



# KidFood

*Healthy Eating for Today's Kids*

**Nutrition Matters**

June 2008

## Grilled Burgers



Summer brings picnics, cookouts and family reunions. These are great times to enjoy your family and a good meal.

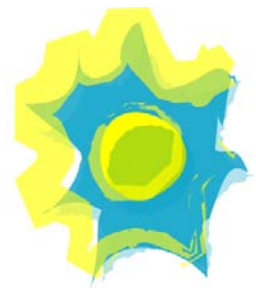
Hamburgers can make quick and easy meals that children love!

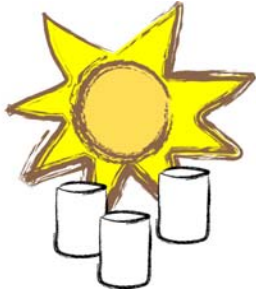
### Cook healthy and safe burgers:

- Buy lean ground beef. Choose the best meat for your child. Lean ground beef is high in protein and low in fat.
- Make small flat burgers for your children.
- Serve hamburgers on small buns. Small children enjoy eating food that is their size.
- Serve skim or 1% milk for children over the age of 2 years.
- Offer fruit and vegetables. Try grilled fruits, fresh fruits or serve raw vegetables.

Summer also brings warm sunny days. This can mean an increase risk of food borne illnesses. Grill healthy and safe burgers for your family this summer:

- ♥ Wash hands before and after making hamburger patties.
- ♥ Wash counters and utensils with hot soapy water after they touch raw meat.
- ♥ Use a thermometer for hamburgers.
- ♥ Cook hamburgers until a thermometer placed into the thickest part of the burger reads at least 160° F.
- ♥ Place cooked food on a clean plate. Do not put cooked food on an unwashed plate that held raw meat.



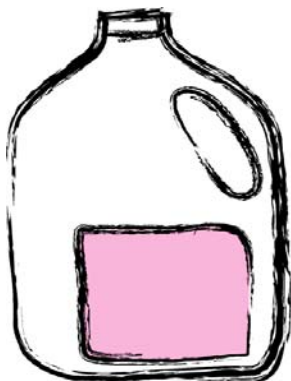


## Flavored Milks

There are banana flavored milks and orange flavored milks, along with the traditional chocolate and strawberry milks.

**Are these flavored milks a healthy choice?** Yes, they can be! Flavored milks have the same amount of calcium as white milk. They do have some added sugar and calories. But flavored milks are a healthier choice than soda and other sweet drinks.

Flavored milks can have 2 to 4 teaspoons of added sugar in a typical 1 cup or 8 ounce serving. Soda can have 10 teaspoons of sugar in a 12 ounce can. Your child will get less sugar and more calcium if he drinks flavored milk instead of soda.



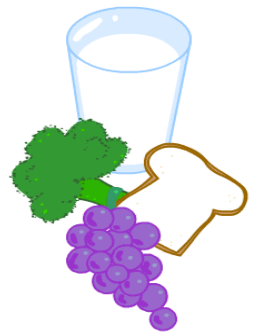
## Milk Matters

It is hard to get enough calcium without drinking milk. Your child needs plenty of calcium to make strong bones that will last for the rest of his life. Your child will develop about 90% of his bones by the time he is 17 years old.

Your preschool child should drink at least 16 ounces or 2 cups of milk each day. Drinking milk at mealtimes is an easy way to get enough calcium. Offer skim or 1% milk to children over the age of 2 years.

If your child refuses to drink milk at meals:

- ♥ **Drink milk with your child. Small children love to copy what they see others doing.** If you and other family members drink milk, your child will want to drink milk.
- ♥ **Offer a small amount of milk at meals. Do not force your child to drink milk.** Encourage him to drink a small amount. Let him ask for more.
- ♥ **Offer milk in a special cup.** Teddy bears, monkeys and puppies on cups can make mealtimes fun.
- ♥ **Use a small cup.** Offer milk in a cup that your child can easily hold.
- ♥ **Offer water to drink at mealtimes if your child refuses to drink milk.**
- ♥ **Do not offer juice or other sweet drinks at mealtimes.** Some children will refuse to drink milk if they can drink sweet drinks.



**Start healthy eating habits early in life!**

## Grilled Fruits

Grilled fruit is perfect for a cookout!

Children love its light and fresh taste.

### Apple Rings



1. Remove cores from 4 apples.
2. Do not peel apples.
3. Cut apples crosswise into rings.
4. Place apple rings on aluminum foil that has been sprayed with vegetable oil spray.
5. Fold foil around apple rings.
6. Heat on grill for 3 minutes. Lightly sprinkle with cinnamon.
7. Turn apples and grill for 3 more minutes.
8. **Top with yogurt!**

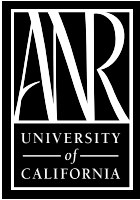
### Help your child develop healthy eating habits:

- ♥ **Offer white milk at mealtimes.** Your child will learn that drinking white milk at mealtimes is a habit for your family.
- ♥ **Flavored milks are a better choice than soda for your child.** Flavored milks make good snacks. It is okay to have flavored milk at some mealtimes.
- ♥ **Mix your own flavored milks.** You will make healthier drinks and save money!
- ♥ **Make Berry Milk!** Blend 1 cup of 1% or skim milk with  $\frac{1}{2}$  cup strawberries, raspberries or blueberries.
- ♥ **Make Tropical Milk!** Blend 1 cup of 1% or skim milk with  $\frac{1}{2}$  cup orange or pineapple juice. Add  $\frac{1}{2}$  banana and blend!

### Island Pineapple

- Use fresh or canned sliced pineapple.
- Cut fresh pineapple into rings or use canned sliced pineapple.
- Place pineapple on grill.
- Heat for 2 to 3 minutes on each side. Remove from grill and serve.





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### Nutrition Matters

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