



KidFood

Healthy Eating for Today's Kids

Nutrition Matters

May 2014

Sweet Strawberries

Strawberries are a special treat during the summer. Enjoy berries that are grown locally. They taste fresh and sweet when eaten. They are quick and easy to eat—just rinse lightly and eat. Children love to eat strawberries!

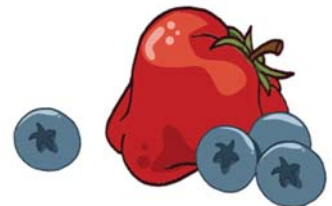
Serve strawberries for breakfast and snacks. They are a great source of vitamin C, folic acid, and fiber! **Four berries have as much vitamin C as 4 ounces of orange juice or half of an orange.**

Start Your Day with Berries!

- Toss sliced strawberries on top of breakfast cereal.
- Mix sliced strawberries with a small amount of syrup. Serve on top of pancakes, waffles, or French toast.
- Blend frozen or fresh strawberries with apple juice for your own special drink.
- Spread peanut butter on a whole wheat tortilla. Top with strawberry slices and banana slices. Roll up the tortilla.

Snack on Berries!

- Eat fresh strawberries—they are a fun finger food.
- Serve fresh or frozen strawberries on yogurt.
- Blend strawberries with low-fat yogurt for a shake. Add a banana and blend!
- Serve sliced strawberries or blueberries on pudding, cottage cheese, or custard.
- Dip fresh strawberries into peanut butter.
- Serve strawberry slices with kiwi slices - a pretty combination that's fun to eat.



Frozen Yogurt Berries

Enjoy this yummy treat during the hot days of summer.

- Rinse strawberries and remove stems.
- Dip berries in yogurt.
- Place dipped strawberries on a baking sheet lined with parchment paper.
- Freeze berries in a freezer.
- Place frozen berries in freezer bags until ready to eat.



Strawberry Parfait

This easy snack can be made with blueberries, raspberries, fresh peach slices, or any fruit that is in season.

- Spoon 2 tablespoons of low-fat vanilla yogurt in the bottom of 4 glasses.
- Top the yogurt with sliced bananas, sliced strawberries, and a sprinkle of crushed graham crackers.
- Repeat the yogurt, banana, strawberry, and graham cracker crumbs for another layer.

Strawberry Slush

Kids like to eat this slush with a spoon.



- Rinse fresh strawberries and remove their stems.
- Blend together 4 cups strawberries and 1 cup apple juice.
- Pour mixture into 4 plastic cups.
- Cover each with plastic wrap.
- Place in the freezer and freeze until solid.

Eat a Variety of Foods

A child who learns to eat a variety of foods is less likely to be a fussy eater later.

Your family probably has their favorite meals that you serve often. It's good to have family favorites. However, take time to offer a variety of foods.

😊 Try new dishes and recipes.

Prepare fruits and vegetables in different ways - raw, roasted, shredded, steamed, in salads, pastas, and soups.

😊 Taste foods together.

Talk about new foods or dishes. Have fun when cooking and eating new foods in the kitchen. If you enjoy trying new foods, your child will too.

😊 Let your child play with foods.

Young children like to play with their food before they eat it. Arrange foods on a plate in a fun design. It's fun to eat great looking food.

😊 Read stories about foods.

Read books about growing and cooking vegetables. Plant seeds in a small pot. Start a garden together. Try new vegetables from story books.

😊 Serve finger foods.

Small children often like to eat with their fingers.



What Can You Do?

- Enjoy fresh strawberries at snack times.
- Try new dishes and recipes with my family every week.
- Create fun snacks with my child and taste new foods.
- Other: _____





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