



# 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!**

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## 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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## Nutrition Matters

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