



# KidFood

Nutrition Matters

Healthy Eating for Today's Kids

November 2006

## Family Mealtime Traditions

Holidays are a great time to get together with family and friends.

It's fun to share memories and family stories.

It's also a good time to create new memories.

Talk to your child about favorite family dishes:

What are the dishes made of?

Who makes the foods?

What are your memories of eating family meals?

**Serving traditional family foods gives your child a sense of family and love.**

Some children will eat better at family parties.

Some children may not eat as well as usual at these times.

They may be too excited to think about eating.



## No More Fussy Eaters!

Parents want their children to "eat right."

Sometimes a parent can worry too much.

Children who are forced to eat the "right foods" are more likely to be fussy eaters.

Why does this happen? Small children are clever. If they see their parent worried or upset about what they don't eat, children learn to use food to control their parents.

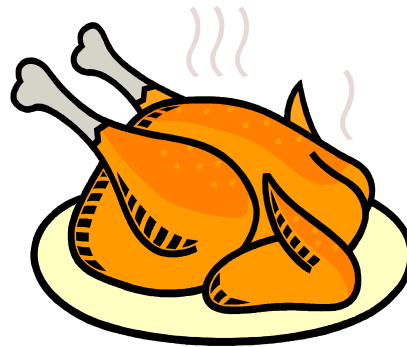
### Mandarin Turkey Salad

- 2 cups chopped romaine lettuce
- 1 cup fresh mandarin oranges, or 1 can drained
- 1 cup turkey, diced or shredded
- Low-fat French salad dressing

1. Arrange lettuce on plates.
2. Top with oranges and turkey.
3. Drizzle lightly with salad dressing and serve.

## Avoid Mealtime Pressures:

- **Let your child choose what he wants to eat.** Don't worry if he doesn't want to eat a fruit salad or casserole. There will be other healthy meals later.
- **Encourage your child to taste new foods.** Talk about what is in the dishes. Ask, but don't force, your child to take a small taste.
- **Serve small amounts of food on your child's plate.** He can always ask for more.
- **Never force a child to eat food.** There can be a lot of pressure for a small child to eat in front of large groups.
- **Don't talk about your child's eating habits.** Talk about what is happening in your life.
- **Let your child decide how much food he will eat.** Never make a child "clean" his plate.



## Mini Turkey Pot Pies

- 2 cups cooked lean turkey, cut into small pieces
- 1 can low-sodium, low-fat condensed cream of chicken soup
- 1 can mixed vegetables, drained
- $\frac{3}{4}$  cup skim milk
- 1 can uncooked refrigerated biscuits
- Vegetable oil cooking spray

1. Combine turkey pieces, soup, milk and vegetables in a bowl.
2. Lightly spray muffin tins with cooking spray. Flatten a biscuit into each muffin tin, spreading biscuit up sides of tin.
3. Spoon some of the turkey mixture into each biscuit crust. Bake in a 350° oven for 12 to 15 minutes.

## Pumpkin Soup

- 1 can rinsed and drained white beans
- 1 small onion, chopped finely
- 1 cup water
- 1 can plain pumpkin
- 1 can low-sodium chicken or vegetable broth
- Salt and pepper to taste (optional)

1. Blend white beans, onion, and water.
2. In a soup pot, mix bean puree with pumpkin, broth and salt and pepper.
3. Cover and cook over low heat about 15 to 20 minutes until warmed.
4. Let cool and serve.

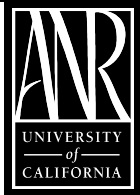


## Some Tips to Help with Fussy Eaters

1. Avoid the temptation to force your child to eat. This will only make your child afraid to try new foods.
2. Ask your child to taste new foods, but don't force. Talk about the new food with your child. Make it fun!
3. Eat with your child. Your child will eat better when he sees you eating a variety of healthy foods.
4. Don't talk about foods that you don't like. Don't let others talk about foods they don't like. Small children like to copy older children and parents.
5. Don't make a list of "foods my child doesn't like." Your child's food likes and dislikes can change with time. Let your child change his mind.
6. Offer three meals and 2 to 3 healthy snacks each day.



**Your child may need to try a new food 8 to 10 times before he eats it.**



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## Nutrition Coalition

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