

# Develop healthy eating habits



- Choose food low in fat and sugar.
- Eat deep-fried food no more than twice a week.
- Drink 6 to 8 glasses of plain water each day.
- Eat more fruits and vegetables which are high in dietary fibre.
- Have fresh fruits instead of ice-cream or cakes for dessert and snacks (see next page)
- Have steamed food and soupy dishes more often.
- Add less gravy and sauces.

- Encourage your child to eat at regular times and not skip meals.
- Have your child eat only at the dining table. Do not let him eat at the refrigerator, or in front of the television.
- Ask your child to chew each mouthful well before swallowing. This will allow your child to feel full so that he won't overeat.
- Tell him to leave the table soon after the meal to avoid eating more food.
- Help your child to develop interesting hobbies that will take his mind off food.
- Encourage your child to take small servings and say 'No' to second servings.

