



KidFood

Healthy Eating for Today's Kids

Nutrition Matters

March 2013

My Lunch, My Way

What is the most popular food served at lunch?
A Sandwich!

Create a healthy plate at Lunch:

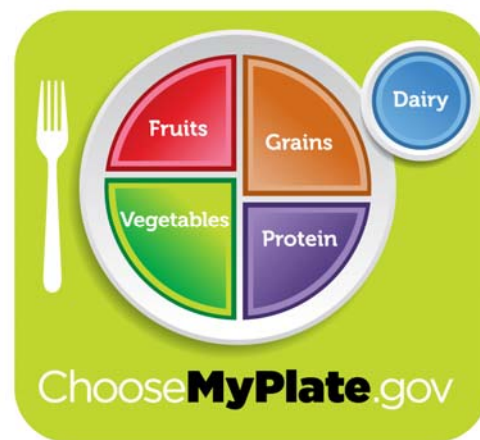
- ✓ Make a sandwich with lean meat and whole grain bread.
- ✓ Fill half of your plate with fruits and vegetables.
- ✓ Serve with a glass of skim or 1% milk.

Kid Sandwiches:

- 😊 Peanut Butter sandwich
- 😊 Grilled Ham and Cheese
- 😊 Sloppy Joe on a small bun
- 😊 Turkey sandwich
- 😊 Chicken Strip sandwich

Chicken Strip Sandwich

1. Cut a raw chicken breast into strips.
2. Heat 1 tablespoon of vegetable oil in a skillet.
3. Place the chicken strips in the skillet.
4. Cook over medium heat until chicken is light brown and no longer pink.
5. Season with salt and pepper.
6. Serve cooked chicken strips on a bun. Top with a little barbecue sauce.



Fruits and Veggies for Kids

Keep it simple:

- Fresh or Canned Mandarin Oranges
- Fresh or Canned Pears or Peaches
- Dish of Unsweetened Applesauce
- Banana slices
- Kiwi or Pineapple slices
- Grapes - cut into 4 pieces
- Blueberries or Strawberries

- Baby Carrots
- Cooked or Raw Broccoli
- Cooked Peas, Corn or Beans
- Cherry Tomatoes - cut into 4 pieces
- Chopped Lettuce and Tomatoes, served with reduced fat dressing on the side.



Serve fruits and veggies that are in season. Enjoy strawberries in the spring.
Serve corn on the cob and garden fresh cucumbers in the summer.

When offering canned fruit, choose fruits packed in 100% fruit juice rather than syrup.

Some kids love green veggies. What's the secret?

*Kids usually prefer raw vegetables or cooked vegetables that are still a little crunchy.
Don't overcook vegetables.*

Microwave Broccoli

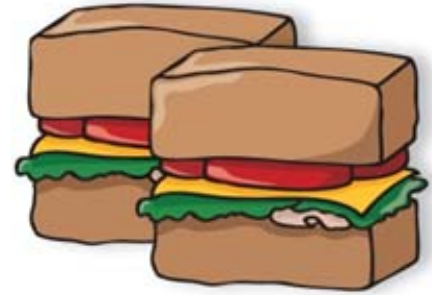
*Rinse fresh broccoli and place in a dish. Cover with a paper towel.
Cook in the microwave for about 2 minutes.*



What Can You Do?

- Serve fruits and veggies with sandwiches at lunch.
- Make Chicken Strip Sandwiches or Sloppy Joes.
- Not bribe or reward my child with sweets.
- Other: _____

Sloppy Joes



- 1 pound lean ground beef or turkey
- $\frac{1}{2}$ cup chopped onion
- $\frac{1}{2}$ teaspoon garlic powder
- 1 teaspoon mustard
- $\frac{1}{2}$ cup ketchup

1. Cook the ground meat and chopped onion in a large skillet over medium heat.
2. Cook until the meat is brown. Drain off any liquid.
3. Add the garlic powder, mustard and ketchup to the meat.
4. Lower the heat and simmer for 10 to 15 minutes.
5. Serve on whole wheat bread, bun or in a pita.

Buy Meat, Not Fat

Choose ground beef or turkey that is at least 90% lean.
You may be able to buy 93% or 95% lean ground meat.

How long can I freezer leftover Sloppy Joe filling?

Place leftover meat in freezer containers and keep in your freezer for 2 to 3 months.

Need a quick lunch?

Thaw meat in the microwave and serve on a whole wheat bun.

"Eat your dinner and then you can have ice cream."

Do you bribe your child with sweets? If so, your child may be thinking,
"Dinner must be really bad if mom has to bribe me with ice cream."

Your child is probably not enjoying dinner any more.
He's only worried about getting ice cream. He's learning to love sweets.
He may even eat food when he is not hungry, just to get the ice cream.

Your child may learn to overeat.
Let him learn to eat because he is hungry, not to get a reward.



Sweet Foods

Don't avoid all sweets, just limit how often and how much you and your family eat.
Sweet foods may be delicious, but they are not good to eat in large quantities or too often.



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