



**Parents' eating behaviors can influence how kids eat.**



**Recognize it's fine to eat  
sweet treats sometimes.**

**Praise your kids for  
choosing healthy foods  
when they want a snack.**

**Let your kids observe  
you eating and enjoying  
healthy foods.**



**Concerned about your healthy eating habits? Find a  
provider to discuss with: [weillcornell.org/doctors](http://weillcornell.org/doctors)**