



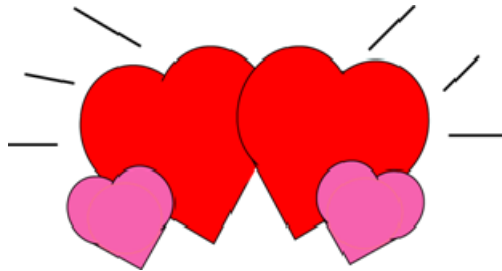
# KidFood

*Healthy Eating for Today's Kids*

**Nutrition Matters**

February 2009

## Healthy Hearts



Too much fat can cause problems for small children such as:

- ♥ **Overweight**—High fat foods can add up to a lot of extra calories.
- ♥ **Fussy Eaters**—Some children learn to prefer the taste of high fat foods. These children may refuse to eat other healthy foods such as fruits and vegetables.
- ♥ **Poor Nutrition**—Many high fat foods are also low in nutrition. Your child can easily fill his small tummy with high fat, low nutrition foods.

### Limit High Fat foods

- ♥ Skip the French fries. Or share a small order of French fries with your child. French fries are high in fat, calories and have very little nutrition.
- ♥ Limit potato chips and corn chips. Choose low fat corn chips and pretzels. Pour a small amount into a bowl to eat. Do not eat out of the bag—it's too easy to overeat.
- ♥ Choose skim or 1% milk for your family. Skim and 1% milks have all the calcium in whole and 2% milk, without the extra fat.
- ♥ Eat less bacon, sausage and other high fat meats. Read the label and make healthy choices for your family.

## Healthy Meat Choices

### Sliced turkey or ham

♥ 1 ounce ~ 30 calories ~ 5 fat calories

### Sliced roast beef

♥ 1 ounce ~ 30 calories ~ 12 fat calories

### Sliced bologna

♥ 1 ounce slice (regular) ~ 90 calories ~ 120 fat calories

♥ 1 light slice ~ 60 calories ~ 35 fat calories

♥ 1 fat free slice ~ 20 calories ~ 0 fat calories

## Chicken Kabob Salad

1 pound boneless, skinless chicken breasts, cut into 1 inch cubes

1 can (20 ounces) pineapple chunks

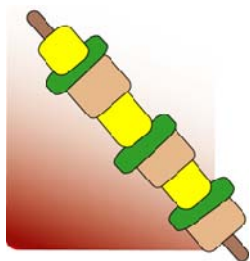
1 red or green bell pepper, cut into 1 inch cubes

Low-fat Italian salad dressing

1 head romaine lettuce

1. Thread pineapple chunks, chicken cubes and pepper cubes on skewers. Brush kabobs with Italian salad dressing.
2. Grill or broil kabobs for 10 to 15 minutes or until chicken is no longer pink. Turn kabobs a couple times while cooking.
3. Serve kabobs on chopped lettuce. Serve with your favorite low-fat salad dressing.

\*Makes 4 servings



## Chicken Ham Roll-Ups

Serve Chicken Ham Roll-ups with flavored rice and cooked broccoli spears.

2 skinless, boneless chicken breasts

2 ounces Monterey jack cheese, cut into 2 slices

4 large slices ham

1 tablespoon vegetable oil

Salt and pepper to taste

1. Cut a pocket in the thickest part of each chicken breast. Insert a slice of cheese into each pocket.
2. Wrap each chicken breast with 2 slices of ham. Secure with toothpicks, if needed.
3. Heat a large skillet over medium heat. Add oil to skillet. Add chicken to skillet. Cover and cook for 10 minutes. Add a small amount of water to skillet, if pan is too hot.
4. Uncover, turn chicken breasts over and cook for 5 more minutes or until chicken is no longer pink.

\*Makes 4 servings

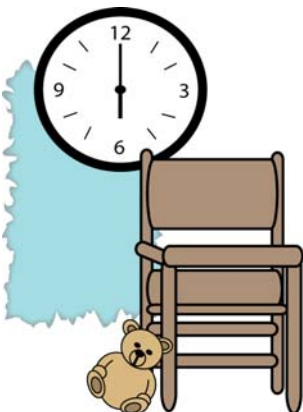
## Enjoy All Foods, Just Don't Overeat Them

- ✓ Choose low-fat or non-fat dairy foods. Buy low-fat or non-fat yogurt, pudding, cheese and cottage cheese.
- ✓ Use small amounts of cheese in cooking. Cheese does have calcium, but it can be high in fat and calories. Use small amounts of cheese.
- ✓ Use less oil and fat when you cook. Limit cream sauces and gravies.
- ✓ Choose low fat salad dressing on your salads and raw vegetables.
- ✓ Enjoy more fruits and vegetables! They are naturally low in fat. Snack on bananas, kiwi, apple slices, baby carrots, broccoli and tomatoes.
- ✓ Choose meats with little fat. Cut off any fat you can see before cooking.
- ✓ Limit fried foods. Bake, grill or broil meats and other foods whenever possible.



## Don't Force a Child to Eat!

- ◆ **Serve healthy meals and snacks for your family.** Parents decide what type of food is served. Your child will decide how much he will eat.
- ◆ **Expect your child to stay at the table during mealtimes.** Your child needs the family time, even if he is not eating.
- ◆ **Make a table rule - "no yelling or arguing at the table".** Negative talk at the table can turn off a child's tummy and he may refuse to eat.
- ◆ **Be positive when eating.** Tell your child that you are proud of him. Give your child a smile, a touch or a hug.
- ◆ **Don't offer a snack right after a meal.** Offer a healthy snack 2 hours after a meal. Your child will learn that he needs to wait for the next snack time if he refuses to eat a meal.





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## Nutrition Matters

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