



KidFood

Nutrition Matters

March 2006

Healthy Eating for Today's Kids

Healthy and Active!

Do you know someone who hates to be active, likes to drink whole milk or refuses to try healthy foods such as vegetables or whole grain breads? Maybe it's you, or maybe it's your child's father or grandparent.

It's not easy to change habits! These habits were probably made early in life and can be very hard to change later. Wouldn't it be nice if your child had healthy habits for the rest of his life? Help your child develop healthy habits - it's easier than changing habits later!

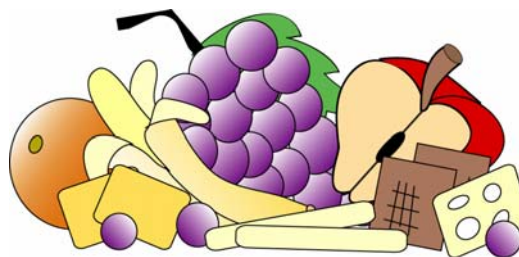
10 healthy habits to start early!

1. **Be active!** Encourage your young child to be active for 60 minutes each day. Be active with your child.
2. **Drink skim or 1% milk.** Children over the age of 2 years should drink skim or 1% milk unless they are trying to gain weight.
3. **Eat a variety of colorful vegetables and fruits.** Choose dark green and orange vegetables. Choose berries and colorful fruits for snacks.
4. **Choose more whole grain foods** - whole grain bread, crackers, cereals, rice and pasta. Eat $\frac{1}{2}$ of your grain products as whole grain.
5. **Eat lean protein foods.** Choose low fat meats, chicken, turkey and fish. Eat more dry beans - bean burritos, bean soup, bean casseroles.

6. **Drink water.** Choose water as your beverage of choice between meals.
7. **Try healthy new foods.** If a food is "good" for you, try it with your family. Let your child learn that trying new foods is fun.
8. **Eat nutritious snacks.** Snack times are not times to eat junk foods. Limit sweets. Snacks should be healthy foods that your child wasn't able to eat at mealtimes.
9. **Have family meals.** Expect your child to come to the table and eat with the family.
10. **Let your child eat to his hunger.** Serve normal size portions. Let your child stop eating when he is full.

A healthy life starts in childhood.

You are your child's first and most important teacher.



Children want to play!

Active play helps your child be creative!

Play games together!

Follow the Leader

Marching Band

Ring around the Rosy

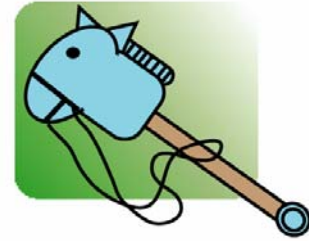
Hide and Seek

Musical Chairs

Kickball

Hopscotch

Children just want to have fun!



Children who play outside
are more active.

Find a safe area to play.
Walk to a park or school
playground together.

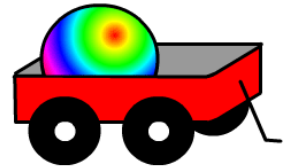
**Encourage
your child
to play
at least
60 minutes
each day!**



Enjoy the outdoors with your child!

- Go for a walk together.
- Play with sand - in a sand box or beach.
- Play with water - run through a sprinkler, splash in a wading pool, wash the car.
- Go for a ride - ride a tricycle or bike, pull a wagon. Jog or walk with your child while he rides his tricycle.
- Weed, water or rake your garden.
- Play with a ball - kick, throw and catch soft balls.
- Play with a Frisbee.
- Find a playground - swing, climb, slide and jump.
- Find other children to play with!

Children are naturally active.
If they go outside to play, they will be active.
Children usually find lots to play with



Enjoy the benefits
of active children!

Children who are
active are
better behaved,
learn easier
and sleep better
at night.

Active children
feel good!

Go for the Greens!

Green foods have not always had the best reputation.
Some children will even refuse to eat anything green.

Green is a great color!

Go for the Greens with your child on St. Patrick's Day.

5 a day Fondue

Serve raw green vegetables (broccoli, zucchini, cucumbers, pea pods and green beans) with a warm cheese dip.

Warm the dip in a fondue pot.

Dip veggies and eat!

Garden Greens

Toss shredded cabbage, lettuce and spinach leaves together in a large bowl. Top with low fat Ranch salad dressing.

Country Green Beans

Stir together diced ham and drained green beans in a hot skillet. Serve!



St. Patty's Potato

Top a baked potato with cooked broccoli and shredded cheddar cheese.



If you don't have a garden, go to the local farmers' market this summer.

Buy green vegetables with your child.

Irish Sundaes

Layer green mint ice cream with green fruit (sliced green apples, kiwi or green grapes). Top with crushed graham cracker crumbs and eat!

St. Pat's Field Trip

Take your child to the grocery store. Ask your child to find all the green foods in the store while you are shopping. Bring home a favorite green food and a new green food.

Plan a Green Garden

Ask your child to draw and color a garden.

How many green fruits and vegetables are in your garden?

Plant some of these vegetables next summer - beans, peas, cucumbers, spinach, swiss chard, zucchini, cabbage, lettuce and peppers.



Eat more Broccoli!

- Combine cooked broccoli, cauliflower and carrots together. Season with dill weed.
- Sprinkle cooked broccoli with shredded cheddar cheese, mozzarella cheese or parmesan cheese.
- Steam broccoli spears for 5 to 7 minutes. Sprinkle with lemon juice.
- Stir fry a variety of veggies - chopped broccoli, carrots, zucchini and peppers. Season with soy sauce, garlic powder and parmesan cheese.
- Mix finely chopped broccoli into lasagna or spaghetti. This is an easy way to hide veggies.
- Broccoli is portable! Pack a bag of raw broccoli to go!

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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Broccoli Raisin Salad

| | |
|--|------------------------------------|
| 1 bunch (2 pounds) fresh broccoli | $\frac{1}{2}$ cup bacon bits |
| 1 cup raisins | $\frac{1}{2}$ cup light mayonnaise |
| $\frac{1}{2}$ cup finely chopped onion | $\frac{1}{4}$ cup sugar |
| $\frac{1}{2}$ cup sunflower seeds | 2 tablespoons vinegar |

1. Rinse broccoli and cut into small pieces.
2. Combine chopped broccoli, raisins, chopped onion, sunflower seeds and bacon bits in a large bowl.
3. Combine mayonnaise, sugar and vinegar in a small bowl.
4. Stir mayonnaise mixture into salad.
5. Serve

Makes 20 servings (1/2 cup serving)

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KidFood is published 12 times a year.
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