

5 ways to raise healthy eaters



Healthier substitutes

Keep fruits or dry fruits handy. Avoid keeping junk in the pantry

How about nimbu juice instead of aerated drinks?



Treat mealtimes with respect



**Keep a consistent
mealtime**

**No force feeding,
scolding or talks
about weight**

Eat slowly

Involve them in groceries and cooking

Encourage them to read labels on food items

Try creating combinations with their favourite foods



Water is the best

**Avoid giving any
sweetened or aerated
beverages**

**If you have to give
beverages, coconut water
should be a choice**

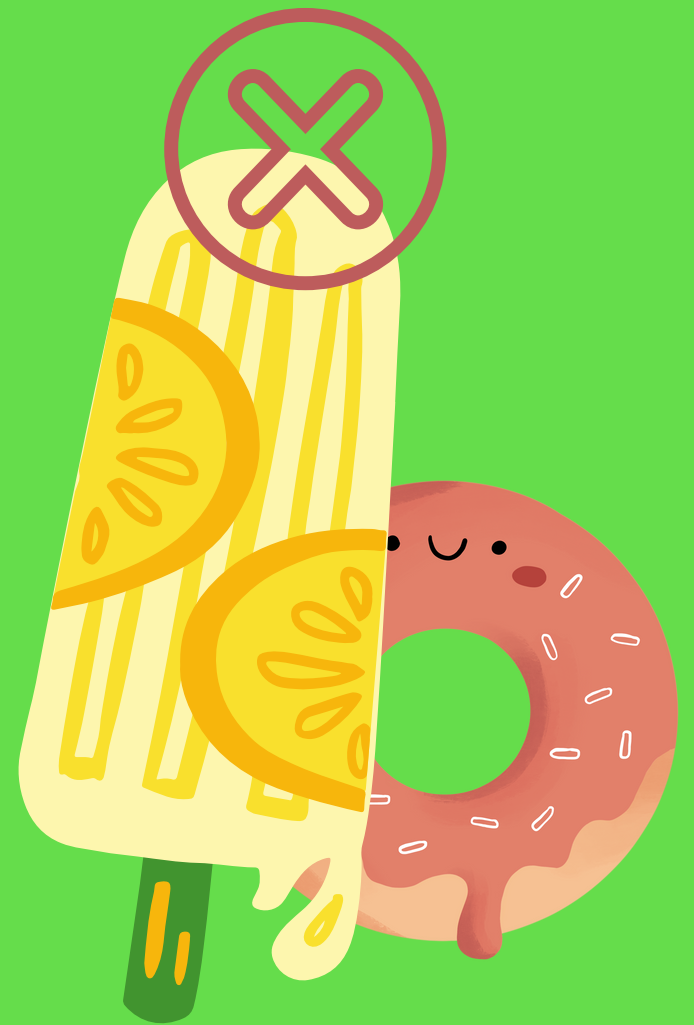




Mindful eating

**Don't watch screens
while eating**

Give time between meals





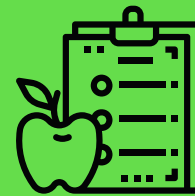
Inculcate healthy eating habits and keep your children well-fed with Wellbeing on the Web (WoW)



Counsellors



Doctors



Nutritionists



Diagnostics



Pharmacy



Finance advisor



Newsletters



Self-assessments



Live classes



Articles



Videos



Webinars