Helen Doron Educational Group®

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.