

# Making healthier food choices

SUN	Type of food your child enjoys and eats often	Replace with healthier choices
Breakfast		
Lunch		
Dinner		
Snack		

MON	Type of food your child enjoys and eats often	Replace with healthier choices
Breakfast		
Lunch		
Dinner		
Snack		

TUE	Type of food your child enjoys and eats often	Replace with healthier choices
Breakfast		
Lunch		
Dinner		
Snack		

WED	Type of food your child enjoys and eats often	Replace with healthier choices
Breakfast		
Lunch		
Dinner		
Snack		

## Keep a food diary for your child.

Get your child to do this with you. List down the types of food your child enjoys and eats often.

Do this for a few days each month. Then decide together whether any of them need to be replaced with healthier food choices.

Explain to your child the reason for any replacement.

THU	Type of food your child enjoys and eats often	Replace with healthier choices
Breakfast		
Lunch		
Dinner		
Snack		

FRI	Type of food your child enjoys and eats often	Replace with healthier choices
Breakfast		
Lunch		
Dinner		
Snack		

SAT	Type of food your child enjoys and eats often	Replace with healthier choices
Breakfast		
Lunch		
Dinner		
Snack		