



Be Healthy, Be Active, Be Inspired



Raising a family with healthy food habits

Picabo Street is not only an Olympic gold medalist, she's a mom challenged to raise a family with healthy food habits. Picabo knows from being a world class athlete the importance of good nutrition.

So how does she incorporate this into her busy family life? Picabo shares the importance of healthy eating and tips for getting her family the nutrition they need.

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Nutrition

- Plan ahead for healthy meals
- Teach your kids early
- “Sneak” veggies into smoothies
- Add veggies to scrambled eggs
- Finely chop veggies in sauces

Family tips

- Set the example with healthy eating
- Cook together
- Spend time around the table
- Eat slowly
- Make meal time meaningful

be healthy tips

