



KidFood

Healthy Eating for Today's Kids

Nutrition Matters

June 2013

Summer Beans and Peas

Visit the Farmers' Market this summer for a couple of our favorite vegetables

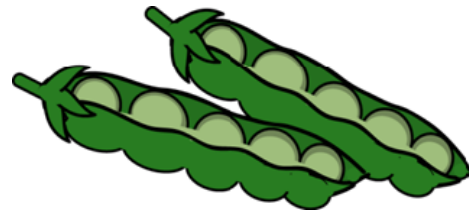
GREEN BEANS AND PEAS

Make a Salad with Green Peas

- ✓ If using fresh peas, remove peas from shells. Place peas in a pot of lightly salted water. Bring to a boil and cook until tender, about 2 to 3 minutes. Drain water off peas.
- ✓ If using frozen peas, thaw peas and drain.

Green Pea Salad

3 cups cooked peas
 $\frac{1}{2}$ cup thinly sliced celery
 $\frac{1}{4}$ cup finely chopped onion
2 tablespoons low-fat mayonnaise
1 tablespoon low-fat sour cream
Salt and black pepper



1. Combine the peas, celery, onion, mayonnaise and sour cream in a bowl.
2. Season with salt and black pepper to taste.

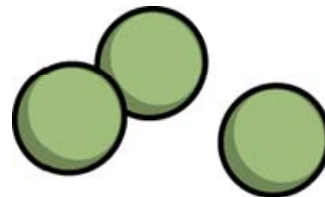
Try one of these variations:

- Use low-fat ranch salad dressing instead of mayonnaise and sour cream.
- Add chopped cooked chicken to salad.
- Try topping salad with crushed cashews.
- Add a little shredded cheddar cheese.
- Serve on top of shredded lettuce.

Brown Rice and Peas

Serve with grilled chicken or pork

- 1 tablespoon vegetable oil
- $\frac{1}{2}$ cup chopped onion
- 2 cups cooked brown rice
- $1\frac{1}{2}$ cups fresh or frozen peas
- $\frac{1}{4}$ cup chopped cilantro, optional

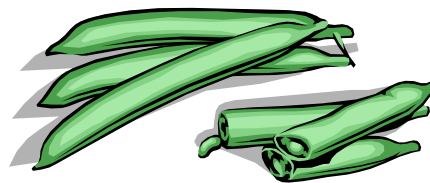


1. Heat oil in a large skillet.
2. Add chopped onions.
3. Cook and stir for about 3 minutes.
4. Add cooked rice, peas and $\frac{1}{2}$ cup water to skillet. Cook and stir for 3 to 5 minutes.
5. Remove from heat. Top with cilantro, if desired.

Green Beans and Ham

A simple veggie that kids love!

- 1 pound fresh green beans
- $\frac{1}{2}$ cup ham, chopped
- Salt and pepper to taste



1. Wash the green beans and remove the stems
2. Place the green beans in a kettle with 2 to 3 inches of water.
3. Bring to a boil. Then reduce the heat to simmer, cover, and cook for 15 minutes.
4. Drain the water off the green beans. Add the chopped ham, salt and pepper. Stir and heat for 2 minutes. Serve.

Strong Bodies

need

Strong Bones

Your child is growing fast - 2 to 4 inches every year! He needs a lot of calcium to build strong bones to last his lifetime.

Drink milk at meals.

Milk is the main source of calcium in his diet.

It's hard to get enough calcium without drinking milk.

Make the Change!

Whole and 2% milk have lots of fat.

1 cup of whole milk has as much fat as 5 strips of bacon.

1 cup of 2% milk has as much fat as 3 strips of bacon.

2% milk is not low in fat.

When your child is 2 years old, switch to skim or 1% milk.

It's an easy way to reduce fat in your family's diet and still get plenty of calcium.

"How much milk should my child drink?"

Your child can get enough calcium by drinking milk or eating other dairy foods.

2 and 3 year old children

need **2 cups** dairy each day.

4 and 5 year old children

need **2½ cups** dairy each day.

These foods are equal to 1/2 cup dairy:

- 1/2 cup milk
- 4 ounces yogurt
- 3/4 ounce cheese
- 1 ounce processed cheese
- 1 string cheese
- 1 cup cottage cheese



"Can my child drink too much milk?"

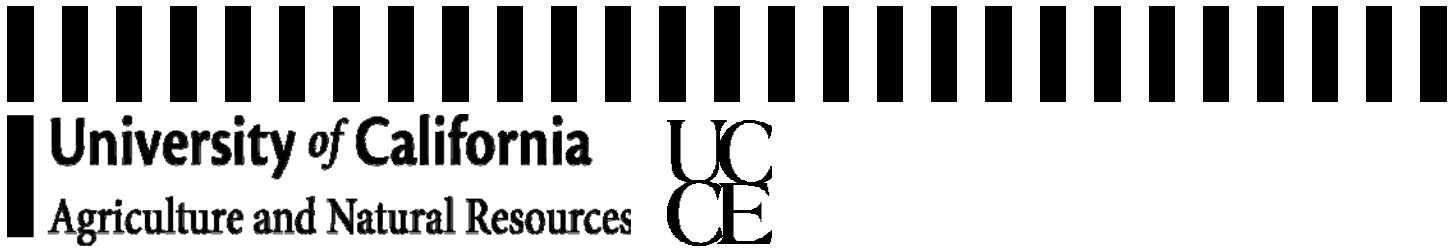
Yes, if your child drinks more than 24 ounces of milk in a day, it's probably too much milk.

Drinking too much milk can ruin your child's appetite. He may fill his small tummy with milk and not be eating other foods such as fruits, vegetables, protein foods, and whole grains.



What Can You Do?

- Drink skim or 1% milk at meals with my children who are 2 years and older.
- Cook with fresh green beans or peas this summer
- Drink water when thirsty between meals and snacks.
- Other: _____



PLACER-NEVADA COOPERATIVE EXTENSION OFFICE
UNIVERSITY OF CALIFORNIA
11477 E AVENUE (Building 306, DeWitt Center)
AUBURN, CA 95603

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ROGER INGRAM, County Director
MICHELE FISCH, Nutrition BEST Program Representative

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**University of California
Cooperative Extension
11477 E Avenue
Auburn, CA 95603
Phone: 530-889-7350
Fax: 530-889-7397
Email: ceplacer@ucanr.edu
Website: <http://ceplacer.ucanr.edu>**

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