



KidFood

Nutrition Matters

Healthy Eating for Today's Kids

May 2009



Snack Time

Children grow best with 3 meals and 2 to 3 small snacks each.

Snacks need to be nutritious!

Children who fill their small tummies with candy, soda and chips will not have room for nutritious meals and snacks.

Snacks need to be planned!

Children who snack all day long may not be hungry at meal times. Try to have 2 hours without eating before a meal. If you are having lunch at 12:00, have a snack at 10:00.

Snacks can make up for those foods that your child may not eat at meal times.

If your child did not eat vegetables at a meal, offer one of these snacks:

- ☺ Carrot sticks, baby carrots, cherry tomatoes or broccoli spears
- ☺ Try something different - raw pea pods, raw green beans or fresh peas
- ☺ Canned peaches, pears, pineapple, or mandarin oranges (in fruit juice)
- ☺ Banana, apple, orange, kiwi or grapes

If your child did not drink milk at a meal, offer one of these snacks:

- ☺ Yogurt flavored with fruit
- ☺ String cheese, cheese and crackers
- ☺ Pudding or custard
- ☺ Milkshake, flavored milk, or hot chocolate

BEWARE of foods which can cause children to choke. Children under the age of five may have trouble chewing and swallowing foods. Do not give your children the following foods:

Round foods

- ◆ Hot dogs and meat sticks (unless sliced lengthwise)
- ◆ Grapes
- ◆ Peanuts

Foods with pits

- ◆ Cherries
- ◆ Olives

Hard foods

- ◆ Hard candy
- ◆ Raw vegetable sticks such as carrots and celery



Simple Snacks

Keep a bowl of fruit or cut up veggies in your refrigerator.

What you see is what you will eat!

- 😊 Peel an orange and break in segments.
- 😊 Slice a banana into chunks.
- 😊 Make apple, mango, papaya or kiwi slices.
- 😊 Cantaloupe or watermelon chunks.
- 😊 Strawberries, blueberries, or raspberries.
- 😊 Carrot slices, baby carrots or shredded carrots make fun finger foods.
- 😊 Try raw pea pods or green beans.
- 😊 Serve fruit canned in its own juice - peaches, pears, apricots, or mandarin oranges.
- 😊 Serve raw broccoli and cauliflower pieces with low-fat vegetable dip.
- 😊 Serve applesauce.
- 😊 Dip graham crackers into applesauce.

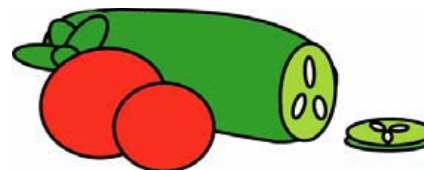


Pack a Snack!

Children are often hungry. Our lives are also very busy. It can be difficult to keep children happy when running errands and keeping appointments.

Be prepared - plan ahead and pack a snack!

- ✓ Crackers are an easy snack. Children love them.
- ✓ Moms love them. Crackers are easy to carry along.
- ✓ The grocery store is full of crackers.

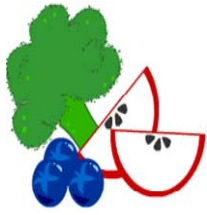


Veggies to Go!

Bring along some raw vegetables when running errands. Many vegetables will travel well - just pack in a small plastic bag or container and go!

It's an easy way to help your child learn to eat a variety of healthy vegetables!

- ♥ Broccoli or cauliflower
- ♥ Baby carrots or carrot sticks
- ♥ Cherry or grape tomatoes
- ♥ Cucumber or zucchini slices
- ♥ Raw green beans or pea pods
- ♥ Raw kohlrabi or rutabaga sticks
- ♥ Green, red or yellow bell pepper strips
- ♥ Radishes
- ♥ Raw mushrooms



Juice or Sugar Water?

You want your child to drink real fruit juice, not sugar water.

Check the label when you buy juice in the store.

Fruit drinks and juices can have the most confusing labels.

Many **fruit drinks** are fortified with vitamins and minerals.

The label may say, "100% vitamin C" which can make you believe it is 100% juice. However, it may be a fruit drink that is mostly sugar water with a few added vitamins.

Read the label:

If the label says, "**fruit drink**", look close! Fruit drinks are not 100% fruit juice.

If unsure, read the ingredients - **real fruit juice does not have added sugar.**

Fun Snacks

- 😊 **Banana Pops** - Peel a banana and cut in half. Push a popsicle stick into the banana. Spread peanut butter on the banana, roll in crushed cereal, wrap in wax paper and freeze.
- 😊 **Yogurt Sundaes** - Top low fat yogurt with fruit (sliced strawberries, blueberries, chopped peaches) and granola.
- 😊 **Kiwi Bowls** - Cut a kiwi in half and eat with a spoon.
- 😊 **Tortilla Roll** - Spread soft cheese on a tortilla. Top with shredded carrots. Roll up and eat!
- 😊 **Apple Rings** - Remove the core from an apple. Slice the apple into rings. Spread apple rings with peanut butter. Top with raisins.
- 😊 **Mini Sandwich** - Layer ham or turkey slices, lettuce and tomato on whole wheat bread. Cut into 4 small sandwiches.
- 😊 **Graham Cracker Snack** - Spread peanut butter on 2 graham crackers for a quick snack.
- 😊 **Snack Mix** - Make your own snack mix with a variety of low sugar breakfast cereals, dried fruit such as raisins and pretzels.



Be a good role model for your child!

Keep nutritious snacks in your kitchen.

Enjoy a healthy snack together.





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