






top 10 easy starts

There are a few simple things you can do to help your kids eat the right amount for their age and size and they're such little changes they should fit right into your existing routine.

- 1 Remember that kids' tummies are smaller than adults', so they need less food to make them full. So don't fall into the trap of serving up the same size plateful for everyone in the family.
- 2 Find or buy some child-sized plates and bowls. Plates and bowls are made bigger than ever now, so of course when you put a child's portion on an adult's plate it doesn't look anywhere near enough. When you start serving them meals on proper sized plates, it will be much easier to tell if they have too much.
- 3 Get the kids to eat at the table rather than in front of the TV. Watching TV while they eat distracts them and they could end up not noticing the signal from their tummy telling them that they're full up - so they may end up eating too much.
- 4 Be careful of pre-packaged portions. Most things come in adult sizes, so don't just give a whole portion to a child. For example, let them share a bag of crisps, or keep some back for later.
- 5 Set up a regular mid-morning and mid-afternoon snack time when the kids are at home, and give them a healthy little snack. This means that their bodies get trained to think that regular food is coming, and they don't tend to overeat at mealtimes.
- 6 Let the kids watch you serve the meals. This way they are more likely to understand the different portion sizes for different ages.
- 7 Give them less rather than more to start with - they can always ask for seconds. This way you'll have less waste and they won't eat too much.
- 8 If you're worried they're not getting a balanced diet because they're picky eaters, encourage them to try a mouthful of everything on the plate, rather than to eat it all up and have a clean plate.
- 9 Don't worry if they don't have a clean plate and they say they're full - it just means they probably are full! Your kids won't starve - if they're hungry, they'll probably eat - whatever you put in front of them.
- 10 If the kids say they're hungry as you're cooking, give them a glass of water or juice to fill them up, rather than a snack that could ruin their appetite. It really WILL stop them being hungry for a little while and it means they'll eat all of the Me Size Meal you give them.