

Brighten Their Palates... 5 Tips to Get Your Kids to Eat Healthier

Written by Lisa Robins

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Yuck, gross... No way! Sound familiar as you place the salad bowl on your dinner table in front of your picky eater's eyes? The good news is kids are 'trainable' to eat healthier. The bad news is our precious young ones are at the highest risk to-date to becoming overweight. Even worse, to develop terrible diseases, such as diabetes, which luckily are controllable by lifestyle, diet and exercise.



Your 5-step 'Brighter Palate Plan' may initially face adversity, but with a little patience and consistency, you can teach your kids the value of eating smart.

1- Presentation

In my opinion, there is nothing worse than ordering a salad for lunch and having it arrive at my table wilted, soggy and wet. Offering a plate full of unappetizing fruits and vegetables to your kids is a sure way for instant failure. Take the time to wash, dry, and slice fresh produce so it looks delicious. Use fun plates, appetizer picks, shapes and patterns to make fruits and vegetables fun.

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With my help, my little guy made and beautifully presented some healthy appetizers for us.

2-Lead by Example

If you wince at broccoli, why would your kids be excited to eat it? Healthy habits start in the home and studies show that most young, healthy eaters see their parents eat and enjoy a wide variety of foods.

3-Little Chefs and Shoppers

Encourage your kids to be decision makers in the kitchen and at the grocery store. 'Should we have asparagus or string beans as a side dish? A perfect question you can ask to boost confidence and participation in family health decisions. Ask your kids to help with simple dinner preparations so they feel part of the meal, rather being told what to eat.

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My little helper... I ask my kids to help unpack the groceries to make room for our new, healthy choices.

4-Substitutions

When strolling down the grocery aisle, rather than answering with a decisive 'no' to the colored, sugary breakfast cereal, try to suggest a different choice in its place. Use that time to compare labels and ingredients in order to educate your little ones in how to select the smartest choice, which still tastes yummy. Key information you are looking for are high fiber, low sugar, whole grain and unprocessed.

5-Balance

Most are shocked when they learn that I do allow desserts, such as ice cream, in my freezer. While I frequently talk to my kids about health and wellness, I always save room for treats that are natural and satisfying, while maintaining portion control. Being too tightly reigned in the pantry can ultimately backfire with future eating disorders and overall struggles to get kids to try and regularly consume a healthy diet.

*Lisa is a local [redacted] and proud [redacted] of 2, with a passion to inspire Moms and [redacted] to be [redacted]. When she is not training her clients, or developing cutting-edge wellness programming exclusively for La Camarilla Racquet & [redacted], she shares her knowledge in many national fitness magazines and websites such as Oxygen, Max [redacted], M&F Hers and Brooke Burke's ModernMom.com.
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