



KidFood

Nutrition Matters

November 2007

Healthy Eating for Today's Kids

Happy Turkey Day!

Thanksgiving brings some of your children's favorite foods—pumpkin pie, mashed potatoes and plenty of turkey!

Turkey is a lean meat for your family, which means it's low in fat!

Turkey is not just for the holidays. It is a great choice for any day of the year. Turkey sandwiches are a favorite for small children.



Roast a whole turkey for Thanksgiving. You will probably have leftover turkey. That's okay!

Freeze the leftover turkey in bite size pieces that are ready to use for quick meals.

Turkey chunks can be added to:

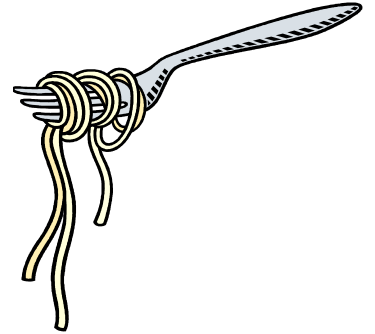
- ◆ Spaghetti sauce
- ◆ Canned or boxed soups
- ◆ Macaroni and cheese
- ◆ Flavored noodle dishes
- ◆ Quesadillas or tacos
- ◆ Pizzas
- ◆ Salads



Turkey Noodle Casserole

Use leftover turkey to make this casserole.

- 2 cups cooked turkey pieces
- 4 cups cooked noodles
- 1 can (10 ounces) low-sodium cream of chicken soup
- 1 cup skim milk
- 1 cup white mushrooms, chopped



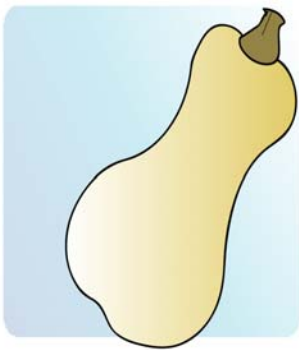
1. Combine the cooked noodles, turkey, soup, milk and mushrooms in a large casserole dish.
2. Bake in a 375° oven for 30 to 40 minutes.

Serve with a glass of skim milk and fruit!

Try mandarin oranges. They have lots of vitamin C for your children.

Smashed Squash

- 2 buttercup or butternut squash
- 1/2 tablespoon margarine
- Salt and pepper to taste



1. Cut squash in half. Remove seeds and rinse squash. Peel or cut skin off squash. Cut squash into chunks.
2. Place squash in a large kettle. Cover with water. Place the kettle on stove and boil until squash is soft.
3. Drain water off squash. Add margarine, salt and pepper to cooked squash.
4. Mash together with a large spoon or hand mixer.
5. Let cool and serve.

Health Eating Habits Start Early

- ◆ Keep sweets out of the house. If your children see soda or candy, they will want it.
- ◆ Don't eat a lot of sweets yourself. Your child will want to eat what he sees you and others eating.
- ◆ Enjoy eating small servings of sweet foods.
- ◆ Offer healthy snacks with a natural sweet taste. Bananas, apples, grapes and mandarin oranges make great snacks.
- ◆ Offer foods with a sweet taste at the end of the meals, as part of the meal.
- ◆ Don't bribe with sweets! Bribing will only make your children want sweets more.



A Child's Sweet Tooth

Most children are born with a sweet tooth; however, parents need to limit the amount of sugar and sweet foods children eat.

Many of these foods are high in sugar - cookies, cake, candy, pie and soda.

We should enjoy a variety of foods. Some children eat too many sweets which adds up to too many calories without many nutrition benefits. This is known as "empty calories."

Too much sugar can cause problems for small children such as:

- ◆ **Overweight Problems** - sweets can add up to a lot of extra calories. An average preschool child needs about 1600 calories each day. Eating a candy bar along with a can of soda is 500 calories.
- ◆ **Tooth Decay** - Children who are always eating sweets are more likely to have cavities in their teeth.
- ◆ **Fussy Eaters** - Sweets can ruin an appetite fast! Some children will prefer sweet foods and refuse to eat their meals.



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Nutrition Coalition

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