



KidFood

Nutrition Matters

Healthy Eating for Today's Kids

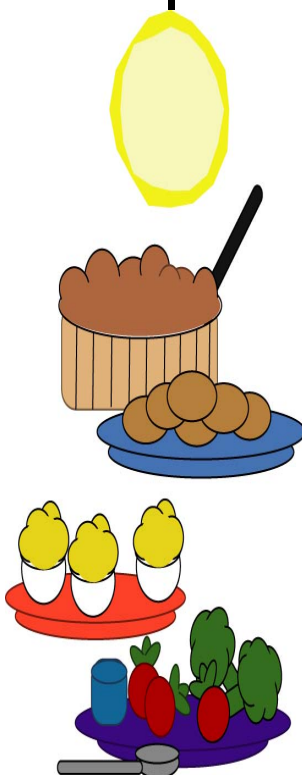
July 2008

Family Fun

- Family gatherings are a great time to get together with family and friends. It's fun to share memories and stories. It's also fun to create new memories. Small children love to play and eat with other children.
- Favorite family foods are often served at family gatherings. These traditional family foods are often special foods which are made with a great deal of love!
- Let your child see you and others eating and enjoying food. Your child may want to try these new foods. Small children may learn to like new foods at family gatherings.
- Your child may not like a new food when he eats it for the first time. Don't worry! Children often have to try a new food 8 to 10 times before they might decide that they like it. Don't give up!

Avoid mealtime pressures and keep family gatherings fun:

- ♥ **Let your child choose what he wants to eat.** Don't worry if he doesn't want to eat the fruit salad or hamburger casserole. There will be other healthy meals later.
- ♥ **Encourage your child to taste new foods.** Talk about what is in dishes. Ask your child if he wants a small taste from your plate.
- ♥ **Never force a child to taste or eat food, especially at a family gathering.** This can be too much pressure for a small child in front of a large group.
- ♥ **Don't talk about your child's eating habits.** It can be frustrating for your child to hear how his eating habits are, which may discourage him more.
- ♥ **Let your child decide how much he wants to eat.** Never make your child "clean" his plate, and don't bribe with dessert.



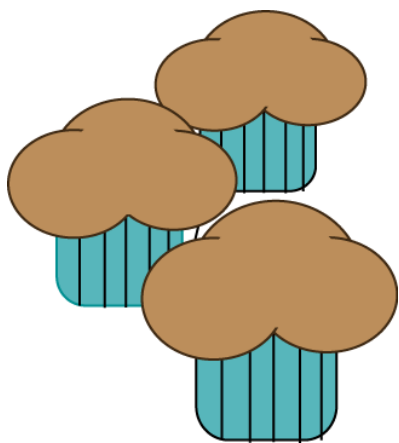
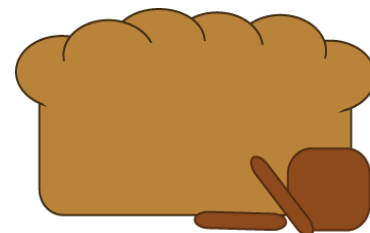
Nature's Fiber

Today's children eat too many foods that are high in fat and sugar and low in fiber.

Offer high fiber foods for your family. This does not mean eating strange foods.

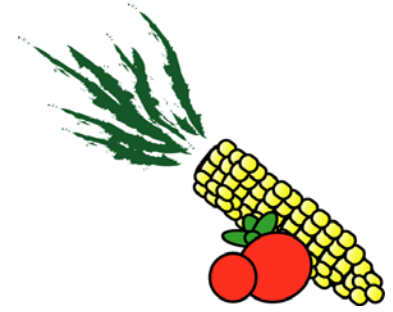
Your child can eat enough fiber by simply eating the recommended servings of fruits, vegetables and grains each day.

- ☺ **Offer at least 1½ cups of vegetables each day.** All vegetables have fiber. Some vegetables have more fiber. Some high fiber vegetables include carrots, peas, green beans, corn, spinach, greens, broccoli, cauliflower, cabbage and squash.
- ☺ **Offer at least 1 cup of fruit each day.** Whole fruits have more fiber than fruit juice. A whole apple with peel has 12 times more fiber than 6 ounces of apple juice. Some high fiber fruits include pears, peaches, apples, strawberries, blueberries and raspberries.
- ☺ **Offer at least 3 ounces of grains such as breads, cereal, pasta, and crackers each day.** Read the label and choose *whole grain* and *whole wheat products*.



- ☺ **Eat the skin on fruits and vegetables whenever possible.** The skin has most of the fiber. Buy a vegetable brush. Scrub instead of peeling.
- ☺ **Choose breakfast cereals with fiber.** Bake with breakfast cereals. Most cereals have recipes on their boxes.
- ☺ **Bake breads, muffins and cookies with oatmeal.** Oatmeal is a natural grain high in fiber.
- ☺ **Cook with legumes.** Legumes are a great source of fiber and protein! Try bean soup, chili, baked beans and bean salads.
- ☺ **Try refried beans.** Bean burritos make a quick lunch. Melt shredded cheddar cheese on refried beans for a snack. Serve with corn chips.
- ☺ **Choose whole grain crackers for snacking.** Spread with peanut butter which also is a good source of fiber.
- ☺ **Offer fresh fruits and vegetables for snacks.**

Corn Cakes

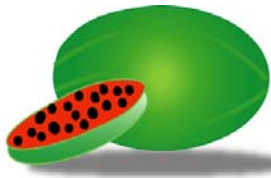


- 1 tablespoon vegetable oil
- 1½ cups raw corn kernels
- 1 cup finely crushed saltine crackers
- ½ cup skim milk
- 2 eggs
- Salt and pepper to taste

1. Mix corn, crushed crackers, milk, eggs, salt and pepper together in a bowl.
2. Heat oil in a large skillet.
3. Drop 5 heaping tablespoonfuls of corn mixture on hot skillet. Cook for 2 minutes.
4. Turn with spatula and cook for 2 more minutes.
5. Remove from skillet. Repeat with remaining batter to cook 5 more cakes.

Kid Favorites

Bring along some favorite foods that children love! Try these healthy summer foods:



- Cut up watermelon, cantaloupe, kiwi fruit, strawberries, peaches, pears, pineapple, and apricots.
- Rolled up ham slices with cheese spread.
- Cheese slices and crackers.
- Cut up ham or turkey on whole wheat bread.
- Baked tortilla chips and salsa.
- Raw vegetables such as baby carrots, cauliflower, cherry tomatoes and broccoli. Serve with low-fat ranch dressing as dip. (Make sure the vegetables are small enough for a young child).
- Peanut butter spread on crackers or bread.

Summer Corn

Enjoy this summer treat with your children!

- Serve "corn on the cob" for dinner. Small children love to chew corn off the cob.
- Corn and Ham Casserole—prepare scalloped potatoes according to directions on box. Stir corn kernels and chopped ham into potatoes before baking. Bake and serve!
- Corn salsa—cut cooked corn off of the cob. Combine 1 cup cooked corn with 1 cup salsa. Serve with corn chips.





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

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Nutrition Coalition

Supported by First 5 Placer County
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SHARON K. JUNGE, NFCS Advisor

VICKY PANTELS, Program Representative

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