



KidFood

Nutrition Matters

Healthy Eating for Today's Kids

April 2008

Comfort with Love

Small children can become upset or scared easily. Your child needs you to help calm and comfort him. Do not be tempted to comfort your child with food. Comfort with love!

Prevent Meltdowns:

- Limit situations that upset your child.
- Get enough rest. Children who are tired are more likely to become upset.
- Offer your child 3 meals and 2 to 3 snacks each day. Hungry children are more likely to become upset and cranky.
- Schedule appointments or errands after breakfast, lunch or snack time.
- Know your child. Some children can handle an hour in a store or office. Some children can only handle 15 minutes.



- Do not tease a child. Do not allow other to tease or upset your child.
- Be calm. Children need to see that their parents and others are not upset or scared.

If your child does become upset, be calm. Your child is learning from you how to calm himself.

It is important for your child to learn how to comfort himself without food:

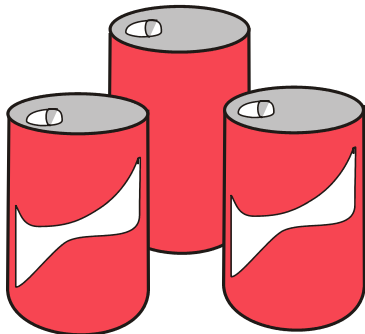
- ♥ Do not comfort with food. Your child may learn that he should eat when upset.
- ♥ Do not bribe with food. Help your child learn how to behave without food as a reward.
- ♥ Give your child a hug and smile. Let your child sit on your lap.
- ♥ Talk calmly to your child. Explain what is happening. If something might hurt, calmly explain the truth to your child.
- ♥ Comfort your child with a familiar toy, blanket or favorite stuffed animal.
- ♥ Talk to your child. Sing a song to your child.
- ♥ If your child can not calm down, move away to a quiet area. You will be helping your child learn how to cope.

You will feel better and so will your child.

Soda and Children

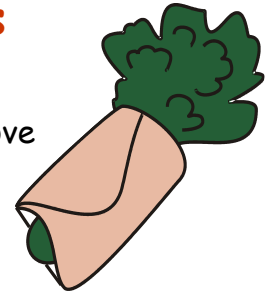
Today's children drink a lot of sugar drinks such as sodas, fruit drinks and other sweet drinks. This can be a problem!

- ♥ **Children are more likely to become overweight or obese if they drink lots of sugary drinks.** This is because there are a lot of calories in sugary drinks. A 12 ounce can of soda can have 150 calories. An average preschooler needs only 1,600 calories a day. An extra can of soda will add up to 1,080 calories in a week. At that rate, a preschooler can gain an extra pound each month or 12 extra pounds in a year above their normal weight gain.
- ♥ **Children's diets are more likely to be low in calcium.** If children are drinking soda at meals, then they probably are not drinking enough milk. Your preschooler needs at least 16 ounces of milk each day.
- ♥ **Children may develop cavities in their teeth.** The sugar in soda can cause cavities. A child who drinks sweet drinks during the day is more likely to have cavities.



Ham Roll-ups

Children can roll ham slices around broccoli spears. Children love to eat what they cook!



- 2 cups broccoli spears, cooked
- 6 slices ham
- 1/2 cup cheese sauce (such as a mild taco cheese sauce)
- 1. Place 1 broccoli spear on 1 slice of ham, and roll up. Roll rest of ham slices around broccoli spears.
- 2. Place ham roll-ups in a baking dish.
- 3. Pour cheese sauce over roll-ups.
- 4. Cover and bake in 350° oven for 10 minutes or until hot.
- 5. Let cool slightly and serve.

Kid Meals

Make healthy choices with your child at restaurants.

- ♥ **Choose the best for your child!** Hamburgers are lower in fat than chicken nuggets. Ham and turkey sandwiches are usually good choices. Cheese pizza is a healthier choice than sausage or pepperoni pizza.
- ♥ **Order milk or water to drink.** Avoid soda which is high in sugar and low in nutrition.
- ♥ **Share your meal with a child.** Ask for an extra plate. Children love to eat what their parents and others are eating.
- ♥ **Skip the French fries.** They are high in fat and calories. If you order fries, share a small order with your child.

Mexican Pizza Calzones

Make this fun dish with your child!
Freeze and heat later in oven for an easy meal.



1 (16 ounce) loaf frozen bread dough, thawed and rolled out well

1 (12 ounce) jar pizza sauce or taco sauce

3/4 cup shredded mozzarella and cheddar cheese blend

1 cup cooked lean ground beef or cooked shredded chicken

1/2 cup cooked mushrooms (optional)

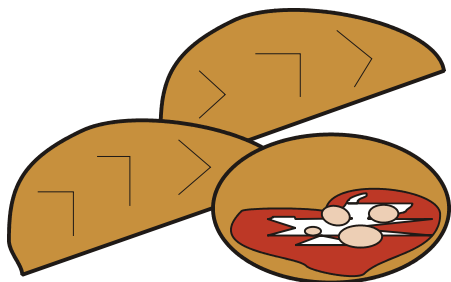
1/2 cup of your child's favorite vegetables (optional)

1. Divide bread dough into 8 equal pieces. Roll each piece of dough into 4-inch circles.
2. Spread pizza sauce or taco sauce on each circle round. Place toppings on half of each circle.
3. Fold each circle in half, pressing edges together with a fork. Prick tops with a fork.
4. Lightly spray baking sheet with nonstick cooking spray. Place calzones on a baking sheet.
5. Bake in 375° oven for 20 minutes. Serve.

To freeze calzones: Cool calzones after baking. Place in freezer bag and freeze for up to 1 month.

To reheat: Unwrap calzones and bake on baking sheet in 350° oven for 10 minutes.

More Calzones



♥ **Ham and Cheese Calzones:** Fill each calzone with 1/4 cup finely chopped ham and 1/4 cup of American cheese.

♥ **Turkey Calzones:** Fill each calzone with 1/4 cup finely chopped turkey, 1/4 cup chopped spinach and 1/4 cup shredded cheese.

♥ **Cheese Calzones:** Fill each calzone with 1/4 cup shredded mozzarella cheese, 1/4 cup cottage cheese, 2 tablespoons chopped tomato, and 1 teaspoon dried Italian seasoning.



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Nutrition Coalition

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