



# KidFood

*Healthy Eating for Today's Kids*

**Nutrition Matters**

February 2012

## Enjoy All Foods

We're fortunate to have a wide variety of foods available today.

Some foods are high in nutrition and others are not.

There's often a lot of talk about what not to eat, but it is better to take a more positive approach with your family. Instead of telling children what they shouldn't eat, focus more on the healthy foods they can eat.

Reinforce this by offering more nutrient-rich foods that are high in nutrition.

### Here are some examples:

- ☺ **Brightly colored fruits:**
  - Oranges, kiwi, blueberries, strawberries, apricots, cantaloupe, watermelon and grapes
- ☺ **Dark green and orange vegetables:**
  - Broccoli, carrots, spinach, romaine lettuce, collard greens, tomatoes, sweet potatoes and winter squash
- ☺ **Lean protein foods:**
  - Lean beef, chicken and pork, fish, eggs, peanut butter, processed soy products, tofu, beans, and nuts
- ☺ **Whole grain foods:**
  - Whole grain breads, cereals, crackers and tortillas, brown rice, oatmeal and popcorn
- ☺ **Low-fat and fat-free milk and yogurt**



### What are your favorite nutrient-rich foods?

Have plenty of these foods in your cupboard and refrigerator.

You have control over which foods are in your home.

## Eat Less of Some Foods

There are no 'bad' foods.

Enjoy all foods, but eat smaller amounts of some foods and eat them less often. Some foods are just high in calories, sugar and fat, and low in nutrition.

- ✓ Eat a smaller slice of pie or cake.
- ✓ Choose a small piece of candy.
- ✓ Eat only one cookie.
- ✓ Limit how many sweets are in your home.

**Eat more nutrient-rich foods with your family.**

## Have a Snack Plan

About 1/4 to 1/3 of your child's calories can come from snacks.

Snacks provide needed nutrition for children and are not just 'extra' foods or 'treats'.

- Make a list of snacks that your child likes and you agree are healthy choices for him. Keep the list on the refrigerator - reminder for you of what to buy.



- Keep the healthy snacks where you and your child can see them.
- Keep unhealthy foods out of your refrigerator and cupboard, such as soda, chips and sweets.
- Have a list of healthy fun snacks that you can make.

### What Can You Do?

- Choose more nutrient-rich foods when grocery shopping.
- Make a wrap with whole wheat tortillas for a lunch or snack.
- Keep healthy snacks in my refrigerator and cupboard.
- Other: \_\_\_\_\_

## Wrap and Roll Lunches

Use whole grain tortillas  
to wrap up a quick lunch or snack  
with your children.

### **Veggie Wrap -**

- Sprinkle shredded cheddar cheese on a tortilla.
- Heat in the microwave until cheese melts.
- Top with finely chopped tomatoes and steamed broccoli.
- Roll and eat.

### **Tuna Wrap -**

- Drain water off canned tuna.
- Mix tuna with a little light mayonnaise.
- Spread on a tortilla.
- Sprinkle with finely chopped dark green lettuce.
- Roll and eat.



### **Peanut Butter Wrap -**

- Spread peanut butter on tortilla.
- Add chopped banana or strawberries.
- Roll and eat.

### **Avocado Wrap -**

- Spread mashed avocado on a tortilla.
- Top with shredded cheddar cheese and chopped tomatoes.
- Roll and eat.

### **Ham or Turkey Wrap -**

- Spread tortilla with a little light mayonnaise.
- Add a slice of ham or turkey and a little shredded cheese.
- Roll and eat.



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