



# KidFood

Healthy Eating for Today's Kids

Nutrition Matters

February 2014

## A Sweet Tooth

Yes, children do have a sweet tooth.  
They do like sweet foods - candy, cookies, bars, and ice cream -  
and get excited when sweets are offered to them.

You can't stop your child from ever eating sweets ever.  
But you do have control over what types of foods are available in your home.

### Keep your home stocked with healthy choices that are ready to grab and eat for snacks:

- A container of cut up carrot sticks or baby carrots, broccoli spears, or cherry tomatoes in the refrigerator.
- Dish of peeled oranges segments, rinsed grapes, blueberries, strawberries, pineapple chunks, or kiwi slices in the refrigerator.
- Bowl of bananas on the counter - ready to peel and eat.
- Whole grain crackers, popcorn, pretzels, or yogurt.

### Choose processed foods low in sugar; read the label:

- Buy 100% juices with no sugar added. And limit to one 6-oz serving a day.
- Don't keep sugary drinks in your refrigerator. Drink water when thirsty.
- Buy fruits canned in 100% juice or water, not syrup.
- Choose the yogurt with less sugar. Or buy plain yogurt and sweeten with fresh fruit.
- Buy breakfast cereals low in sugar.
- Read the label on breads, crackers, rolls, muffins, and other baked foods; they can be high in added sugars and unhealthy fats.



## Why Are Sweet Foods a Problem?

Eating too many sweets can cause tooth decay, unhealthy weight, or a fussy eater.

- **Tooth decay.** A child who eats lots of sweets is more likely to have tooth decay. Cavities hurt.
- **Extra Calories.** Sweets can add up to a lot of extra calories, and your child could become overweight.
- **A Fussy Eater.** A child can learn to prefer sweet foods and refuse to eat anything that is not sweet.



### Want your child to eat healthy snacks?

Eat healthy snacks with your child. Your child will not want to eat an apple, if he sees you eating candy. Eat an apple with your child!

### Small children want to eat what they see.

Keep healthy snacks in your house. Do not buy soda, cookies, candy, and other sweets when you go to the store. You have control over what types of food are in your home.

### It is okay to have an occasional sweet, but not every day.

Once or twice a week is enough. When you have a sweet food, eat a small amount. Your child is watching and learning!

---

## Offer Healthy Snacks

Fresh fruit - apple slices, bananas, oranges, melon chunks, kiwi

Baby carrots or carrot sticks

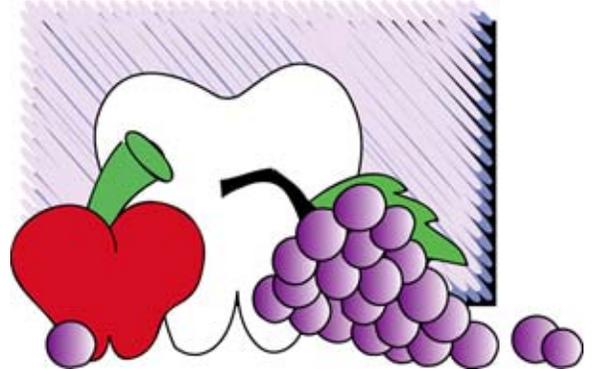
Broccoli or cauliflower pieces

Cheese slices, string cheese, low-sugar yogurt

Hard cooked eggs

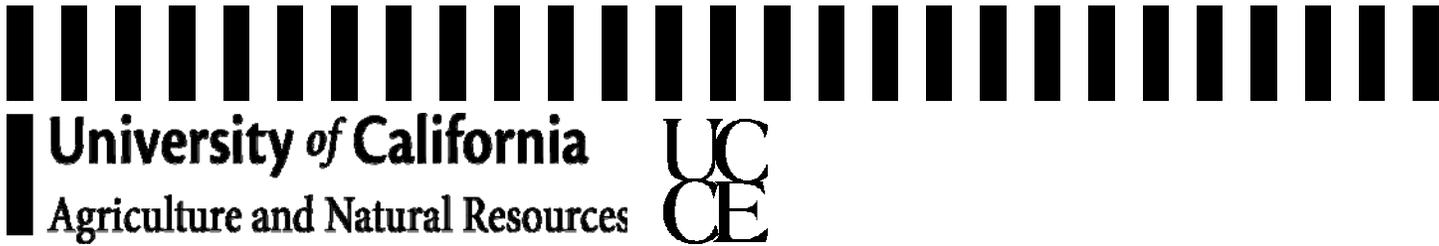
## Protect Your Child's Teeth and Smile!

- ☺ **Eating sweets often during the day can cause cavities.** Bacteria are always living in your child's mouth. These bacteria use sugar to make acid. This acid can cause cavities. Limit sweets!
- ☺ **Holding sweets in the mouth for a long time can cause cavities.** Sucking on hard candy will keep sugar in your child's mouth for a long time. Drinking sweet drinks and juice often during the day can cause cavities.
- ☺ **Sticky and chewy sugary foods can stick to your child's teeth and cause cavities.** Sticky sweets and fruit rollups can stick to teeth and cause cavities. Choose fresh fruit for snacks.
- ☺ **Thirsty? Drink water.** Offer unsweetened water between snacks and meals.
- ☺ **Limit juice** to 6 ounces or less each day. Snack on whole fruits. Drinking juice and other sweet drinks throughout the day can cause cavities.
- ☺ **Stop the baby bottle.** Wean your toddler from the bottle by 1 year of age.
- ☺ **Water in sippy cup.** Let your toddler use a sippy with only plain water in it.
- ☺ **Wean from the sippy cup.** Use a regular cup or glass without a lid when eating meals and snacks. Let your toddler practice drinking from a regular cup or glass without a lid at meals and snacks. Put a small amount of milk, juice, or water in the cup. Refill as needed to limit spills.



### What Can You Do?

- Eat fruits, veggies, and other low sugar snacks with my child.
- Drink water between meals and snacks.
- Keep a dish of fruits or veggies in my refrigerator ready to eat.
- Other: \_\_\_\_\_



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

Follow us on  [www.twitter.com/nutritionBEST](http://www.twitter.com/nutritionBEST)

Become Our Fan on  <http://www.facebook.com/pages/UC-Nutrition-BEST/310437520040>

To simplify information, trade names of products have been used. No endorsement of named or illustrated products is intended, nor is criticism implied of similar products that are not mentioned or illustrated.



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

### Nutrition Matters

KidFood is published 12 times a year.  
Copyright 2014

The content of KidFood is not intended to provide medical advice. This should be obtained from a qualified health professional.

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

It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities on the basis of race, color, national origin, religion, sex, gender, gender expression, gender identity, pregnancy (which includes pregnancy, childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition (cancer-related or genetic characteristics), genetic information (including family medical history), ancestry, marital status, age, sexual orientation, citizenship, or service in the uniformed services (as defined by the Uniformed Services Employment and Reemployment Rights Act of 1994 (USERRA), as well as state military and naval service. This policy is intended to be consistent with the provisions of applicable state and federal laws and University policies.  
University policy also prohibits retaliation against any employee or person in any of its programs or activities for bringing a complaint of discrimination or harassment pursuant to this policy. This policy also prohibits retaliation against a person who assists someone with a complaint of discrimination or harassment, or participates in any manner in an investigation or resolution of a complaint of discrimination or harassment. Retaliation includes threats, intimidation, reprisals, and/or adverse actions related to employment or to any of its programs or activities.  
In addition, it is the policy of the University and ANR to undertake affirmative action, consistent with its obligations as a Federal contractor, for minorities and women, for persons with disabilities, and for covered veterans. The University commits itself to apply every good faith effort to achieve prompt and full utilization of minorities and women in all segments of its workforce where deficiencies exist. These efforts conform to all current legal and regulatory requirements, and are consistent with University standards of quality and excellence.  
In conformance with Federal regulations, written affirmative action plans shall be prepared and maintained by each campus of the University, including the Division of Agriculture and Natural Resources. Such plans shall be reviewed and approved by the Office of the President and the Office of the General Counsel before they are officially promulgated.  
Inquiries regarding the University's equal employment opportunity policies may be directed to Linda Marie Manton, Affirmative Action Contact, University of California, Davis, Agriculture and Natural Resources, One Shields Avenue, Davis, CA 95616, (530) 752-0495.