



Sneaky Ways To Make Dishes Healthier Without Sacrificing Taste

Creative Ways to Get Kids to Eat Healthy

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Getting your kids to eat healthy can seem like an uphill battle. Thankfully, there are a couple of things you can do in the kitchen to solve your kids' unhealthy appetite. Take note of these three effortless ways to kickstart your kids' healthy eating habits.

Use fruits instead of sugar

Kids do love their sweets but eating large amounts of added sugar, especially refined/processed sugar, can be harmful as it can lead to weight gain, low energy, and weak immune system. Thankfully, you can still satisfy your kids' sweet tooth by introducing healthier sweeteners such as fruits to their diet because our body processes added sugars differently than sugar from fruits. You can easily add fruits as snacks or desserts in their baon. You can also serve dishes like [Pininyahang Manok](#) that blend familiar savory notes with fruity sweetness that they will enjoy.

Disguise the taste of veggies

Most of us are familiar with the taste of vegetables and not everyone is a fan of how they taste. Instead of forcing your kids to eat okra and ampalaya, try to disguise the taste of veggies with a delicious sauce that packs on flavor.

Challenge them to eat the right food

Your kids' unhealthy eating habits aren't permanent. With a little encouragement and patience, you can steer them away from processed food and get them to try healthier options like frozen yoghurt instead of ice cream, chicken burger instead of beef burger, banana bread instead of cake. The small choices you make for your kids' meals can have a tremendous impact on kids' diet in the future. It's up to us to teach them which foods are good for them.

There a ton of reasons why eating healthy can be good your kids. The right diet can help your kids develop strong bones and even improve their memory which can be useful in school. Even if there are unhealthy choices all around, teaching our kids to eat healthier can be easy with a little creativity, lots of love, and just a touch of Del Monte Pineapple!

-----Reference:

<https://www.healthline.com/nutrition/is-fruit-good-or-bad-for-your-health#section3>

<https://onlinedoctor.lloydspharmacy.com/blog/10-healthy-alternatives-to-unhealthy-food/>

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