



# KidFood

*Healthy Eating for Today's Kids*

**Nutrition Matters**

January 2006

## Child Size Servings

A child's appetite can change from day to day. Your child may want to eat everything on some days. And it may seem like he is eating nothing on other days. This can be very normal. Your child's appetite can vary depending on how fast he is growing and how active he is.

### **Help your child develop good eating habits!**

1. Plan to offer 3 meals and 2 to 3 snacks each day. Don't wait until your child says he is hungry before you plan a meal or snack.
2. Try to serve nutritious meals and snacks at the same times every day. Small children thrive on routines and will usually eat better when meals are planned.
3. Eat in the kitchen. Don't let your child eat food out of a box, bag or carton. Eat snacks from a small plate or bowl.
4. Let your child serve small portions of food on his own plate at mealtimes.
5. Don't serve large portions of food to your child or yourself. Large portions of food encourage us and our children to overeat.
6. Ask your child to taste each food but don't force. He may need to try new foods 10 to 15 times before he accepts them. Your child needs to touch, smell, feel and taste new foods.
7. Encourage your child to eat slowly and take small bites. Enjoy food!
8. Don't force your child to eat everything on his plate. He may eat everything when he is forced. However, he will be learning to eat when forced, not to eat when hungry.
9. If your child asks for more food, serve more! Let your child decide how much he will eat.
10. Eat normal size servings yourself and eat to your hunger. Your child is learning by watching how you and others eat.

Accept your child's appetite. If your child's growth and health are good, and you are offering nutritious meals and snacks, don't worry! You may think your child is fussy at times, but maybe he's not hungry.



# MyPyramid for Kids

## Milk Group

2 to 3 year old children - 2 cups each day

4 to 8 year old children - 2 cups each day

### What counts as $\frac{1}{2}$ cup?

$\frac{1}{2}$  cup milk

4 ounces yogurt or pudding

$\frac{3}{4}$  ounce cheese (cheddar, mozzarella)

1 ounce processed cheese (American)

1 cup cottage cheese

## Meat and Beans Group

2 to 3 year old children - 2 ounces each day

4 to 8 year old children - 3 to 4 ounces each day

### What counts as 1 ounce?

1 ounce cooked meat, fish or poultry

1 egg

$\frac{1}{4}$  cup cooked dry beans

1 tablespoon peanut butter

## Vegetable Group

2 to 3 year old children - 1 cup each day

4 to 8 year old children - 1  $\frac{1}{2}$  cups each day

### What counts as $\frac{1}{2}$ cup?

$\frac{1}{2}$  cup cooked vegetables

$\frac{1}{2}$  cup raw vegetables

1 cup leafy greens or lettuce

4 ounces tomato or vegetable juice

## Fruit Group

2 to 3 year old children - 1 cup each day

4 to 8 year old children - 1 to 1  $\frac{1}{2}$  cups each day

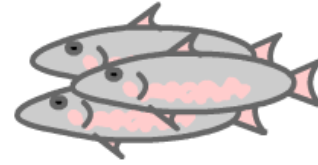
### What counts as $\frac{1}{2}$ cup?

$\frac{1}{2}$  cup fresh fruit

$\frac{1}{2}$  cup canned fruit or applesauce

4 ounces 100% fruit juice

$\frac{1}{4}$  cup dried fruit



### Allow your child to decide how much he will eat.

Controlling how much is eaten does not teach your child to eat when he is hungry and to stop eating when he is full.

### Eat when hungry!

Eating for other reasons such as "being bored or stressed" or "because the food is here and it tastes good" can be the start of poor eating habits.

## Grain Group

2 to 3 year old children - 3 ounces each day

4 to 8 year old children - 4 to 5 ounces each day

### What counts as 1 ounce?

1 regular slice bread

7 square or round crackers

$\frac{1}{2}$  cup cooked rice or pasta

1 tortilla (6 inch diameter)

1 cup breakfast cereal

$\frac{1}{2}$  cup cooked oatmeal

visit  
[www.MyPyramid.gov](http://www.MyPyramid.gov)  
for more  
information!

## Serve Soup!

**Cook a comfort food for your family - Serve soup!** Nothing tastes better on a cold winter day than a bowl of warm soup. Serve soup with whole grain bread and a glass of skim milk for a nutritious meal.

Soups are an easy way to eat vegetables during the winter months. Some common vegetables found in soup are carrots, onions, celery and peas. Try new vegetables in your soup!

- **Add vegetables to your favorite canned or dried soups.**
- **Add shredded carrots** to chicken noodle soup. Shredded carrots cook quickly, usually within 2 minutes.
- **Add frozen vegetables** - peas, carrots, corn, broccoli, cauliflower, green beans, chopped

spinach - to canned or dried soups. Frozen vegetables also cook quickly, usually within 2 minutes.

- **Add finely chopped fresh broccoli to soup.** Cook for 2 minutes. Broccoli adds color, vitamin A, folic acid and fiber - a lot of extra nutrition!
- **Add finely chopped fresh spinach to soup.**



## Veggie Soup

$\frac{1}{4}$ cup shredded carrots	2 cups skim milk
1 cup chopped potatoes	1 chicken bouillon cube
1 cup chopped cauliflower	$\frac{1}{2}$ cup shredded cheddar cheese
1 cup chopped broccoli	1 (10 $\frac{3}{4}$ ounce) can low-fat condensed cream of chicken soup
2 cups water	



1. Simmer vegetables in water and bouillon cube for 10 minutes. Do not drain.
2. Add soup and milk. Stir together. Cover and simmer for 15 minutes.
3. Add cheese to soup. Stir until cheese melts.
4. Cook for 5 more minutes. Season soup with salt and pepper to taste.

Makes 8 servings (1 cup serving)



## Beef Noodle Soup

$\frac{3}{4}$  pound lean beef roast  
6 cups water  
2 beef bouillon cubes  
 $\frac{1}{2}$  cup chopped celery  
 $\frac{1}{2}$  cup chopped onion  
1 cup sliced carrots  
1 teaspoon dry basil  
dash of garlic powder  
dash of black pepper  
2 cups uncooked noodles

1. Place beef roast, water, bouillon cubes, basil, garlic powder and pepper in a large kettle. Simmer for 1 hour.
2. Remove beef roast and cut into small chunks. Remove any pieces of bone or fat. Return beef chunks to soup.
3. Add onion, celery and carrots. Simmer for 30 more minutes. Add more water if needed.
4. Bring to a boil and add noodles. Cook until noodles are done, about 10 minutes.
5. Serve!

Makes 8 servings (1 cup serving)

To simplify information, trade names of products have been used. No endorsement of named or illustrated products is intended, nor is criticism implied of similar products



### Nutrition Coalition

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## Homemade Noodles

2 eggs  
2 tablespoons water  
1  $\frac{1}{2}$  cups flour  
dash of salt  
dash of black pepper

1. Beat eggs and water together with a fork in a large bowl.
2. Add salt, pepper and flour to egg mixture. Stir together.
3. Place the dough on a counter that has been sprinkled with flour. Shape the dough into a round ball. Roll out the dough with a rolling pin, sprinkling with more flour to prevent sticking.
4. Roll the dough until it is thin. Rub the dough lightly with flour and roll up.
5. Cut into noodles and shake off excess flour. Add the noodles to boiling soup.

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