



KidFood

Healthy Eating for Today's Kids

Nutrition Matters

January 2013

A Child's Plate

How much food should I serve my child?

Serve a little less food on your child's plate than you think he will eat. Your child can always ask for more if he is hungry after eating the food on his plate. Serve more food when he wants more.

Your child's appetite may change from day to day. He will eat more during a growth spurt, and he may eat less on other days.

Here are a couple sample meals:

Breakfast for a 3 year old child:

1 cup breakfast cereal
 $\frac{1}{2}$ cup sliced banana
 $\frac{1}{2}$ cup milk

Dinner for a 3 year old child:

$\frac{1}{2}$ to 1 cup cooked pasta
 $\frac{1}{4}$ cup tomato sauce
2 meatballs (2 ounces)
 $\frac{1}{2}$ cup mandarin oranges
1 cup milk



Avoid Large Portions

Your child may overeat if large portions of food are on his plate. He may think that he needs to eat everything.

Don't serve large portions of food or expect your child to eat everything on his plate.

Let your child serve himself

A preschool child will usually serve himself the amount of food that he wants to eat. Help your child take a serving of food from a serving bowl by holding the bowl for him. He will feel "grown up" when he can serve himself.

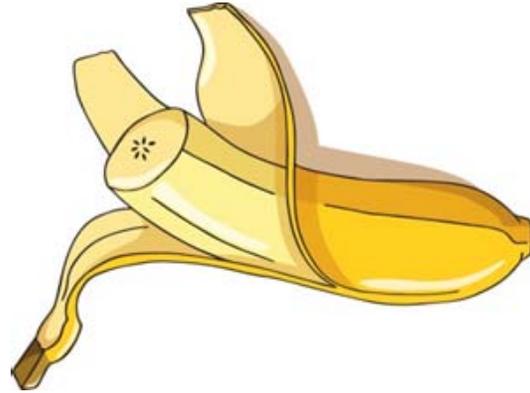
Banana Muffins

When you have too many bananas, make muffins!

Makes 10 to 12 muffins

Ingredients:

- 2 eggs, beaten
- 3 bananas (very ripe)
- $\frac{3}{4}$ cup sugar
- 2 cups flour
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1 teaspoon vanilla



Directions:

1. Peel and mash bananas in a bowl. Mix eggs and bananas together.
2. Add flour, sugar, salt, baking soda, cinnamon and vanilla to banana mixture. Stir together.
3. Spray muffin tin with a cooking spray or line with muffin liners.
4. Pour batter into muffin tins, filling each about $\frac{3}{4}$ full.
5. Bake muffins in a 350° oven for 20 to 25 minutes, or until a toothpick inserted into the center of a muffin comes out clean.

Freeze and Eat Later

Pack cooked muffins in freezer bags.
Keep in your freezer for 2 to 3 months.

When you want a muffin for breakfast or a snack, heat it in the microwave.

Fresh fruit is the most popular snack eaten.

85% of American households have fresh fruit in their homes for snacking.

- ☺ Bananas, oranges, apples, kiwi and grapes are good choices for snacking.
- ☺ Kids love bananas and they are good for them, too!
- ☺ Bananas have potassium, fiber, manganese, vitamins C and B6.
- ☺ A banana is easy to peel and eat - a perfect snack!

Banana Roll-ups

Serve banana roll-ups on a special plate.

1. Spread peanut butter lightly on a whole wheat tortilla.
2. Peel a banana and place it on one end of the tortilla.
Roll up the banana in the tortilla. Cut into 1 inch slices.



PBB Quesadilla

Enjoy a quesadilla without cheese!

1. Spread peanut butter lightly on a whole wheat tortilla.
2. Peel a banana and cut it into $\frac{1}{4}$ inch slices. Place the banana slices on the peanut butter.
3. Top with another tortilla.
4. Heat in a skillet on both sides.
5. Cut into triangles and eat.

Kid-Size Food

Prepare small servings of food for your child:

- Mini muffins
- Small tortillas or quesadillas
- Sandwiches cut into 4 pieces
- Small chicken leg
- Small meatballs
- Baby carrots
- Clementine orange
- Small piece of broccoli

Kid-sized food is fun to eat.

A mini muffin, small pieces of broccoli or a small orange are cute and easy to pick up with little hands.

It's easy to try new foods.

It's fun to try small pieces of a new food. Kid sized food looks special. It's easier to eat a small piece of broccoli than to eat a serving of broccoli. Your child will want to try it!



What Can You Do?

- Serve kid-size foods to my preschool child.
- Keep fresh fruit in my home and snack on it.
- Make Banana Muffins, Banana Roll-ups or a PBB Quesadilla.
- Other: _____

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This should be obtained from a qualified health professional.

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