



KidFood

Nutrition Matters

Healthy Eating for Today's Kids

January 2008

Winter Fruits

Children love the fresh sweet taste of oranges and mandarins and their bright orange color reminds us that sunshine can exist during the winter months.

Parents love the vitamin C that helps keep children healthy during the long winter months.

Enjoy winter fruits when they taste the best!

Oranges and mandarins have their peak season during December, January and February.

These are the months when they taste the best and are the cheapest!



Sweet Treats:

Peel mandarin or oranges and break into pieces.

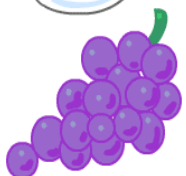
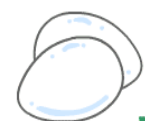
- Add mandarin or orange pieces to coleslaw or cottage cheese.
- Add mandarin or orange pieces to tuna salad or chicken salad.
- Toss orange or mandarin pieces into a lettuce salad.
- Dip orange or mandarin pieces in flavored yogurt.
- Freeze mandarin or orange segments on a cookie sheet and enjoy as a frosty winter treat.

These small citrus fruits are great for small children. They are the perfect size and are very easy for little hands to peel. And they are sweet!

Child Size Portions

How much should your small child eat?

Your child's appetite can change from day to day.



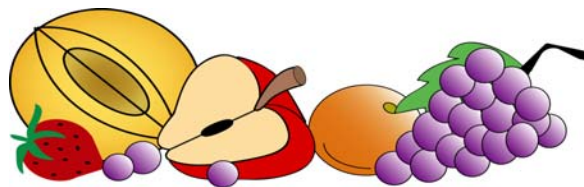
- It may seem difficult to know how much to serve your child at mealtimes. The best way to feed a child is to allow your child to eat to his appetite.

Let your child learn to listen to his body.

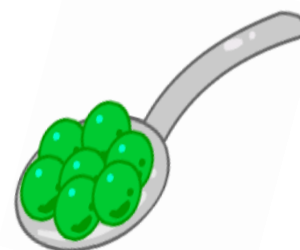
- Your child will learn to eat when he feels hungry and stop eating when he feels full.
- Don't force your child to eat.
- Don't stop your hungry child from eating.

What Can a Parent Do?

- **Offer 3 nutritious meals each day.** Plan a breakfast, lunch and dinner. Meals can be simple and healthy.
- **Offer 2 to 3 snacks each day.** Offer small amounts of healthy foods.
- **Eat with your child.** Your child learns by watching you.



- **Serve child size portions.** Offer about $\frac{1}{2}$ of an adult serving to your child. Let your child ask for more if he is hungry.
- **Avoid large portions of food.** Small children can learn to overeat if large portions of food are served on their plate.
- **Don't talk about how much your child is eating.** Your small child may learn to control you by eating more or less food.
- **Expect your child to sit at the table when eating.** Turn off the television.
- **Let your child leave the table when everyone is finished eating.** Don't force a small child to stay at the table.
- **Allow your child to decide how much he will eat.** Don't reward, bribe or push your child to eat.



Easy Fruit Salad

- 3 mandarin oranges, peeled and separated
- 1 apple, cored and cubed
- 1 pear, cored and cubed
- 2 bananas, peeled and sliced
- $\frac{1}{4}$ cup 100% orange juice
- Low-fat vanilla yogurt (optional)

1. Combine mandarins, apples, pears, and bananas in a bowl.
2. Drizzle the orange juice over the fruit.
3. Serve with 1 tablespoon of yogurt.



How Much Fruit Should I Offer My Child Each Day?

2 year old boys and girls

3 year old girls

Offer 1 cup fruit each day

3 year old boys

4 year old and 5 year old boys and girls

Offer 1 $\frac{1}{2}$ cups fruit each day

Serve child size portions -

Let your child ask for more and decide how much he will eat.

Small children can help make this salad.

Your child can:

- Slice bananas with a plastic knife. (Don't use a sharp knife)
- Pour fruit into the bowl.
- Help stir fruit together.





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Nutrition Coalition

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