



KidFood

Healthy Eating for Today's Kids

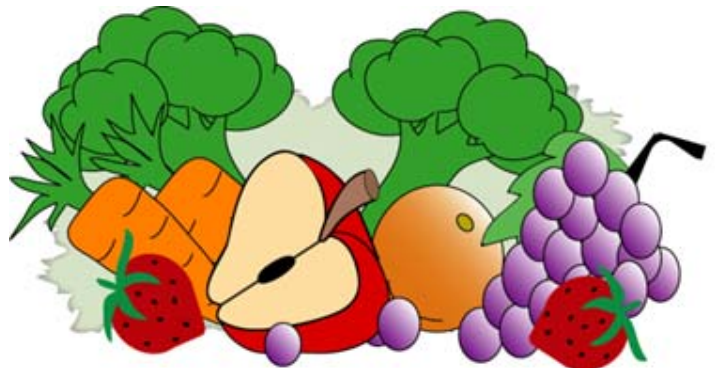
Nutrition Matters

March 2011

Top Ten for Kids

Eat Right with colorful fruits and vegetables:

Apricots Broccoli
Peaches Carrots
Kiwi Romaine & Leaf Lettuce
Strawberries Spinach
Oranges Sweet Potatoes



*The fruits and vegetables listed above are nutrient dense.
They have lots of vitamins, minerals and other nutrients in a serving.*

- ☺ Enjoy a dish of canned apricots or peaches with your lunch. Buy fruit packed in 100% juice.
- ☺ Snack on a kiwi. Cut fruit in half and let your child eat it with a spoon.
- ☺ Peel an orange and break it into segments. Keep a dish of orange segments in the refrigerator, ready for a snack.
- ☺ Serve sliced strawberries on yogurt, cottage cheese, breakfast cereal, peanut butter sandwich or pancakes.
- ☺ Chop dark green leaf lettuce or romaine lettuce and add to tacos, quesadillas or sandwiches.
- ☺ Bake a dark orange sweet potato. Top with chopped ham and shredded cheese for a quick lunch.

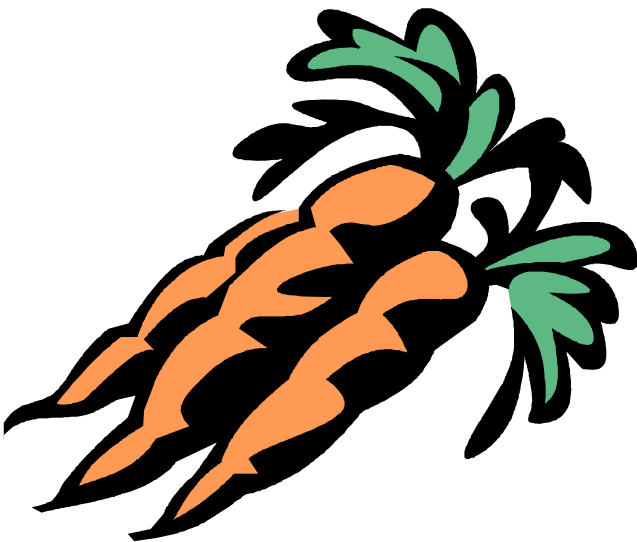
Eat More Carrots

- ♥ Add shredded carrots to sandwiches, soups, tacos, casseroles and salads.
- ♥ Stir fry a variety of veggies - chopped broccoli, carrots, zucchini and peppers. Season with soy sauce, garlic powder and parmesan cheese.
- ♥ Cut carrots into bite size pieces. Toss with a little vegetable oil and bake in a 350° oven until soft.
- ♥ Buy frozen vegetable mixtures with carrots. Pour out a small amount to heat season to taste and eat.



Eat More Broccoli

- ♥ Steam broccoli spears for 5 to 7 minutes. Sprinkle with lemon juice, shredded cheddar cheese or parmesan cheese.
- ♥ Mix finely chopped broccoli into lasagna or spaghetti. This is an easy way to add vegetables to a dish.
- ♥ Serve a dish of raw broccoli spears for dipping. Dip in low-fat ranch salad dressing, dill dip, salsa or warm low-fat refried beans.
- ♥ Combine chopped broccoli and tomatoes with cooked pasta. Toss with low-fat Italian or Ranch salad dressing. Chill in refrigerator before serving.



Broccoli Raisin Salad

- 1 bunch fresh broccoli
- $\frac{1}{2}$ cup raisins
- $\frac{1}{4}$ cup finely chopped red onion
- $\frac{1}{4}$ cup sunflower seeds
- $\frac{1}{4}$ cup bacon bits
- $\frac{1}{2}$ cup light mayonnaise
- $\frac{1}{4}$ cup sugar
- 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. Serves 4.



What Can You Do?

- Make the Broccoli Raisin Salad for my family.
- Start collecting healthy recipes.
- Eat more colorful fruits and vegetables with my children.
- Other: _____

Collect Healthy Recipes that Taste Good

It's fun to eat great tasting foods that are good for you. Start a binder where you can keep your recipes.

- Ask older children to help find healthy recipes. Look in cookbooks, magazines, newspapers and websites. They will be more likely to try food they help to plan and prepare.
- Preschool children can help too! Look at pictures in magazines and cookbooks together. Ask your child which foods he would like to eat - give a couple healthy choices.

Younger children like to copy what their parents, and older brothers and sisters do.



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

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ROGER INGRAM, County Director
MICHELE FISCH, Nutrition BEST Program Representative

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

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