

5 Easy Habits for Healthy Eating You Can Do Today for Your Children

Take home message is:

- 1 Consume wholesome sources of protein, carbs and fats as close to their natural form as possible.
- 2 Eat more greens and other colourful fruits and vegetables to gain vitamins, minerals and fibre.
- 3 Avoid refined sugar and drinks as much as you can.
- 4 Do not snack if you do not need to. It's good to have gaps in between meals.
- 5 Stay hydrated with plain, still water. Ideally 1.5 litres sipped throughout the day.



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Healthy Eating