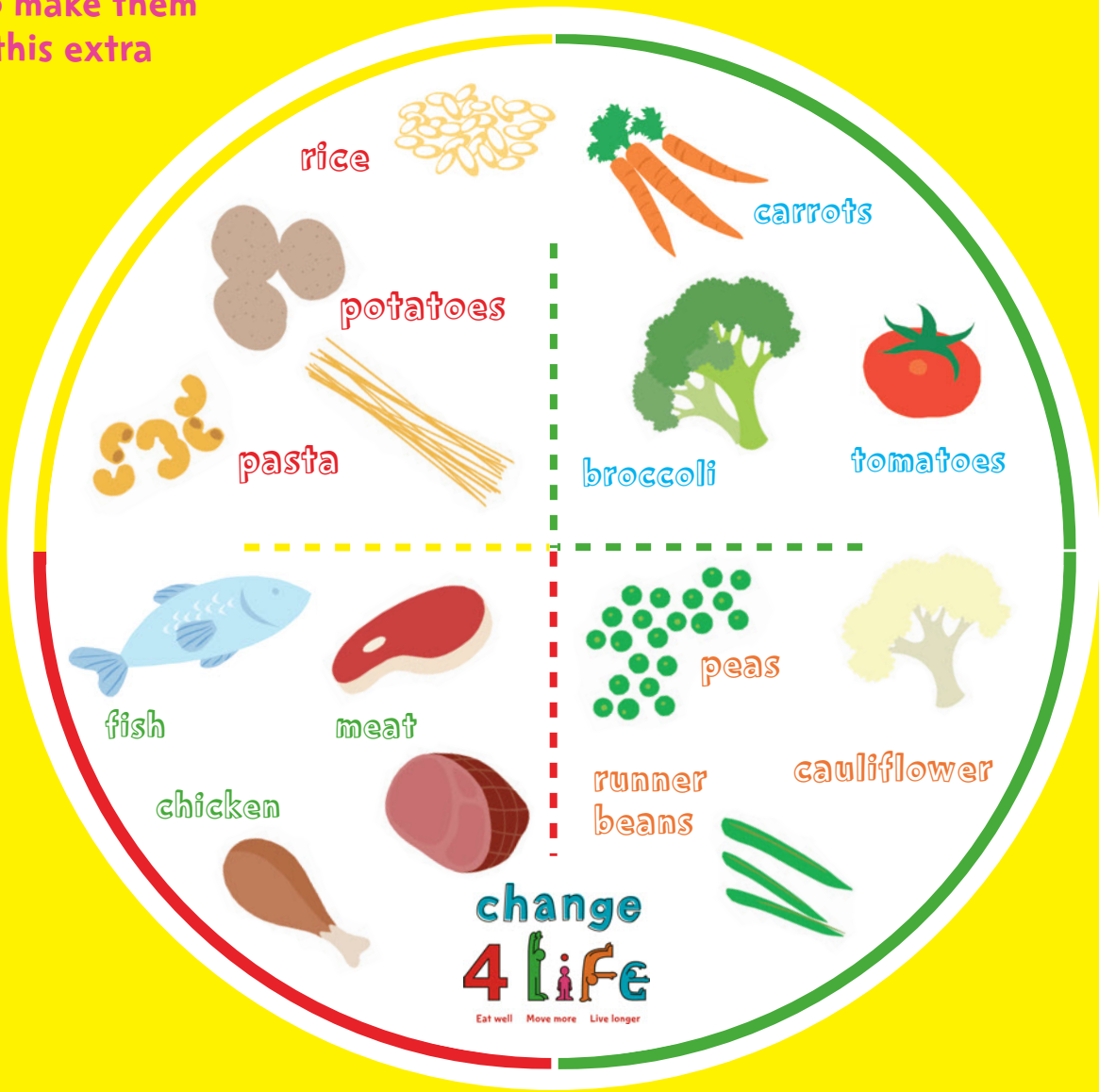
my me sized plate

change 4 life
Eat well Move more Live longer

It is very easy to slip intro the trap of giving kids more food than they need. We must remember that our kids' tummies are smaller than adults', so they need less food to make them full. When our children eat more than they need this extra food turns into stored fat.

- Serve meals for your child/children on smaller child sized plates and bowls
- Set regular healthy snack time for mid-morning and afternoon to train their bodies to think regular food is coming, making them less likely to overeat at meal times.
- Don't worry if they don't clear their plate. If they say they're full, the chances are, they are full!
- Give them less to start with - they can always ask for seconds. You'll have less waste and they won't eat too much.
- If you're worried about picky eaters not getting a balanced diet, encourage them to try a mouthful of everything on the plate, rather than all of it.
- Be careful with pre-packaged food – these usually come in adult sizes so don't give a whole one to a child. Let them share a bag of crisps, or save some for later – this will save you money too!
- Sit down together as a family at a table rather than in front of the TV. Watching the TV while eating means they may miss the signal from their tummy that says I'm full and end up eating too much.