



KidFood

Nutrition Matters

Healthy Eating for Today's Kids

June 2009

Strong Bones for Life

Children grow fast!

An average preschool child can grow 2 to 4 inches each year. It's no wonder that your child seems to grow out of all his clothes!

Your child needs plenty of calcium for his fast growing bones.

Drink milk at meals!

- ✗ Drink milk at meals with your child.
- ✗ Your child learns by watching what you and others enjoy drinking.
- ✗ Use a small cup for your child.
- ✗ Offer milk in a special cup. Pour a small amount of milk in the cup. If your child asks for more milk, pour more into the cup.
- ✗ Do not offer juice or other sweet drinks at mealtimes.
- ✗ Offer water to drink if your child refuses to drink milk.



Wake up with Calcium!

Eat breakfast cereal with milk!
A quick and easy breakfast.

Serve a "Yogurt Sundae" for breakfast.

Top fat free yogurt with fresh fruit (strawberries, blueberries, raspberries, sliced bananas, peaches, pears or pineapple) and granola.

If there is no fresh fruit available, top fruit flavored yogurt with granola.

Blend a "Breakfast Shake".

Blend together 1 cup skim milk, $\frac{1}{2}$ cup orange juice and a banana.

Add fresh berries when available - blueberries, strawberries, raspberries or blackberries.

Serve cheese and crackers.

Short on time? Slice some cheese and serve with crackers for a quick breakfast.

Which milk should my child drink?

Children over the age of 2 years can drink skim or 1% milk.

All types of milk - whole, 2%, 1% and skim - have the same amount of calcium, vitamin D and protein.

Skim and 1% milk have all the nutrition that growing children over the age of 2 years need without the extra fat and calories.

Preschool children need to drink 16 ounces of milk each day to get enough calcium.

Does your preschool child drink 16 ounces of milk each day?

If not, offer other calcium rich foods.

These foods have the same amount of calcium in 4 ounces (1/2 cup) of milk:

- 4 ounces yogurt
- 4 ounces pudding
- 1 string cheese
- 1½ ounces cheese
- 1 cup cottage cheese
- ½ cup calcium fortified juice

Easy Frozen Yogurt Sandwiches

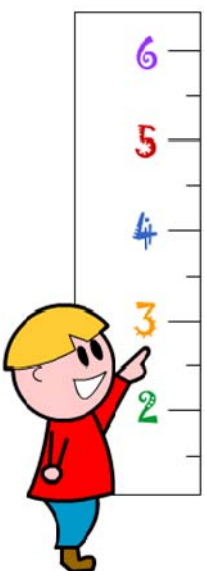
- Frozen flavored yogurt
 - Graham crackers
1. Let frozen yogurt soften a little.
 2. Put a small scoop of frozen yogurt on a graham cracker.
 3. Top with another graham cracker.
 4. Eat!

Fruit can be blended into frozen yogurt before making sandwiches.

Try blending in strawberries, blueberries, banana or peaches!

Frozen Yogurt Sandwiches can be made ahead and frozen.

Simply wrap each sandwich in plastic wrap before freezing.



Drinking milk at meals is a healthy habit for your child to learn.

When he grows up and goes to preschool or school, they will be serving milk at mealtimes.

Snack on Yogurt

Yogurt is the perfect snack for your child's growing body.

- ♥ **Add fruit to yogurt.**
- ♥ **Yogurt Cone** - Fill a waffle cone with frozen yogurt and top with sliced strawberries.
- ♥ **Apple and Banana Dips** - Dip apple slices and banana chunks into flavored yogurt, and then dip in granola.

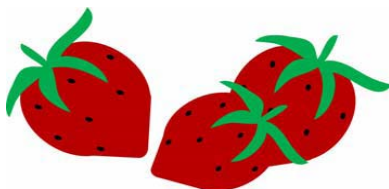


- ♥ **Dish of Fruit** - Fill a small dish with chopped fruit - bananas, grapes, strawberries, blueberries, pineapple, peaches, pears, kiwi or apples. Use fresh, frozen or canned fruit. Top with your favorite flavored yogurt and a sprinkle of cinnamon.
- ♥ **Fruit Full Cone** - Fill a waffle cone with fat free yogurt. Top with chopped strawberries, bananas and kiwi.

Fruity Creamsicles

- 2 (8 ounce) cartons vanilla low-fat yogurt
 - 1 cup fruit (strawberries, raspberries or blueberries)
1. Combine fruit and yogurt together in blender. Blend until smooth.
 2. Fill small paper cups $\frac{3}{4}$ full with yogurt mixture.
 3. Insert a wood stick into each cup. Freeze until firm.
 4. To serve, remove creamsicle from paper cup.

4 creamsicle (1/2 cup serving) - 116 calories,
1.5 grams fat, 12% calories from fat
and 1 gram of fiber per serving.



Yogurt is full of calcium
and protein!

**Choose yogurts made
with skim or 1% milk.**

They are lower in fat and
calories.

**Choose yogurts
without added sugar
and candy.**



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