



KidFood

Nutrition Matters

Healthy Eating for Today's Kids

April 2007

Eat More Fruits and Vegetables!

Your children's health can be maintained by eating right, being physically active, and having a healthy weight.

It is easier to prevent diseases than it is to treat them!

You want your child to have healthy habits that help prevent diseases.

Help your child develop healthy eating habits.

Once habits are made, they are hard to change!

Children need to eat a variety of fruits and vegetables each day for good health.

Fruits and vegetables are high in antioxidants. Antioxidants are substances which help slow down or prevent damage to your child's body cells and may decrease the risk of infections.



Vitamins A and C contain antioxidants too.

Offer these fruits and vegetables to your children often!



Vitamin A Fruits & Vegetables

Sweet Potatoes	Carrots
Spinach	Squash
Cantaloupe	Mango
Tomatoes	Apricots
Broccoli	Watermelon

Vitamin C Fruits & Vegetables

Papaya	Cantaloupe
Broccoli	Strawberries
Oranges	Grapefruit
Cauliflower	Asparagus
Watermelon	Spinach
Tangerines	

Other fruits and vegetables high in antioxidants include:

Pomegranates	Grapes
Plums	Kiwi fruit
Red peppers	Cherries
Blueberries	Raisins



Deli Spring Salad

Make this easy salad with help from your local grocery store deli!

- $\frac{1}{2}$ pound sliced turkey, chopped
- $\frac{1}{2}$ pound slice ham, chopped
- 1 large tomato, chopped
- $\frac{1}{2}$ cup shredded carrots
- $\frac{1}{4}$ cup shredded cheddar cheese
- 2 hard cooked eggs, shells removed and sliced
- $\frac{1}{2}$ head romaine, leaf lettuce or spinach, cut into small pieces
- 1 tbsp. of your favorite low-fat salad dressing

1. Arrange lettuce and spinach leaves on dinner plates. Top with meats, eggs, tomatoes, carrots and cheese.
2. Add a small amount of salad dressing. Serve.

Strawberry Spinach Salad

Serve this spring salad with a sandwich for dinner.

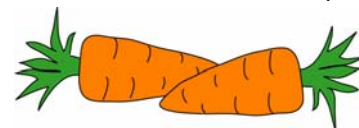
- $\frac{1}{2}$ pound fresh spinach, washed
 - 1 cup fresh strawberries, washed
 - $\frac{1}{4}$ cup sunflower seeds
 - 1 tbsp. low-fat Ranch salad dressing
1. Cut strawberries into slices.
 2. Chop fresh spinach into small pieces.
 3. Toss spinach, strawberries and sunflower seeds together in a large bowl.
 4. Top with salad dressing. Toss salad and serve!

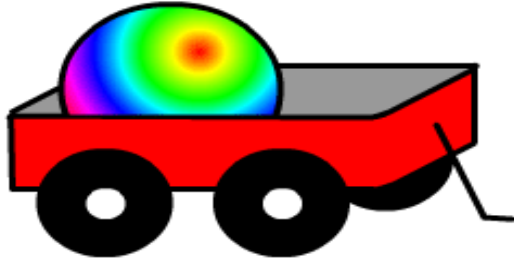


Bunny Food

Carrots have lots of vitamin A!

- Baby carrots are an easy snack.
- Shredded carrots make a fun finger food.
- Add finely shredded carrots to tacos.
- Add shredded carrots to soups.





Spring Play Time

Help your children keep active.
Limit television time to 2 hours each day
or less.

Have fun with your child:

- **Have a Butterfly Hunt.** Buy a net. Children love to run in the yard or park chasing butterflies. Talk about the different colors on their wings. And let the butterflies go!
- **Use chalk to draw a city on your sidewalk.** Draw roads, homes and stores on the sidewalk. Children can ride their bikes or pull wagons to their "homes" and "stores".
- **Have a Treasure Hunt.** Hide items (plastic eggs, pinecones, colorful rocks) in your yard. Ask children to find them.
- **Turn on the sprinkler in the yard on a hot day.** Children love to run through water and get wet.

- **Take a hike in a park.** Bring along a camera, water bottle, bag for treasures, and bug spray.
- **Have a Spring Clean Up.** Get out the rakes and garbage bags. Pick up cans, paper, twigs, and leaves. Help your neighbors clean up their yards.
- **Buy a wagon.** Children love to pull each other and toys around in a wagon.
- **Build a sand box or sand pile in your yard.** Buy toys for playing in the sand.
- **Build "tents" in the living room on a rainy day.** Let children hang blankets on chairs and other furniture.
- **Wash the car together.** Make buckets of soapy water.

Have fun!



Give your child a gift ~
Healthy Habits for
Life!



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Nutrition Coalition

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