

## **Did you know?**

The way young children are fed may be as important as the food offered. The way young children are fed is an important experience that can influence their intake and food choices later in life. It's up to the parents and caregivers to choose healthy food options for their child and encourage them when trying new foods. Allowing young children to respond to their internal cues of hunger and fullness may help them establish healthy eating habits right from the start.