



KidFood

Healthy Eating for Today's Kids

Nutrition Matters

September 2012

Chicken Fried Rice

A favorite dish with four different veggies

Makes 4 servings

- 2 tablespoons vegetable oil
- 2 cups raw chopped chicken breast
- 2 tablespoons chopped onion
- $\frac{1}{2}$ cup shredded carrots
- $\frac{1}{2}$ cup shredded cabbage
- 2 cups cooked brown rice
- 4 eggs, beaten
- $\frac{1}{2}$ cup frozen green peas
- 2 tablespoons soy sauce

1. Heat oil in a large skillet. Add chicken to the hot oil. Cook chicken until it is no longer pink, stirring often.
2. Add onions, carrots and cabbage to skillet. Stir and cook for 2 more minutes.
3. Add rice, peas and soy sauce to skillet. Stir and cook for 1 more minute.
4. Pour beaten eggs over mixture in skillet. Stir and cook for about 3 minutes, or until eggs are firm and fully cooked.
5. Serve.



Brown Rice

More flavor and nutrition

Compare:

- 1 cup of brown rice has 4 grams of fiber
- 1 cup of white rice has 1 gram of fiber

- ♥ Use brown rice in the Chicken Fried Rice.
- ♥ Serve your favorite stir fry with brown rice.
- ♥ Serve hamburger or chicken on brown rice instead of a bun.

Should You Hide Veggies in Foods so Your Child Eats Them?

It is a good idea to put vegetables in dishes,
but to also keep offering plain vegetables to your child
while he learns to eat them.

- 😊 A small child may need to try a vegetable 5 to 10 times before he likes it. Keep offering vegetables - **don't give up!**
- 😊 Chopping and adding vegetables to spaghetti sauce, meatballs, casseroles and soups is one way to increase the vegetables that your child is eating. Adding pureed vegetables to soups, breads and casseroles is another way to offer more veggies.
- 😊 Offer vegetables in a variety of ways; don't just hide them. Offer fresh cut raw veggies to snack on. Low-fat dips can be served along side.
- 😊 Be honest. Tell your child when there are vegetables in the soup, bread or spaghetti sauce if he asks you. Help your child learn vegetables taste good. Serve a variety of vegetables to your child with no pressure to eat them.



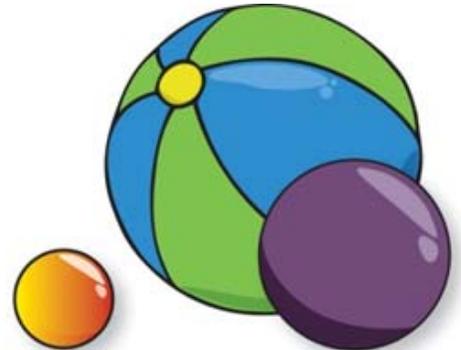
Go Outside and Play!

A recent survey found that only half of the preschoolers were playing outside with their parents every day.

Playing outside is a healthy habit for you and your child.
Being active helps relieve stress and prevent obesity.

Find time to be active:

1. **Start small** - play outside 15 to 30 minutes in the beginning. Spend more time outside when you can.
2. **Take your dog** or the neighbor's dog for a walk. Play catch with the dog.
3. **Find a local park** or school playground that you can walk or drive to.
4. **If you have a yard**, play in it.
5. **Take turns** with other moms and dads. Talk to the parents of your child's friends, and take turns taking a few children to the park.



What Can You Do?

- My child and I will eat vegetables prepared in a variety of ways.
- Play outside with my children.
- Make Chicken Fried Rice with brown rice.
- Other: _____

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This should be obtained from a qualified health professional.

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