

# Daily Dining Dilemmas



TIPS FOR MINDFUL EATING IN THE MIDST OF  
TODAY'S CHAOS

## HEALTHY SNACKING

Are your kids eating/snacking all day?? Mindlessly walking back & forth to the fridge?? Here are some tips to try to get your kids and the whole family to develop some better eating habits...

1. Stick to a schedule, for example:

8am Breakfast -- 10am Snack -- 12pm Lunch -- 3pm Snack -- 6pm Dinner

2. Keep busy! Don't let them eat out of boredom. Plan plenty of activities to keep them busy and distracted.

3. Limit the number of snacks you offer. Let them open 2 or 3 packages and make them eat those before moving on to something different.

4. Prep ahead - wash & slice bell peppers, carrots, and cucumbers. Make a favorite dressing. Make a batch of healthy muffins. Hard boil eggs. Slice a cantaloupe.

5. Keep water bottles in the fridge, ready for them at any time.

Source: EatRight.org

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