



KidFood

Nutrition Matters

Healthy Eating for Today's Kids

June 2006

Healthy Drinks

What your child drinks is as important as what he eats.

Choose healthy drinks for your child. Drink healthy drinks yourself - your child is watching and learning from you!

1 Drink milk at meals! Offer a small glass of milk to your child at lunch and dinner. Drink milk with your child.

Children between the ages of 2 to 8 years need 2 cups of milk each day.

Drinking milk at meals is an easy way to help your child get enough calcium every day!

2 Choose skim or 1% milk! Children over the age of 2 years can drink skim or 1% milk - the best choice!

Underweight children who need to gain weight may need to drink whole or 2% milk. If you are unsure which type of milk your child should drink, ask your health care provider.

Whole and 2% milks are major sources of fat in our diets.

One cup of whole milk has as much fat as 5 strips of bacon. 2% milk is not low fat milk either.



One cup of 2% milk has as much fat as 3 strips of bacon.

Switching to 1% or skim milk is an easy way to reduce fat in your family's diet.

3 Drink water between meals! Offer water with ice cubes on a hot summer day. Let your child learn to enjoy the fresh flavor of water.

4 Limit juice! Juice is a healthy food, but small children can drink too much of a good thing. There are 600 calories in a 46 ounce can of apple juice. Limit juice to only 4 or 6 ounces each day.

Offer whole fruits to your child.

Fruit is a great source of water - enjoy oranges, peaches, pears, kiwi, berries, and other fruits this summer!

5 Avoid sugary drinks! Soda, fruit punch and other sugary drinks can ruin a child's appetite. Your child may prefer the sweet taste and refuse to eat healthy foods that are not sweet.

Switch to Skim Milk!

Many families drink whole or 2% milk. Some parents and grandparents probably drank whole or 2% milk when they were children.

Our eating habits often start early in life.

Adults tend to drink the milk that they were drinking in childhood.

Start healthy eating habits for your child. **Children who drink 1% or skim milk are likely to also drink it when they are adults.**

It will be the milk that they prefer in school and for the rest of their lives.

Children like to copy what they see their parents and others doing.

Be sure to drink 1% or skim milk with your child.

If your family is unsure about making the switch to skim milk, change slowly.

Mix whole milk with 2% milk for a few days.

Then use 2% for a few days.

Then mix 2% with 1% for a few days.

Gradually change to skim milk.

Make a healthy change for your family!



One Fish, Two Fish

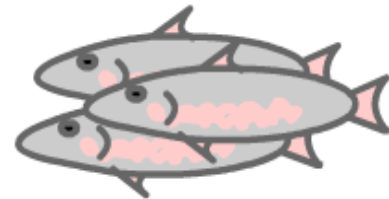
Children love fish! It has a mild taste and is easy to eat.

Fish sticks are one of their favorite foods.

Are fish sticks a healthy choice?

Yes, they can be a healthy choice - read the label and choose fish sticks made with the least amount of fat.

Or make your own fish sticks!



Catch it!

Take your child on a fishing trip!

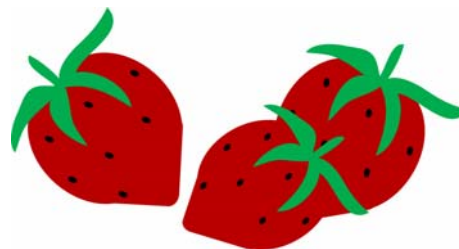
Children enjoy eating what they help to catch!

Keep your Fish safe:

- ☀ Once a fish is caught, it is best to keep it alive as long as possible. Use a live well or fish basket.
- ☀ If a fish dies, it should be gutted and cleaned as soon as possible.
- ☀ After cleaning fish, store in the refrigerator or freezer immediately.
- ☀ Eat fresh fish within 1 to 2 days!
- ☀ Lean fish (such as cod, flounder, haddock) can be kept in the freezer for up to 6 months.
- ☀ Fatty fish (such as blue, perch and salmon) can be kept in the freezer for 2 to 3 months.

Crunchy Fish Sticks

Young children can help dip fish in the flour or crumb mixture.



- 1 pound fish fillets (haddock, cod, catfish)
- dash of salt and black pepper
- 1 cup flour
- 1 egg
- $\frac{1}{4}$ cup 1% or skim milk
- 1 cup crushed whole grain breakfast cereal - flakes
- 2 tablespoons grated parmesan cheese
- Vegetable oil spray

- 1** Combine flour, salt and pepper in a bowl. Combine egg and milk in a separate bowl. Combine crushed flakes and parmesan cheese in a separate bowl.
- 2** Cut fish into 8 thick strips.
- 3** Dip fish strips in flour mixture, then into egg mixture and then into the crumb mixture.
- 4** Place coated fish strips on a baking sheet that has been sprayed with vegetable oil spray.
- 5** Spray fish strips lightly with vegetable oil spray.
- 6** Bake in a 400° oven for 15 minutes or until fish flakes easily with fork.

8 servings (1 fish stick per serving) - 180 calories,
7.5 grams fat, 37.5% calories from fat
and 1 gram fiber per serving

Fruity Creamsicles

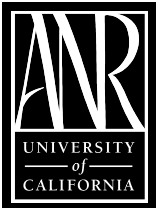
- 2 (8 ounce) cartons vanilla low-fat yogurt
 - 1 cup fruit (strawberries, raspberries or blueberries)
1. Combine fruit and yogurt together in blender. Blend until smooth.
 2. Fill small paper cups $\frac{3}{4}$ full with yogurt mixture.
 3. Insert a wood stick into each cup. Freeze until firm.
 4. To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

Creamsicles can be made without wood sticks.

*Freeze yogurt mixture in small cups.
Serve with a spoon.*

Children love to scoop and eat!



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Nutrition Coalition

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