



KidFood

Healthy Eating for Today's Kids

Nutrition Matters

February 2011

A Child's Appetite

Bribing or forcing your child to eat everything on his plate can create a fussy eater. Your child is more likely to overeat, if you try to control or limit how much he eats.

What's a Parent to Do?

Be consistent:

- ☺ Serve 3 meals and 2 to 3 snacks at about the same times every day. Small children thrive on routines and will eat better when meals are planned.
- ☺ Offer a variety of nutritious foods - lean meats and beans, fruits, vegetables, and whole grains.

Be a good role model:

- ☺ Sit with your child at mealtimes and eat a variety of healthy foods.
- ☺ Don't talk about how much or how little you and others are eating.
- ☺ Enjoy food. Eat slowly with your child. Take small bites of food.
- ☺ Eat normal size servings and stop eating when you are full.



Let your child decide how much he will eat:

- ☺ Don't serve large portions of food to your child or yourself. We tend to overeat when there is a large amount of food on our plate. Let your child put his own food on his plate whenever possible.
- ☺ Ask your child to taste each food. He may need to try a new food 8 to 10 times before he accepts it.
- ☺ Don't bribe or beg your child to eat. He may eat when he is bribed or forced, but he's learning to eat when forced, not to eat when he's hungry.
- ☺ Don't limit how much your child eats. If your child asks for more food, serve more.

Your child's appetite can change depending on how fast he is growing and how active he is.

Accept your child's appetite.

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

Pork and Beans

- 1 pound lean pork roast
- $\frac{1}{2}$ cup chopped onion
- 2 garlic cloves, chopped
- 1 teaspoon Cajun seasoning
- 1 (15 ounce) can tomatoes with mild green chilies
- 2 (15 ounce) cans pinto beans, drained and rinsed
- 2 cups water

1. Trim off any fat on pork roast. Cut pork roast into bite-size pieces of meat. Place meat in a skillet and cook until the meat is brown. Add small amounts of water while cooking, if needed.
2. Add chopped onion and garlic to meat and cook for 2 more minutes.
3. Combine meat, seasoning, tomatoes, pinto beans and water in a casserole dish. Bake in 350° oven for 1 hour. Stir beans a couple times while baking.



Children admire and want to be most like
their mother and father.

They are watching what you eat,
how you eat and how active you are.
Be a good role model for your child.

Lunch Time!

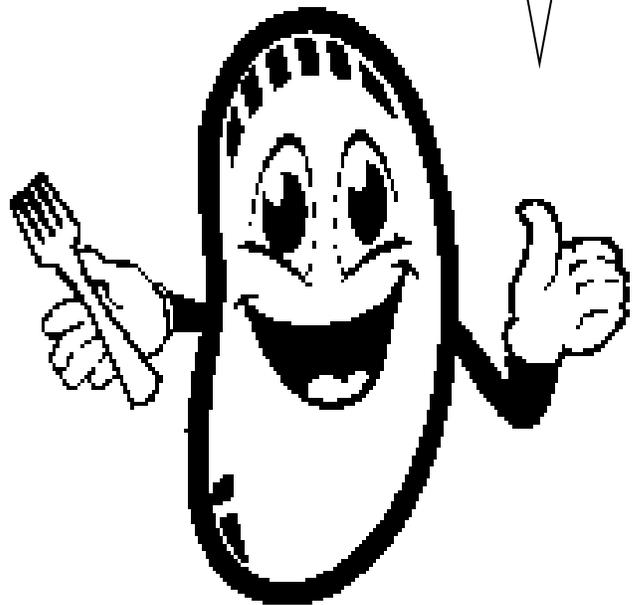
These Pork and Beans may become one of your children's favorite meals....

- Roll up Pork and Beans in whole grain or corn tortillas.
- Add cooked brown rice.
- Serve Spanish rice with pork and beans.
- Serve with chopped lettuce and tomatoes.
- Top with salsa.
- Sprinkle with shredded cheddar or mozzarella cheese.

Leftover Pork and Beans can be frozen in small containers.

Warm up a container for a quick meal later.

Beans are high in fiber; they are a good source of protein and iron!



What Can You Do?

- Cook the Pork and Beans for my family.
- We won't bribe, force or beg our child to eat.
- Start with small servings of food at meals, and eat more when hungry.
- Other: _____



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

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