vit A – vision, Immunity , healthy skin, growth**
Sources- leafy veg, carrots , mangoes , papayas , pumpkin, eggs, milk , fish
- **Vit C- immunity, iron absorption, antioxidant means protect cells from damage**
Sources- amala , oranges, guava, strawberries, lemon , kiwi , tomatoes, broccoli



Continue...



- **Vit D- bone health, calcium absorption, immunity.**
Sources- sunlight, fatty fish, egg , mashrooms , fortified foods
- **Vit E- immunity, antioxidants**
Sources- nuts, seeds , fruits like mangoes and kiwi, green leafy vegetables
- **Vit K- blood clotting , bone health**
Sources- green veg , cabbage, spinach, eggs

Vitamins and minerals



- **Vit B- Energy production, brain function, nerve health**
Sources- eggs, milk, meat, fish, nuts, green veg , whole grains, seeds
- **Calcium- bone and teeth health**
Sources- milk, paneer, green veg ,nuts , fish, seeds
- **Iron- prevent anemia**
Sources- meat ,spinach ,eggs , fish ,nuts , beet , jaggery
- **Zinc-immunity. Wound healing, growth**
- **Sources- meat ,eggs , fish , nuts, legume**

Iron food items



Balanced food



- My plate- orange-whole grains- wheat, rice
Purple-protein- meat, fish ,eggs , dals
Green- vegetables, leafy veg ,beans , potatoes
Red- fruits – differant types
Blue- dairy- milk and milk product
Small amount of fat and oil
- **Rainbow diet**- variety of colorful food items

Balanced food



- **My plate-** its easy to follow food guide to help parents to figure out how to feed kids nutritious and balanced meals .
- The colorful divided plate include all food groups .
- **Orange-** whole grains- wheat, rice purple- protein- meat, fish ,eggs , dals
- **Green-** vegetables, leafy veg , beans ,potatoes

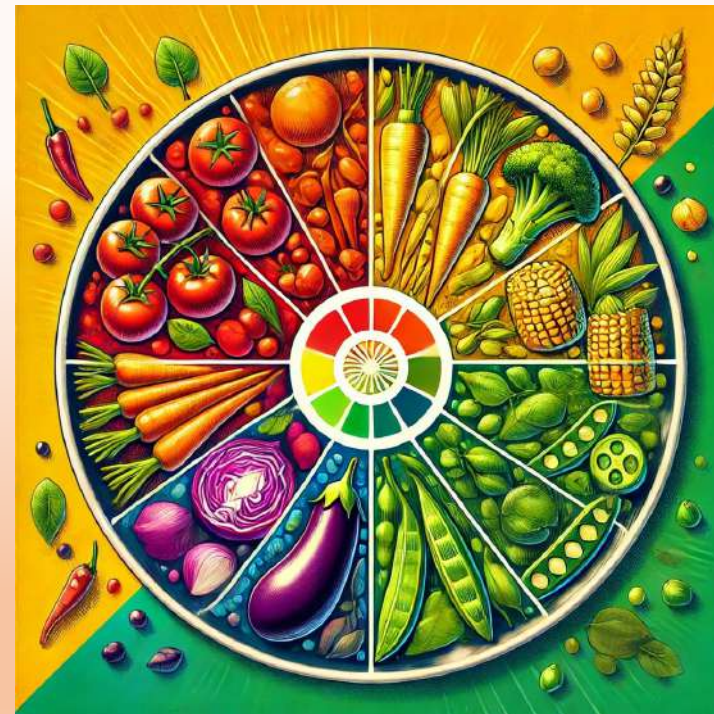
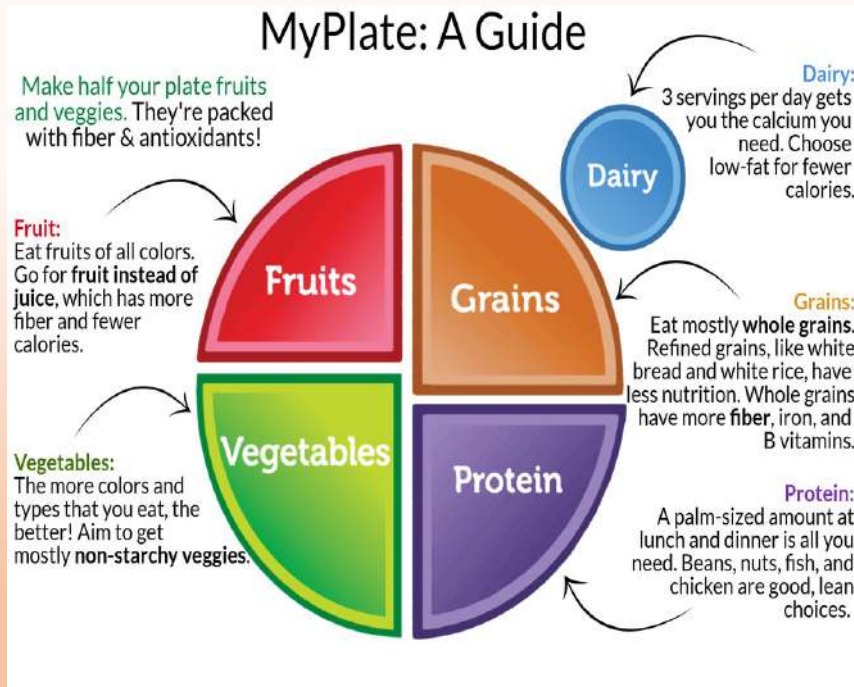


Balanced food



- **Red**- fruits – different types
- **Blue- dairy- milk** and milk product Small amount of fat and oil
- **Rainbow diet**- this concept is variety of colorful food items if offered to child the chances of acceptance is good and usually it contains multiple food groups .

My plate



Junk food



- Junk food- JUNCS-Junk foods , Ultra-processed food, Nutritionally inappropriate food , Caffeinated / carbonated beverages, Sugar sweetened beverages- IAP.
- How to reduce junk food-
Swap processed food to healthier snacks
Read food labels- read about calories, preservatives, colors, sodium contents, added sugar





Continue..



- 4 **Avoid artificial colors and flavours,preservatives**
- 5 **Look for hidden sugars like fructose, maltose, dextrose etc.**
- 6 **Whole grains will be better than refined flours.**
- 7 **Check for allergen information.**

JUNCS

(term coined by Indian Academy of Pediatricians)



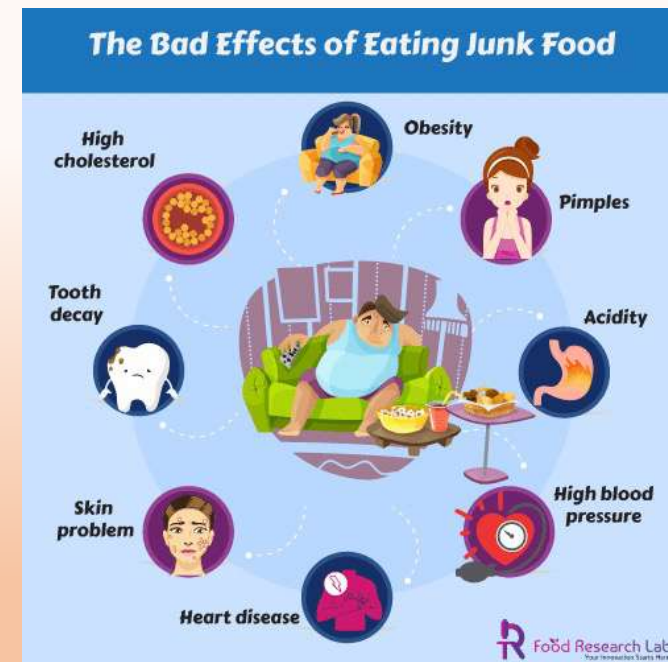
- Junk foods
- Ultra processed foods
- Nutritionally inappropriate foods
- Caffeinated /Carbonated beverages
- Sugar/ sweetened beverages

Why JUNCES foods are unhealthy?



It contains high calories , lack of nutrients , unhealthy fats , high sugar ,salt

- Can cause obesity , chronic diseases like diabetes , cancers , heart diseases



Food labels



Diary of a Fit Mommy

HOW TO READ A NUTRITION LABEL

Nutrition Facts

Serving Size 1 cup (228g)
Servings per Container 2

Amount Per Serving		Calories from Fat 120
		% Daily Value*
Total Fat 13g		20%
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Trans Fat 2g		
Cholesterol 2mg		10%
Sodium 660mg		28%
Total Carbohydrate 31g		10%
Dietary Fiber 3g		0%
Sugars 5g		
Protein 5g		
Vitamin A 4%	*	Vitamin C 2%
Calcium 15%	*	Iron 4%

*Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories: 2,000	2,500
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Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

- **How to read food labels?**
- 1 Look for calorie , choose low calorie options,
 - 2 Look for proteins, fibres, vitamins.
 - 3 -Limit these- saturated and trans fats, added sugar, sodium(salt).



Continued...

- **Salty snacks like chips, sweets like candy-cakes-ice cream , processed meats , fried food like french fries, soft drinks and juices, fast food like pizza and burger.**
- **Why unhealthy- high calories, lack of nutrients, unhealthy fats , high sugar and salt.**
- **Can cause obesity , chronic diseases like diabetes, cancers, heart diseases**



Physical activities



- **Daily one hour moderate to vigorous activities**
- **Aerobic , strength training, stretching and balance exercises**
- **Parents can be role model**
- **Reduce sedentary time**
- **Make it fun activities**

Mental health



- No mobile while eating
- Eat together
- Meditation and yoga





Tips for parents



- **Lead by Example (Be role model)**
- **Involve Them in Meal Planning**
- **Make Healthy Foods Accessible**
- **Encourage Regular Family Meals**
- **Teach Portion Control**
- **Variety of food , creative colors and shapes**
- **Avoid forcing certain food**
- **Avoid food as reward**

- **Avoid screen time**
- **Keep processed food out of reach**
- **Help children for shopping and preparing new food or recipe**





Cook together



Empowering children for Lifelong Health



Conclusion



- Establish trusting relationship
- Discuss impact of nutrition on health
- Recap the importance of healthy eating in promoting growth , well being, happiness
- Encourage making healthy food choices every day
- **“What you eat today affects your tomorrow -choose wisely!!”**