



# KidFood

*Healthy Eating for Today's Kids*

Nutrition Matters

July 2012

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## Summer Calendar

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Don't miss the fun this summer!  
Write these activities on your Summer Calendar.

- ☺ Visit your local farmers' markets and let children to samples of fruits and veggies.
- ☺ Local Parks and Recreation Departments have fun activities planned for children such as sports, games, or art activities.
- ☺ Visit a local farm or nature center and explore how food is grown.
- ☺ Libraries and museums often have summer activities and story days for children.

### Try new fruits and veggies

- Taste fruits and veggies whenever possible.
- Your child will learn that it is fun to try new foods.
- Local farmers will let you sample their produce at the Farmers' Market.

### Eat your veggies and your child will too!

- Keep a list on your refrigerator of all the different fruits and vegetables that your child tries this summer.
- Have your child draw pictures of those fruits and vegetables.
- Let your child help choose the fruits and vegetables to go with meals.



**Help your children learn to love real food.**

## Pinwheel Sandwich

*Create a fun sandwich this summer.*

Makes 2 servings

- 2 whole wheat tortillas
- 2 tablespoons light cream cheese
- $\frac{1}{2}$  cup shredded carrots
- $\frac{1}{2}$  cup shredded lettuce
- 2 ounces thinly sliced ham
- 2 ounces thinly sliced turkey
- 2 tablespoons shredded cheddar cheese

1. Spread 1 tablespoon of cream cheese on each tortilla.
2. Layer each tortilla with  $\frac{1}{4}$  cup shredded carrots and lettuce, 1 ounce ham, 1 ounce turkey and 1 tablespoon of shredded cheese.
3. Roll up tightly and slice into 1 inch rounds.
4. Serve with honey mustard for dipping.

*Save room on the plate for fruits and vegetables.*

Make half your plate  
fruits and vegetables.



### What Can You Do?

- Create a summer calendar with fun food and play activities.
- Make Pinwheel Sandwiches with children.
- Drink more water with my children.
- Other: \_\_\_\_\_

## What's in a Slushy Soda?

A lot of sugar!

Local gas stations often have slushy soda machines that look tempting on hot days.

Choose water, not sugary drinks.

The calories and sugar can vary in a slushy soda depending on the size and flavor.

- 16 ounces - 120 calories and 8 teaspoons of sugar
- 24 ounces - 180 calories and 12 teaspoons of sugar

**A large 41-ounce slushy soda can have 570 calories and 37 teaspoons of sugar!**

That's a lot of extra calories for a preschool child who needs about 1400 calories a day.

**Slushy Sodas are Super-sized drinks with lots of sugar!**

## Drink Water, Not Sugary Drinks

*Let your child see you and others enjoying a glass of cold water on hot summer days.*

Make water fun with fruity cubes

Freeze a couple slices of strawberries or a couple raspberries in ice cubes and serve in a glass of water.

### More Ways to Stay Cool....

- Keep water where your child can easily reach it. Have small plastic cups by a sink. Keep a small plastic pitcher of water in the refrigerator.
- Offer water often on hot summer days. Children can become busy when playing and forget to drink.
- Bring along water bottles when running errands or shopping with your child. Put some ice in the bottle to keep it cold.
- **Make watermelon slush!** Blend 6 to 8 cups of watermelon (without seeds and rind). Pour into small plastic cups and freeze for 3 to 4 hours. Eat with a spoon.





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## Nutrition Matters

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