



# KidFood

Healthy Eating for Today's Kids

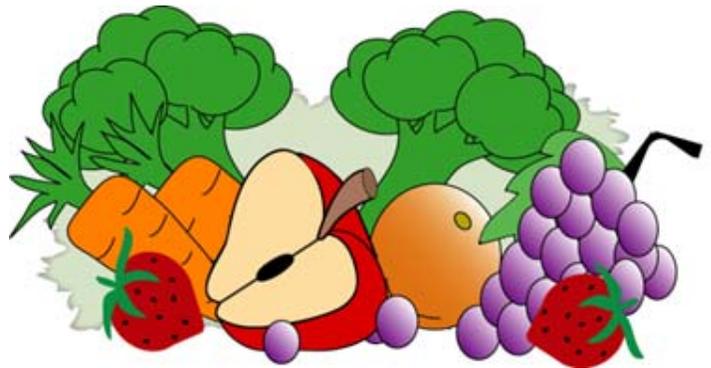
Nutrition Matters

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.

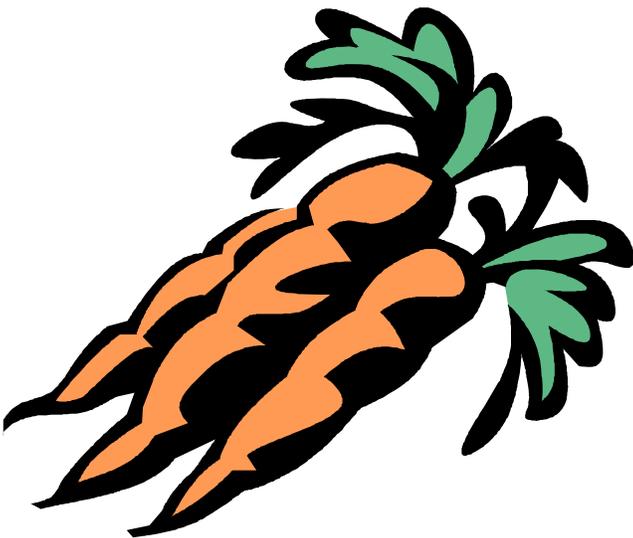
## Eat More Carrots

- ♥ 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.**

University of California  
Agriculture and Natural Resources



UC  
CE

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

Follow us on  [www.twitter.com/nutritionBEST](http://www.twitter.com/nutritionBEST)

Become Our Fan on  <http://www.facebook.com/pages/UC-Nutrition-BEST/310437520040>

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.



**ROGER INGRAM**, County Director

**MICHELE FISCH**, Nutrition BEST Program Representative

## Nutrition Matters

KidFood is published 12 times a year.

Copyright 2011

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

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

The University of California prohibits discrimination or harassment of any person on the basis of race, color, national origin, religion, sex, gender identity, pregnancy (including childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition (cancer-related or genetic characteristics), ancestry, marital status, age, sexual orientation, citizenship, or service in the uniformed services (as defined by the Uniformed Services Employment and Reemployment Rights Act of 1994: service in the uniformed services includes membership, application for membership, performance of service, application for service, or obligation for service in the uniformed services) in any of its programs or activities.

University policy also prohibits reprisal or retaliation against any person in any of its programs or activities for making a complaint of discrimination or sexual harassment or for using or participating in the investigation or resolution process of any such complaint.

University policy is intended to be consistent with the provisions of applicable State and Federal laws.

Inquiries regarding the University's nondiscrimination policies may be directed to the Affirmative Action/Equal Opportunity Director, University of California, Agriculture and Natural Resources, 1111 Franklin Street, 6<sup>th</sup> Floor, Oakland, CA 94607, (510) 987-0096.