



KidFood

Nutrition Matters

Healthy Eating for Today's Kids

March 2007

Healthy Eating, Healthy Children!

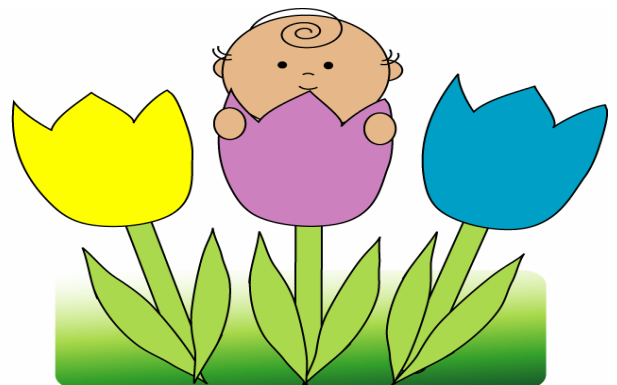
Children learn a lot during the first 5 years of life.

Habits are being made!

Help your child develop healthy eating habits for a long and healthy life!

- **Eat with your child. Be a good role model.** Children learn by watching you.
- **Eat the same foods with your child.** Don't be a short order cook and prepare a different meal for your child.
- **Offer whole fruits for snacks.** Many children drink too much juice and eat too few whole fruits such as oranges, grapes and apples. Limit fruit juice to 6 ounces a day or less.
- **Serve vegetables at lunch and dinner.** Add vegetables to soups, stews, tacos, stir frys, casseroles and salads.

- **Serve skim or 1% milk at meals.** Skim or 1% milk is the best choice for children over the age of 2 years, unless your child is trying to gain weight.
- **Offer water when your child is thirsty.** Limit sugary drinks such as soda.
- **Plan 3 meals and 2 to 3 snacks each day for your family.** Choose healthy snacks for your children to eat throughout the day.
- **Offer new foods at meals.** Let your child see you tasting and enjoying new foods. Ask your child to taste new foods.



Reward with Love!

"Eat your broccoli and you can have a cookie."

"Be good now and we will stop for candy."

Do you make these promises to your child?

What are we telling our children about eating?

Your child may be thinking, "broccoli must be really bad if mom has to bribe me with a cookie," or "cookies and candy are wonderful foods that I have to work for."

We need to stop bribing and rewarding with food.

Children need to eat when they are hungry, not to receive a reward.

- **Don't bribe or reward your child for eating.** Children who eat for rewards may learn to overeat. Some children may overeat to please their parents.
- **Reward with love and attention.** Reward good behavior without food. Read a story to your child, play ball outside, go to the local park or color pictures together. Children love the attention of their parents.
- **Let your children develop healthy.** Research shows that giving any rewards to children does not support healthy development.
- **Catch your child being good.** When your child shows good behavior, tell him. Give him a hug and tell him how good he is. Tell him that you love him.

Spring Chicken Salad

Enjoy this salad full of fruit!

- 2 cups cooked chicken, cut into cubes
- 1 cup red grapes, sliced into halves
- 1 can (8 ounces) pineapple chunks, drained
- 1 can (11 ounces) mandarin oranges, drained
- 1 stalk celery, finely chopped
- 2 cups cooked small ring macaroni

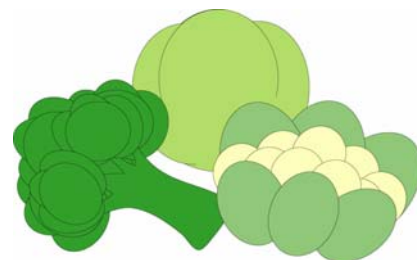
1. Combine chicken cubes, grapes, pineapple, mandarin oranges, celery and macaroni in a large bowl.
2. Drizzle 1 can of 100% orange juice concentrate and $\frac{1}{4}$ cup 100% pineapple juice over the salad. Serve!



- **Enjoy some sweets with your child.** Don't avoid all sweet foods. Eat a small ice cream cone on a hot day. Enjoy a birthday cake. Your child will learn that sweet foods can be part of a healthy diet.
- **Eat with your children.** Children learn good eating habits from their parents. Let your children see you eating and enjoying the same foods.

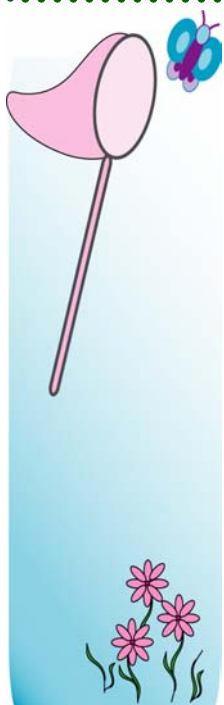
Cabbage Rolls

Children can help roll up this special dish!



- 1 medium head of Napa cabbage
- 1 pound lean ground beef, turkey or cubed chicken
- $\frac{1}{4}$ cup chopped onion
- $\frac{1}{2}$ cup celery, finely chopped
- $\frac{1}{2}$ cup carrots, shredded
- 2 cups cooked rice
- $\frac{1}{2}$ cup canned water chestnuts, drained and chopped
- 1 clove garlic, chopped
- 2 tsp. olive oil

1. Heat oil in a medium skillet. Cook ground beef, turkey or chicken cubes until browned throughout. Add onion, celery, carrots, water chestnuts and garlic. Let cook over low heat for 5 minutes.
2. Wash cabbage under running water. Remove leaves from core.
3. Remove ground beef, turkey or chicken mixture and combine with rice in a medium sized bowl.
4. Arrange cabbage leaves on a large plate. Scoop ground beef mixture into cabbage leaves.
5. Roll up cabbage leaves. Serve with low-sodium soy sauce.



Healthy Moves!

Children need 60-90 minutes of physical activity each day!
Get your children moving with fun activities that can be played indoors or out.

- **Juicy Bowling:** Set up 6 empty frozen juice cans at one end of a room. Stand at the other end with a bouncy ball and roll the ball into the cans. Count the number of cans knocked down.
- **Freeze dancing:** Play music and dance. Once the music stops, everyone must freeze. Start dancing again when the music comes on again.
- **Marching band:** March around a room with homemade instruments such as dry beans in a jar or spoons & pots.

Reward children with love, not food.
Children should eat when they are hungry, not to receive a reward.



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Nutrition Coalition

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