



KidFood

Healthy Eating for Today's Kids

Nutrition Matters

March 2012

Great Plates for Kids

Get your plate in shape:

- Make half your plate fruits and vegetables.
- Choose whole grains for half of your grain foods.
- Eat a variety of lean protein foods.
- Include a fat -free or low-fat dairy with your meal such as skim or 1% milk or yogurt.

Makeover some of your favorite meals:

Spaghetti with tomato sauce

- Serve with a small lettuce salad.
- Serve with a glass of skim milk.
- Make meatballs with ground beef or turkey that is at least 90% lean.

Ham and Cheese Quesadilla

- Use a low-fat cheese when making the quesadilla.
- Add cooked chopped carrot, green beans or corn to the quesadilla.
- Serve a dish of applesauce or canned peaches, topped with low-fat vanilla yogurt.

Tomato Soup and Grilled Cheese Sandwich

- Use whole grain bread for sandwich.
- Add slices of an orange on the plate.

Macaroni and Cheese

- Serve with baked fish or chicken.
- Serve raw veggies and dip.
- Offer a glass of skim milk.



How's Your Plate?

- ✓ Are there vegetables in the dish?
- ✓ Can you add more vegetables to a dish? Chopped spinach, carrots or broccoli are easy to add.
- ✓ Could you offer a fruit or vegetable as a side dish?
- ✓ Are half of the foods on the plate fruits or vegetables?
- ✓ Do you use whole grains for half of your grain foods, such as whole wheat bread, tortillas or breakfast cereal, or brown rice?
- ✓ Which whole grain foods does your family eat now?
- ✓ Which whole grain foods could your family try?
- ✓ Do you offer fat-free or low-fat milk or yogurt at meals?
- ✓ Do you prepare meals with a variety of lean protein foods?



Six Steps to Happy Meals

1. Plan three meals each day at about the same times.
2. Sit down and eat with your children at the table, without the television. Enjoy food together!
3. Prepare meals that are family friendly. Don't cater to every like and dislike that your family has.
4. Try new recipes and foods together with your children.
5. Let children serve themselves if they can. If you need to serve a dish, serve a small portion and let your child ask for more if he wants more.
6. Model good eating habits with your children - they are watching and learning from you.
 - Avoid talking about how much or how little someone is eating.
 - Let your child see how you enjoy food and stop eating when you are full.

Eating with Children

As a parent, you want your child to have the best diet. When you see your child refusing to eat a certain food, you may feel like bribing him to eat. Maybe if you tell him that he will get dessert when he eats a new vegetable, it would work.

This is not a good idea.

A parent can decide:

- ✓ **What** foods are offered at a meal.
- ✓ **When** meals and snacks are offered.
- ✓ **Where** the family will eat.



Let your child decide **how much** he will eat.

It's tempting to try to control how much your child eats, but it's not a good idea. That's when food battles happen and fussy eaters are made.

Your small child wants to decide how much he will eat on his own. It's stressful to have someone, even his parent, pushing him to eat when he doesn't want to.

Eating meals together should be fun times.
Skip the stress and create happy memories with your children.



What Can You Do?

- Let my child decide how much he will eat at meals.
- Use lean protein foods when making family meals.
- Choose whole grains for half of my grain foods.
- Other: _____



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KidFood is published 12 times a year.
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