



KidFood

Healthy Eating for Today's Kids

Nutrition Matters

June 2012

Meatball Kabobs

Roll the Balls

- Mix together 1 pound lean ground turkey or beef with 1 egg, $\frac{1}{2}$ cup crushed crackers, salt and pepper
- Roll into small meatballs
- Stack meatballs on skewers (about 5 or 6 per skewer)

Rinse and Cut Veggies

- Red or green bell pepper chunks
- Zucchini chunks
- Cherry tomatoes
- Stack veggies on skewers

Grill and Enjoy!

- Let your small child brush a low-fat Italian salad dressing or sprinkle dry herbs on the kabobs
- Grill veggies until hot and tender
- Grill meatballs until they are well done (internal temperature of 165 degrees)

Variations:

- Use chunks of chicken breast or shrimp instead of meatballs on kabobs.
- Try chunks of ham, pineapple and red bell pepper on a kabob.

Serve the kabobs with a low-fat dip
Low-fat Ranch salad dressing
Dill Dip or Greek Cucumber Dip

Dill Dip

Mix together $\frac{1}{2}$ cup low-fat mayonnaise,
 $\frac{1}{2}$ cup low-fat sour cream,
2 tablespoons dry dill weed
and $\frac{1}{4}$ teaspoon garlic powder.

Greek Cucumber Dip

Drain any excess liquid off yogurt.
Mix together 1 cup plain Greek yogurt,
2 tablespoons lemon juice,
 $\frac{1}{4}$ cup finely grated cucumbers
and $\frac{1}{4}$ teaspoon garlic powder.



A Sip of Water

- 😊 A child who drinks a lot of sugary drinks will think all drinks need to be sweet. Water isn't meant to be sweet; it's refreshing.
- 😊 Enjoy the fresh taste of water with your child.
- 😊 Get a special glass or water bottle for your child. Get one for you too!
- 😊 Use *little glasses* for juice and *big glasses* for water. You and your children will be drinking more water and less juice.

Bring water with you

- ✓ Add ice - keep it cold.
- ✓ If your child has a sippy cup, put only water in it between meals and snacks.
- ✓ Get a child-size water bottle for your child.



Drink Water

Water is important! Your body is 60% water. When you don't drink enough water, you are more likely to have headaches and it will be hard to concentrate.

A small child doesn't feel good either if he doesn't drink enough water. Drink plenty of water during the day to feel good and alert!

Summer in a Glass

Try drinking water with a slice of lemon, lime or orange. It gives water a special flavor. Be creative with water! Make your water special during the summertime.

Cucumbers taste great in water!

- Scrub a fresh cucumber with a vegetable brush
- Cut cucumber into thin slices and add to a pitcher of water

Try berries

- Add a few raspberries
- Sliced strawberries are a pretty addition to a pitcher of water

Add summer fruits

- Mango or watermelon slices
- Cantaloupe or honeydew slices
- Kiwi slices
- Chopped cherries without pits

Try a combination

- Lemon slices and fresh mint leaves
- Cucumber and strawberry slices
- Lime slices and lemon slices

Does Your Child Refuse to Eat Broccoli?

There may be a reason.

Some vegetables can have a slight bitter taste that adults do not taste.

Most children (70%) are sensitive to these bitter tastes.

This may be why your child refuses to eat some vegetables such as broccoli or cucumbers.

A recent study found that children who were sensitive to bitter tastes would eat more vegetables, if they were given with a dip.

Children ate 80% more veggies when they could dip them!

Learn to Like Veggies

Offer vegetables with a low-fat dip.

- Your child will slowly learn to like vegetables.

Keep offering vegetables.

- Your child may need to try the vegetable 8 to 10 times before he learns to like it. Don't give up!

One bite.

- Ask your child to take a small bite of the vegetable each time. He needs to taste it, not just look at it.



What Can You Do?

- Cook meatball or chicken kabobs this summer.
- Drink water with my children.
- Offer a low-fat dip with veggies to my children.
- Other: _____



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