



# KidFood

Nutrition Matters

*Healthy Eating for Today's Kids*

April 2009

## The Healthy Potato

Potatoes are our favorite vegetable. However, most of the potatoes that our children eat are French fries and potato chips.

Potatoes can be a good source of fiber and vitamin C. Choose your potatoes wisely! Serve potatoes that are not fried.

### Baked Potato

(1 medium potato with skin)  
150 calories      0 fat calories  
30% Daily Value Vitamin C

### Mashed Potato

(1/2 cup mashed potatoes)  
111 calories      36 fat calories  
10% Daily Value Vitamin C

French fries and potato chips are high in fat and have very little nutrition. They are not healthy choices.

### French Fries

(20 French fries)  
316 calories      144 fat calories  
8% Daily Value Vitamin C

### Potato Chips

(2 ounces potato chips)  
316 calories      198 fat calories  
4% Daily Value Vitamin C



## Party Potatoes

Cook a variety of toppings. Let children put together their own "Party Potato"!

### Potatoes

- Wash small potatoes.
- Bake potatoes in 400° oven for 30 to 40 minutes or until soft when poked with a fork.
- Cut potatoes on top and push open.

### Let children put on their favorite toppings:

- Ham and turkey cut into small cubes
- Cooked hamburger with taco seasonings
- Shredded cheddar or mozzarella cheese
- Cooked broccoli or cauliflower
- Cooked carrots or green beans
- Refried beans
- Salsa



## Play With Your Child

Plan to have at least 1 hour of active play time with your child every day!

- ☺ **Find your local walk trails and bike trails.** Bring along a camera, water bottle, bag for treasures and bug spray.
- ☺ **Go on a butterfly hunt.** Buy a small net. Children love running through the yard or park chasing butterflies. After catching butterflies, look at their colors and markings. Then let them go!
- ☺ **Organize a Spring Clean Up.** Get out the rakes and garbage bags. Pick up paper, twigs and leaves. Help your neighbors clean up their yards.

## Plant a Garden

Plant a garden with your child this spring!

Maybe you are lucky enough to have your own garden space. If not,

- ♥ Plant a garden at a friend or relative's home if they have a garden space.
- ♥ Look for a community garden. They often will rent garden space at a low cost. Call your Cooperative Extension Office for information.
- ♥ Plant in large pots! Plant and grow vegetables with your child.

Your child will be more willing to try to eat the vegetables that he helps to grow.



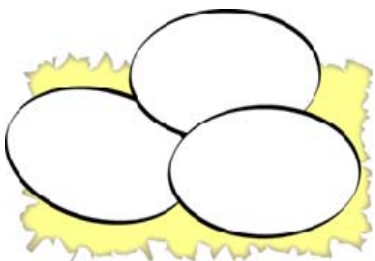
### Children Can Help!

- ♥ Dig with a small plastic hoe or shovel.
- ♥ Place seeds into a hole.
- ♥ Cover seeds with dirt.
- ♥ Give water to seeds and plants.

## Eggs for Kids

- ☺ **Egg Sandwich** - Scramble an egg and chopped cooked broccoli together. Cook egg in a skillet. Top with shredded cheddar cheese. Serve on toast.
- ☺ **Egg Salad and Crackers** - Remove shell from hard cooked eggs. Chop eggs. Mix eggs with low-fat mayonnaise, salt and pepper. Serve on crackers!
- ☺ **Deviled Eggs and Ham** - Remove shells from hard cooked eggs. Cut eggs in half. Remove yolks and place in a bowl. Mix yolks, low-fat mayonnaise, salt, pepper, dash of mustard and finely chopped ham. Spoon the mixture into egg whites. Serve!
- ☺ **Peel and Eat Eggs** - Hard cook eggs are the perfect snack - just peel off the shell and eat!

**A great source of protein!**



## Cooking a "Boiled Egg"

1. Place raw eggs in a saucepan. Cover eggs with water.
2. Bring water to a fast boil for 30 seconds.
3. Remove saucepan from heat and cover.
4. Let eggs sit in covered pan for 20 minutes.
5. Drain water off eggs and refrigerate.

## Baked Custard

- 4 eggs
- $\frac{1}{4}$  cup sugar
- $2\frac{1}{2}$  cups low-fat milk
- 1 teaspoon vanilla
- dash of salt
- dash of cinnamon or nutmeg



1. Blend eggs, sugar, vanilla and salt together in a bowl. Slowly stir in milk.
2. Pour into a baking dish that has been lightly sprayed with nonstick cooking spray.
3. Sprinkle with cinnamon or nutmeg.
4. Pour 1 inch of hot water into a 9 x 13 inch baking pan.
5. Place dish of custard into the 9 x 13 inch pan. This hot water will keep the custard smooth while cooking.
6. Bake in a 350° oven for 50 to 60 minutes or until knife inserted in center comes out clean.
7. Serve the custard warm or chilled.

**Makes 6 servings**

*Top your custard with fruit for more flavor and nutrition.*

*Try sliced bananas, strawberries, peach slices, blueberries, raspberries or mandarin oranges.*



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