Raise HEALTHY EATERS

**ADULT decides:**
- what foods to offer
- when to offer meals and snacks
- where children eat

**Trust CHILDREN to decide:**
- how much to eat
- whether to eat at all

**Be patient.** Do not pressure children to eat more or less of any food. It can take up to 10 times before a child tries a food and likes it.

**Be a positive role model.** Enjoy the same foods with children.

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