



KidFood

Nutrition Matters

Healthy Eating for Today's Kids

November 2009

Homemade is the Best

Homemade meals are made
with love and nutrition.

Homemade meals also save money!

Does your child have favorite foods that he
likes to eat in restaurants?

**You can easily make most of these
foods in your home.**

Chicken Quesadillas

1. Layer cooked chicken pieces, American cheese slices, and chopped tomatoes on a tortilla shell.
2. Top with another tortilla shell.
3. Warm quesadilla in a skillet on both sides until cheese melts.


Pinwheel Sandwich

1. Layer each tortilla with $\frac{1}{4}$ cup shredded carrots, 1 ounce ham, 1 ounce turkey, and 1 tablespoon shredded cheddar cheese.
2. Roll up tightly and slice into 1 inch rounds.
3. Serve with honey mustard for dipping.

Soft Pretzels

1. Thaw a loaf of frozen bread dough overnight in the refrigerator.
2. Cut dough into 12 pieces. Roll each piece into a long noodle and shape into a pretzel.
3. Place pretzels on a lightly greased baking sheet.
4. Let pretzels rise until they are double in size, about 20 minutes.
5. Bake in a 350° oven for 10 to 12 minutes or until lightly browned.

Pumpkin Soup

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- 1 can white beans, rinsed and drained
 - 1 small onion, chopped finely
 - 1 cup water
 - 1 can plain pumpkin
 - 1 can low-sodium chicken or vegetable broth
 - Salt and pepper to taste (optional)
1. Blend white beans, onion, and water.
 2. In a soup pot, mix bean puree with pumpkin, broth and salt and pepper.
 3. Cover and cook over low heat about 15 to 20 minutes until warmed.
 4. Let cool and serve.

Avoid Mealtime Pressures

- ☺ **Let your child choose what he wants to eat.** Don't worry if he doesn't want to eat a fruit salad or casserole. There will be other healthy meals later.
- ☺ **Encourage your child to taste new foods.** Talk about what is in the dishes. Ask, but don't force, your child to take a small taste.
- ☺ **Serve small amounts of food on your child's plate.** He can always ask for more.
- ☺ **Never force a child to eat food.** There can be a lot of pressure for a small child to eat in front of large groups.
- ☺ **Don't talk about your child's eating habits.** Talk about what is happening in your life.
- ☺ **Let your child decide how much food he will eat.** Never make a child "clean" his plate.

Taco Buffet

Make your favorite taco with mini hard taco shells or soft tortillas.

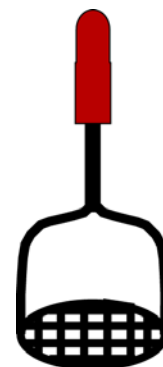
Stuff with their favorites:

- cooked hamburger, chicken or steak strips
- black beans
- chopped lettuce
- chopped tomatoes
- shredded cheddar cheese
- salsa

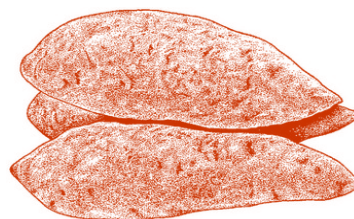


Do the Mashed Potato

1. Peel sweet potatoes and cut into large chunks.
2. Cook in salted boiling water until soft.
3. Drain water off potatoes.
4. Mash sweet potatoes with a small amount of milk.



Sweet Potatoes are a great source of vitamin A for your child!

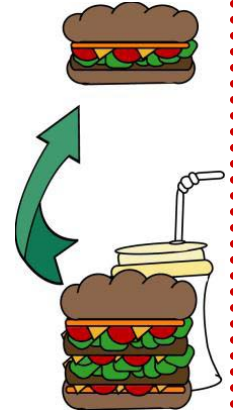


Super-Sized Food

We love to get more for our money! Restaurants try to serve what we want.

Serving sizes have increased because we love a bargain.

- Serving sizes can be 2 to 5 times larger than what we need to eat.
- "Extra Value" meals add French fries and soda for a few more pennies.
- Super-sized meals are often twice as big as regular sized meals, but they do not cost twice as much.
- Bigger is rarely better when it comes to food. "Extra Value" meals encourage us and our children to overeat.



We tend to eat everything we buy - we don't like to waste food.

Eat normal size servings when eating out. Eat normal size servings when eating at home.

Your child is watching you. Be a positive role model for your child.

Try to limit eating out to once a week or less.

Make healthy choices with your child at restaurants.

- ♥ Look beyond the kid's Menu. There are other foods on the menu that can be healthy choices for your child.
- ♥ Share a meal with your child. Ask for an extra plate. Children love to eat what their parents and others are eating.
- ♥ Choose grilled foods, not fried foods. Limit deep fried fish and chicken sandwiches.
- ♥ Order a grilled chicken sandwich. Cut chicken into bite-size pieces for your child.
- ♥ Choose the hamburger instead of chicken nuggets. Chicken nuggets are high in fat and calories.
- ♥ Try a chicken soft shell or bean burrito.
- ♥ Order cheese pizza without high fat meats such as sausage or pepperoni. Order pizza with vegetables such as peppers, mushrooms, and tomatoes.

More Healthy Choices

- ♥ Bring along a fruit or vegetable to the restaurant. Let your child eat it while waiting for the meal. Small cans of fruit, bananas and orange slices are good choices.
- ♥ Skip the French fries. If you order fries, share a small order with your child.
- ♥ Order milk or water to drink. Limit soda which is high in sugar.



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