



# KidFood

Nutrition Matters

Healthy Eating for Today's Kids

March 2008

## Healthy Habits

Nothing is strong than a habit.  
Your young child is learning habits  
that will last his lifetime.

You want him to learn "healthy habits"!

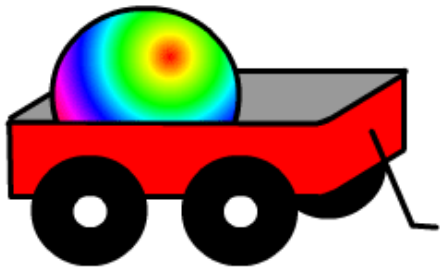
### Eat Smart!

- Drink skim or 1% milk. Children over the age of 2 years can drink skim or 1% milk—these milks are low in fat and calories. Choose a healthy milk for your family!
- Eat at least 5 servings of fruits and vegetables each day. Serve at least 1 fruit or vegetable at every meal. Snack on fruits and vegetables.
- Drink more water. Water is a healthy choice.
- Limit soda and other sweet drinks. Order milk or water if you eat away from home. Serve milk with meals at home. Do not keep sweet drinks in your refrigerator.
- Choose whole grains for at least 1/2 of your grain foods. Eat more whole grain breads, pasta and breakfast cereals.

### Be Active!

- Watch less television. Try to watch 2 hours or less each day. Turn off the television during meals and snacks.
- Play together as a family. Go for a walk, visit the park, or play in the yard. Enjoy a sport together. Try skating, biking, or hiking with your children.
- Go outside! Children who play outside are more active. Find a safe place for your child to play.
- Find other children to play with. Visit your local park or beach. It is fun to play with others.
- Join a play group or preschool program with other children.





## Active Toys

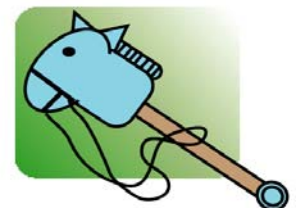
Buy toys that help your child be more active this spring!

- **Children love balls.** All types of balls—large beach balls, soft balls, basketballs, and soccer balls. Keep your child's balls in a large basket—ready for play!
- **Tricycles, bikes and other riding toys are fun.** Find a safe area for your child to ride—park, bike trail, sidewalk, or school playground.
- **Buy a wagon.** Children love to pull their favorite doll, stuffed animal or friend in a wagon. Wagons are also fun to pull around the yard, park or beach. Use wagons to keep found treasures such as rocks, shells and sticks.
- **Push toys are fun for small children.** Try toy shopping carts, strollers and other toys. Children love to copy what they see their parents doing.
- **Beach toys are fun for playing in the summer sand.** Pails, shovels, trucks and other toys can be used to make castles, houses, rivers, and dams.

## Healthy Eating Habits

Small children learn healthy eating habits at the family table. Enjoy family meal times!

- **Serve healthy meals and snacks for your family.** A parent can decide what type of food is served. Your child will decide how much they will eat.
- **Serve 3 meals and 2 to 3 snacks each day.** If your child refuses to eat a meal, there will be another snack or meal later. Don't worry!
- **Eat with your child.** Expect your child to stay at the table during meal times. Your child needs the family time, even if he is not eating. Meal times are family times!
- **Be positive when eating.** Praise your child. Tell your child that you are proud of him. Give your child a smile and a hug.
- **Eat the same foods that your child eats.** Avoid the temptation to be a "short order cook" and make different foods for your child.
- **Try new foods and recipes with your family.** Let your child see you tasting and enjoying new foods. Your child will learn that trying new foods is a normal habit for your family.
- **Do not force your child to eat.** Forcing will only teach your child to hate meal times. Allow your child to decide how much he will eat.
- **Play with your food.** Have fun! When your child plays with a new food, he is learning to eat the new food.

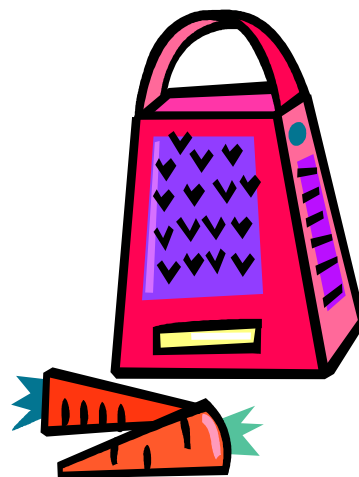


## Carrots

Add carrots to some of your family's favorite foods  
—help boost their nutrition!

Shredded carrots can be added to:

- ♥ Lettuce salads
- ♥ Boxed casserole mixes
- ♥ Breads or muffins
- ♥ Canned or dry soups
- ♥ Meatballs or meatloaf
- ♥ Sandwiches
- ♥ Tacos

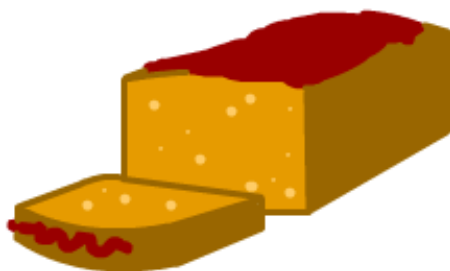


## Mini Meat Loaves

A fun lunch for kids!

- 2 pounds lean ground beef or ground turkey
- 2 eggs
- 1/2 cup finely chopped onion
- 1/2 cup shredded carrots
- 1/2 cup barbecue sauce
- 3/4 cup dry oats

1. Crack eggs into a large bowl. Beat eggs with a fork until fluffy.
2. Add onion, carrots, ground beef or turkey, barbecue sauce, and oats to eggs. Mix together.
3. Press ground beef mixture into ungreased muffin pan. Fill cups about 2/3 full.
4. Bake in a 375 degree oven for 20 to 25 minutes or until meat is no longer pink.
5. Remove meat loaves from muffin pan. Top each mini meat loaf with ketchup, salsa or shredded cheese if desired.





PLACER-NEVADA COOPERATIVE EXTENSION OFFICE  
 UNIVERSITY OF CALIFORNIA  
 11477 E AVENUE (*Building 306, DeWitt Center*)  
 AUBURN, CA 95603

To simplify information, trade names of products have been used. No endorsement of named or illustrated products is intended, nor is criticism implied of similar products that are not mentioned or illustrated.

**Nutrition Coalition**

Supported by First 5 Placer County  
 Children and Families Commission

**SHARON K. JUNGE**, NFCS Advisor  
**VICKY PANTELS**, Program Representative

**Nutrition Matters**

KidFood is published 12 times a year.  
 Copyright 2008

The content of KidFood is not intended to provide medical advice.  
 This should be obtained from a qualified health professional.

**University of California  
 Cooperative Extension  
 11477 E Avenue  
 Auburn, CA 95603  
 Phone: 530-889-7350  
 Fax: 530-889-7397  
 Email: [ceplacer@ucdavis.edu](mailto:ceplacer@ucdavis.edu)  
 Website: <http://ceplacer.ucdavis.edu>**

The University of California, in accordance with applicable Federal and State law and University policy, does not discriminate on the basis of race, color, national origin, religion, sex, disability, age, medical condition (cancer-related), ancestry, marital status, citizenship, sexual orientation, or status as a Vietnam-era veteran or special disabled veteran. Inquiries regarding the University's nondiscrimination policies may be directed to the Affirmative Action Director, University of California, Agriculture and Natural Resources, 1111 Franklin, 6th Floor, Oakland, California 94607-5200. (510) 987-0096.  
 United States Department of Agriculture, University of California, Placer and Nevada Counties cooperating.