



KidFood

Nutrition Matters

Healthy Eating for Today's Kids

March 2009

Broccoli, Carrots and More!



Enjoy dark green and orange vegetables with your child. Our most nutritious vegetables are full of color.

Broccoli and carrots are two of the most nutritious vegetables. They are colorful, fun to eat and full of nutrition!

- ♥ Snack on raw broccoli and carrots. Children love their mild taste and crunch. Dip in low-fat Ranch salad dressing, salsa or cheese dip. Try dipping carrots in peanut butter! (Beware of peanut allergies).

- ♥ Let your child help in the kitchen. Cook with your child. Talk about what you are cooking. *"What does broccoli look like? What does it feel like? What does it sound like when we eat it?"* Children are more likely to eat what they help to cook.
- ♥ Snack on veggies! If your child is hungry and wants something to eat before dinner, offer raw carrots or broccoli. Your child will be happy while you finish cooking. And he will eat his vegetables!
- ♥ Serve cooked broccoli for dinner. Sprinkle with shredded cheddar cheese or parmesan cheese. Or squeeze fresh lemon juice or broccoli.
- ♥ Toss some fresh chopped broccoli or shredded carrots into your favorite salad. They will add flavor, crunch, color and nutrition.

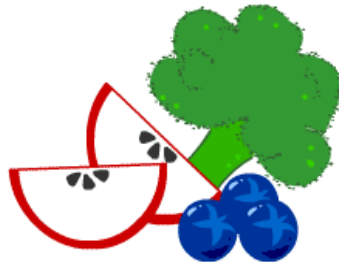


- ♥ Add shredded carrots or finely chopped broccoli to spaghetti sauce or lasagna. It's an easy way to hide a few extra vegetables in a favorite dish.
- ♥ Stir fry frozen or cooked broccoli. Heat a small amount of olive oil in a skillet. Fry and stir broccoli. Season with garlic salt, pepper and parmesan cheese.
- ♥ Raw broccoli and carrots are portable. Pack a bag of raw vegetables to go!

Enjoy colorful vegetables with your family. When your child learns to eat vegetables early in life, it's easier to eat a healthy diet. It just becomes a way of life!

Chicken Noodles

- 1 tablespoon vegetable oil
- 1 cup frozen broccoli
- 2 cups cooked spaghetti
- 8 oz. cooked chicken
- 1 tablespoon soy sauce
- 1 tablespoon parmesan cheese



1. Heat oil in a large skillet.
2. Add frozen broccoli to skillet. Cook and stir broccoli for 3 minutes.
3. Cut chicken into small strips.
4. Add cooked spaghetti and chicken to broccoli.
5. Stir and cook for 3 more minutes. Season with soy sauce and parmesan cheese. Serve!



Veggie Fried Rice

Leftover chicken, ham or roast beef can be added to the Veggie Fried Rice.

- 2 tablespoon oil
- $\frac{1}{2}$ cup shredded carrots
- $\frac{1}{2}$ cup finely chopped broccoli
- $\frac{1}{4}$ cup finely chopped onion
- 2 cups cooked rice
- $\frac{1}{4}$ cup water
- 2 eggs
- $\frac{1}{4}$ cup milk
- Salt and pepper to taste
- 1 tablespoon soy sauce

1. Heat oil in a large skillet. Cook carrots, broccoli and onion over medium heat for 3 minutes. Stir vegetables while cooking.
2. Add cooked rice and water to vegetables. Cook and stir for 3 minutes.
3. Beat eggs and milk together in a small bowl. Pour milk and eggs over rice mixture

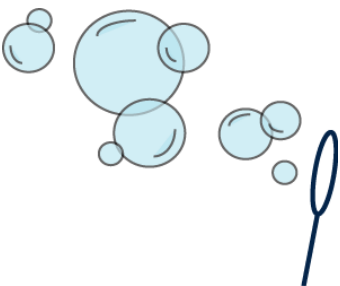


Buy Toys that Help Your Child Be More Active!

- ♥ Tricycles, bikes, big wheels and other riding toys are fun to ride. Find a safe area for your child to ride—sidewalks, park, bike trail or school playground.
- ♥ Buy a wagon. Children love to pull their favorite doll, stuffed animal or friend in a wagon. Wagons are also fun to pull around the yard, park or beach. Collect treasures such as rocks, shells and sticks.
- ♥ Push toys are fun for small children. Try toy shopping carts, strollers and other push toys. Children love to copy what they see their parents doings.
- ♥ Children love balls. All types of balls—large beach balls, soft balls, basketballs and soccer balls. Keep your child's balls in a large basket—ready to be played with.
- ♥ Play games with balls. Bounce, throw, roll or kick a ball to each other. Throw a ball at a target such as an empty box or basket.
- ♥ Beach toys are fun for playing in the summer sand. Pails, shovels, trucks and other toys can be used to make castles, houses, rivers and dams.
- ♥ Buy a plastic flying disc. The whole family can have fun tossing and catching the flying disc. Even the family dog can catch it!



Be Active With Your Child!



- ☺ **Bubble blowers are fun!** Blow bubbles. Try to catch and pop the bubbles!
- ☺ **Enjoy a sport together.** Try skating, biking or hiking with your children.
- ☺ **Go outside!** Children who play outside are more active. Find a safe area for your child to play.
- ☺ **Watch less television.** Try to watch 2 hours or less each day.



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