



# KidFood

*Healthy Eating for Today's Kids*

**Nutrition Matters**

January 2009

## An Ounce of Prevention

We all know how hard it is to lose weight. It is easier to prevent an overweight problem.

Help your child develop healthy habits that can prevent obesity. Your child will grow up happy and healthy!

- ♥ Offer 3 meals and 2 to 3 nutritious snacks each day. Small children thrive on routines. They will eat better and be happier when they know what to expect at mealtimes.
- ♥ Allow your child to decide "how much" he will eat. Let your child stop eating when he is no longer hungry.
- ♥ Offer child size servings. Some children will overeat when they are serve large portions.
- ♥ Eat with your child. A child's most important role model is his parents. Your child learns healthy eating habits by watching you and others eat.
- ♥ Limit sugary drinks. There are a lot of extra calories in soda and other sweet drinks. A 12 ounce can of soda has 150 calories and no nutrition!

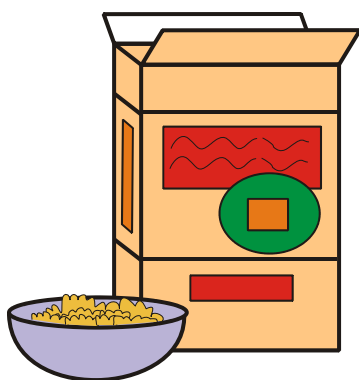


- ♥ Limit fruit juice. Too much fruit juice can also add up to too many calories. Limit juice to 6 ounces each day.
- ♥ Snack on fruits and vegetables. Fruits and vegetables have lots of natural water and help satisfy a child's thirst. They are also high in fiber!
- ♥ Offer skim or 1% milk to children over the age of 2 years. Children who want to gain weight may need to drink 2% or whole milk.
- ♥ Serve fewer high fat foods. Eat less bacon, sausage and other high fat meats. Skip the French fries or potato chips. Use small amounts of cheese and limit fried food.

*Give your child a lifetime of good health!*

## January is "Oatmeal Month"

- ♥ Oatmeal is a whole grain. Offer whole grains for at least half of your child's grains.
- ♥ Celebrate the New Year with good health.
- ♥ Buy low fat granola made with oatmeal. Granola makes a delicious snack that children can eat with their fingers.
- ♥ Top your child's favorite yogurt with granola and fruit (blueberries, strawberries, peaches, pineapple).
- ♥ Sprinkle granola on your child's favorite breakfast cereal—adds fiber, nutrition and flavor!
- ♥ Enjoy Apple Granola Bars!\*



## Apple Granola Bars

- $\frac{1}{4}$  cup soft margarine
- $\frac{1}{2}$  cup brown sugar
- $\frac{1}{2}$  cup applesauce
- 1 egg
- $\frac{1}{2}$  cup flour (whole wheat or white flour)
- 1 cup granola
- $\frac{1}{4}$  teaspoon baking soda
- $\frac{1}{4}$  teaspoon cinnamon
- $\frac{1}{2}$  cup apples, finely chopped

### Directions:

1. Combine margarine and brown sugar in a large bowl. Beat together. Add applesauce and egg. Mix together.
2. Add flour, granola, baking soda and cinnamon to margarine mixture. Mix together. Stir chopped apples into batter.
3. Spray an 8 inch square pan with nonstick cooking spray. Spread batter into pan.
4. Bake in a 350° oven for 20 to 25 minutes. Remove from oven. Cool and cut into bars.
5. Serve.

## Bundle Up and Enjoy the Winter!

- ♥ Play outside! Children who go outside to play are more active. Walk to the park or school playground.
- ♥ Shovel snow! Buy a small shovel for your children. If you live in a snowy area, ask him to help you shovel snow. Move your arms up and down to create "wings" in the snow.
- ♥ Build snow forts or snow houses. Make paths through the snow. Play tag in the snow.
- ♥ Talk a walk in the zoo or park. Talk about how animals live and sleep in the winter.
- ♥ Build "tents" in the living room on a cold or rainy day. Let children drape blankets on chairs and other furniture.
- ♥ Invite other children to your home. Children are more active when playing with other children.
- ♥ Create a safe play area in your home. Clear out an area when your children can ride small bikes, push toys, pull wagons and dance. This could be a room, part of a room, garage or basement.
- ♥ Enjoy the benefits of active children! Children who are active are better behaved, learn easier and sleep better at night!



## Praise your child!

- ♥ When your child is behaving at a friend's house, tell him how good he is being.
- ♥ When your child is trying new foods, let him know that you are happy and proud of his trying new things.
- ♥ When your child helps in the kitchen, tell him that he did a great job and you are proud of him. Tell family and friends that your child is a great help in the kitchen. **And let your child hear you tell them!**





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## Nutrition Matters

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## Nutrition Coalition

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