



KidFood

Healthy Eating for Today's Kids

Nutrition Matters

December 2006

The Spirit of Sharing

The holidays are a time for sharing. Children often wonder what they will receive. They love to make lists and dream about toys.

Children also benefit from learning the joy of sharing.

Find ways to share the spirit of the holidays with others:

Bake or buy special breads. Wrap the bread in a festive bag with a ribbon. Deliver it to a friend or neighbor.

Help a friend or relative decorate their home for the holidays.

Grab your shovels. Remove the snow off your neighbor's driveway or sidewalk.

Make a fruit basket. Fill it with fresh fruits, dried fruits, nuts or other treats. Deliver the basket to an elderly friend.



Shop with Your Children

The holidays often mean more shopping time. Shopping can be a learning experience for young children.



- Let your children learn that shopping is a fun family time. Do not to bribe your children with food or treats to go shopping.
- Plan times that are right for you and your children.
- Make sure that your children are well rested before you take them shopping. Don't go shopping during nap time.
- Limit the shopping time. Small children do well with small amounts of shopping. Try not to shop too long.

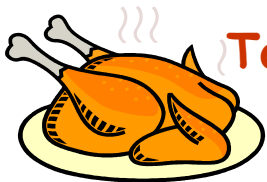
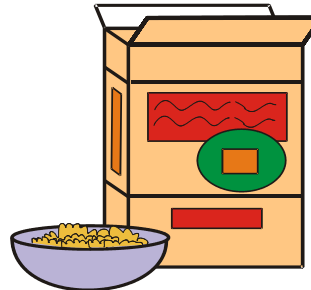
Whole Grains

Choose whole grains for half of your child's grains.

Read the label!

Choose foods with "whole" or "whole grain" ingredients listed first or second on the label.

- 1. Start with whole grain breakfast cereal!**
 - Find your family's favorite cold and hot cereals made with whole grains.
 - Oatmeal is a whole grain and is always a good choice.
- 2. Buy breads made with whole grains.**
 - Choose 100% whole grain breads - whole wheat, whole rye or oatmeal.
 - Or start slowly - buy breads made with a mixture of whole and white flours. Gradually try 100% whole grain breads with your family.
- 3. Try other whole grain breads:**
 - Whole wheat buns and rolls.
 - Whole grain tortillas.
 - Whole wheat English muffins.
 - Whole wheat pita.
 - Whole wheat bagel.
- 4. Snack on whole grains:**
 - Snack on whole grain breakfast cereals.
 - Popcorn is a whole grain.
 - Choose whole grain crackers.
 - Whole grain breakfast bars or granola bars.
- 5. Cook with whole grains:**
 - Whole grain noodles, macaroni and spaghetti.
 - Try brown rice.
 - Bake with whole wheat flour.



Toasted Turkey Sandwich

1. Toast a whole grain English muffin in the toaster.
2. Spread pizza sauce on each half of the muffin.
3. Top each English muffin half with 1 slice of lean turkey meat and 1 slice of low-fat mozzarella cheese.
4. Heat in the microwave until cheese melts.
5. Enjoy with a glass of low-fat milk.

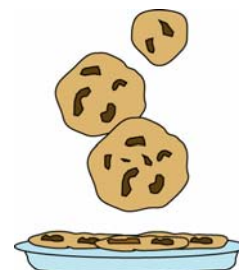
Enjoy the Holidays!

Eat more fruits, vegetables and whole grains!



Holiday Oatmeal Raisin Cookies

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|---------------------------------|-----------------------------------|
| 1 $\frac{1}{4}$ cup rolled oats | 2 ripe bananas, peeled and sliced |
| $\frac{1}{2}$ cup raisins | 1 teaspoon vanilla extract |
| 1/3 cup reduced-fat margarine | Vegetable oil cooking spray |
| $\frac{1}{4}$ cup skim milk | |



1. Preheat oven to 350°F.
2. Put the margarine in a small saucepan. Melt it on low heat.
3. Put all the ingredients in a mixing bowl. Mix really well.
4. Let the mix stand for about 5 minutes, until the oats are wet.
5. Lightly spray a cookie sheet with the vegetable oil cooking spray.
6. For each cookie, spoon about 1 tablespoon of dough and drop it onto the cookie sheet.
7. Bake the cookies for 15-20 minutes.
8. Cool on a wire rack.

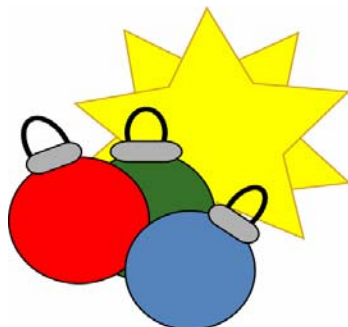
Holiday Eating

Holiday sweets can be high in fat and sugar, making healthy holiday eating difficult.

Healthy changes to your favorite holiday treats can be easy.

When baking, choose recipes that have ingredients with nutrition such as:

- Peanut butter - protein and iron.
- Dried fruits (raisins, cranberries, apricots, bananas, and prunes) - fiber, vitamins and iron.
- Dry breakfast cereals and oatmeal - choose cereals low in sugar and high in fiber.



- Bake less of your favorite sweets. Make single batches of cookies and candy.
- You will save time and money by baking less, your family will be healthier by eating less.
- Use light or nonfat dairy products such as skim milk or nonfat cream cheese, instead of regular products.
- Use 2 egg whites instead of 1 whole egg.
- Use sugar substitutes instead of granulated sugars.



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Nutrition Coalition

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