



ARTICLE

## How Can I Help My Baby Develop Good Eating Habits?

**What are good eating habits? The long-term health and development of your child depends on his/her nutritional habits developed during the early years of life**

**2 mins read**

## Developing Healthy Eating Habits for Kids

The long-term health and development of your child depends on healthy eating habits for kids that are developed during the early years of life.



Healthy eating habits for kids comprise of consuming the right food at the right time and in the right quantity. Consumption of a [balanced diet](#) is very important for your [child's growth and development](#). Good eating habits comprise of consuming the right food at the right time and in the right quantity.

Hence, make sure to include baby solid foods that is rich in energy and all macronutrients (proteins, fats and carbohydrates) and micronutrients (vitamin, minerals) in your child's diet. Moreover, include green leafy vegetables and seasonal fruits in their daily healthy food habit diet. Make their mealtime interesting and exciting by including nutritious snacks. Also add new items as often as possible in their menu as children like variety.

### **Importance of Good Healthy Eating Habits for Kids to Prevent Micronutrient Deficiencies**

Consumption of [nutrient dense homemade baby food](#), and inculcating healthy eating habits for kids is very important to avoid the risk of nutrient deficiencies in your child. Healthy food habits for kids helps them grow healthy and be active. If the food provided does not meet the nutritional requirements of the child, then your child may be at risk of not achieving the optimal growth potential. It may also impact your child's memory and learning abilities.



### **Making Good Habits Easier**

- a) Encourage your child to eat by himself/herself.
- b) Prepare healthy and tasty food for your child.
- c) Try preparing **different food recipes** that vary in taste and texture. This will encourage your child to look forward for his/her food.
- d) Motivate your child by incorporating healthy food habits for kids. But, never force-feed your child.
- e) Make feeding time fun and interesting by talking to them.

Remember, although children cannot have large quantities of food at each meal owing to their small tummies, their nutritional needs are high to support their development and daily activities So, it is vital for your child to consume nutrient dense food.