Healthy Eating

Every child deserves a healthy start in life. Schools play a key role in shaping students' healthy eating habits.

What to do

Foster a love of fruits and vegetables in your children

- National guidelines recommend that people ages 2 or older eat a variety of fruits and vegetables; whole grains; fat-free and low-fat dairy or fortified soy products; and protein foods like seafood, lean meats, beans, eggs, nuts and seeds.

Support smart choices at school

- The Statewide Health Improvement Partnership (SHIP) collaborates with schools to make healthy eating more fun and easier. If you work at a school, contact your local public health office to connect with SHIP staff.
- If you're a parent, ask your school about how they are creating opportunities for students to eat more fruits and vegetables. Ask if you can serve on a school wellness committee.

DEPARTMENT OF HEALTH

What to know

**Nutritious food tastes good
and is good for you**

- Healthy eating helps prevent type 2 diabetes, cancer, and heart disease.
- Healthy eating can increase students' focus and attention, and improve test scores and classroom behavior.

Nutritious food is good for everyone

- Healthy eating can improve quality of life and decrease health care costs throughout life.
- Healthy eating initiatives like Farm to School support local farmers and boost regional economies.

For more information

- **CDC recommendations:** https://www.cdc.gov/healthyschools/nutrition/facts.htm
- **SHIP:** https://www.health.state.mn.us/ship

At the Minnesota Department of Health, we work for all people and communities to have what they need to be healthy.

To obtain this information in a different format, call 651-201-3627.