



KidFood

Nutrition Matters

Healthy Eating for Today's Kids

July 2006

Have a Picnic!

Enjoy the summer!

Relax with your family at the park.

Children can run and play.

You can swing or slide with your children.

Skip cooking and pack a picnic. Picnics can be simple meals - a sandwich, fruit or vegetable and a drink.

Bring along water.

Fill water bottles with water and freeze.

Frozen water bottles will help keep your picnic cold and will melt into drinking water for you and your child.

Small children love ham, turkey, roast beef or peanut butter sandwiches.

Rolled sandwiches make fun finger foods at a picnic. Bring along tortilla shells and sliced meat. Let your child roll up his or her own.

Tired of making sandwiches?

Try a "snack lunch".

A snack lunch is packed with small slices of meat, cheese, vegetables and crackers. Try stacking crackers, meat, cheese and vegetables into mini sandwiches. Small children like to eat with their fingers. Many parents also like finger foods!

Snack lunch

Cut meat, cheese and vegetables into bite size pieces and pack in a plastic container.

Bring along crackers in a plastic bag.

- Turkey or chicken slices
- Ham or roast beef slices
- American cheese slices - cut into 4 small pieces
- Small slices of colby, cheddar or jack cheese
- Thin slices of cucumbers or zucchini
 - Shredded carrots
- Small pieces of dark green lettuce

Bring along nutrition!

Pack a fruit or vegetable in every picnic:

- Baby carrots
- Fresh pea pods
- Peas in a pod -shell and eat
- Cherry or grape tomatoes
- Cucumber slices
- Broccoli or cauliflower pieces
- Raw pepper slices
- Raw rutabaga slices
- Banana or orange
- Plum or apple
- Kiwi - cut in half and eat with a spoon
- Mandarin oranges - pack in small plastic container
- Blueberries, raspberries
- Strawberries



I'm Thirsty!

Hot summer days and thirsty children!

It seems like they are always asking for something to drink.

But you don't want to give lots of soda and other sugary drinks to your child.

Juice is a healthy drink. But some children can drink too much juice and not want to eat meals.

Offer only 4 to 6 ounces of juice each day to your child.

Serve juice in a glass of crushed ice, or dilute juice with more water if your child wants to drink more.

Milk is also a healthy drink. But too much milk can also fill a child's small tummy and he won't eat his meals. **More than 24 ounces of milk in a day is too much!**

What can your child drink?

Plain water is always a good choice. Offer water when your child is thirsty.

Pack a Dip

- **Dill Dip** - Bring along dill dip in a small plastic container.
- **Easy Guacamole Dip** - Peel and mash an avocado. Mix with $\frac{1}{2}$ cup salsa.
- **Mexi Ranch Dip** - Mix equal parts of low calorie Ranch salad dressing and salsa.
 - **Low calorie Ranch salad dressing**
 - **Peanut Butter**

Keep Cool during the Summer!

- ◆ Stay inside buildings with air conditioning when days are very hot.
- ◆ Play outside when it is cooler - early in the morning or later in the afternoon.
- ◆ Use fans.
- ◆ Play in water - play in pools and beaches with your children.
- ◆ Play in the shade, out of the hot sun.



Your child can also "eat" a lot of water in their foods.

Fruits and vegetables are the main food sources of water in our diets. Some fruits and vegetables are more than 90% water!

Tomato - 93% water
Watermelon - 92% water
Strawberries - 91% water
Carrots - 87% water
Apples - 84% water
Banana - 75% water

Watch your child for these signs of dehydration:

- Having a dry mouth
- Becoming weak or dizzy
- Having nausea or vomiting

Protect your child from dehydration:

Keep water where your child can easily reach it. Have small plastic cups by a sink. Keep a small plastic pitcher of water in the refrigerator.

Offer drinks often on hot summer days. Children can become busy at playing and forget to drink.

Offer fruits for snacks. Watermelon, cantaloupe, strawberries and oranges are full of water.

Avoid soft drinks and other drinks with caffeine. Caffeine will make your body lose water and increase the risk of dehydration.

Dress your child in light weight, light color clothes.

Bring along water bottles when running errands or shopping with your child. Be sure to put some ice in the bottle to keep it cold!



PLACER-NEVADA COOPERATIVE EXTENSION OFFICE
UNIVERSITY OF CALIFORNIA
11477 E AVENUE (*Building 306, DeWitt Center*)
AUBURN, CA 95603

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 that are not mentioned or illustrated.

Nutrition Matters

KidFood is published 12 times a year.
Copyright 2006

The content of KidFood is not intended to provide medical advice;
This should be obtained from a qualified health professional.

Nutrition Coalition

Supported by First 5 Placer County
Children and Families Commission

SHARON K. JUNGE, County Director

**University of California
Cooperative Extension
11477 E Avenue
Auburn, CA 95603
Ph: 530-889-7350
Fax: 530-889-7397
Email: ceplacer@ucdavis.edu
Website: <http://ceplacer.ucdavis.edu>**