



# KidFood

Healthy Eating for Today's Kids

Nutrition Matters

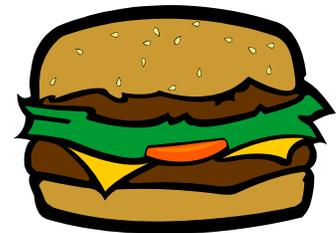
June 2014

## Grilled Burgers

*Summer brings picnics, cookouts, and family reunions.  
These are great times to enjoy your family and a good meal.  
Grill some burgers for a quick and easy meal that your children will love.*

### Cook healthy and fun burgers:

- **Buy lean ground beef or turkey that is at least 90% lean.** You may be able to buy ground beef that is 93% or 95% lean. Lean ground meat is a great source of protein and iron for your growing child.
- **Add flavor to burgers.** Mix 1 pound of ground meat with 2 tablespoons barbecue sauce or 1/4 cup salsa before shaping into burgers.
- **Make small flat burgers for your child.** Try a different shape - make long round burgers that fit into a hot dog bun.
- **Serve hamburgers in small buns.** Young children enjoy eating food that is small and easy to hold.
- **Offer a fruit or vegetable.** Try grilled fruits. Serve raw vegetables with dip. Make a Rainbow Fruit Salad.



### Keep Your Burgers Safe!

*Summer also brings warm sunny days. This can mean an increase risk of food poisoning.*

- **Wash hands** before and after making patties.
- **Wash counters and utensils** with hot soapy water after they touch raw meat.
- **Use a thermometer when cooking burgers.** Cook hamburgers until a thermometer put into the thickest part of the burger reads at least 160°F, and the meat is no longer pink.
- **Place cooked food on a clean plate.** Do not put cooked food or food that will be eaten raw on an unwashed plate or cutting board that held the raw meat.

## Rainbow Fruit Salad

*Serve grilled burgers with this colorful salad and a glass of fat-free milk.*

- 2 cups strawberries, cut into halves
- 1 cup blueberries
- 2 cups diced mango or peach
- 2 cups seedless grapes, cut into halves
- 6 ounces low-fat vanilla yogurt

1. Rinse fruit. Remove stems from strawberries and cut berries into halves. Peel mango or peach, and cut into bite-size pieces. Cut grapes into halves.
2. Arrange fruit in the shape of a rainbow on a platter.
3. Put yogurt on the two ends of the rainbow. Serve.



## Serve Family Style Meals

- 😊 Set the table with plates, silverware, and cups.
- 😊 Put small bowls of food on the table.
- 😊 Sit and eat together.
- 😊 Pass the bowls of food around the table.
- 😊 Let everyone, including your children spoon some food onto their plate.

### **Children who serve foods to themselves learn some basic skills:**

**They learn to eat the right amount.** Children will put the amount of food on their plate that they want to eat. They are more likely to listen to their body, eat when hungry, and stop eating when full. This is an important skill for small children to learn.

**They are more willing to try new foods.** They learn new skills. Children will learn how to spoon foods onto their plates and how to pour liquids. Yes, there will be spills at first. But this is how children learn to feed themselves.

**They become more independent.** Children will feel "grown up" when serving themselves.

## Milk Matters

Your child needs plenty of calcium to make strong bones that will last for the rest of his life.

**Your child will develop about 90% of his bones by the time he is 17 years old.**

It is hard to get enough calcium without milk.

**Drinking milk at mealtimes is an easy way to get enough calcium.**

Offer skim or 1% milk to children over the age of 2 years.

Your preschool child should drink 16 ounces of milk or dairy equivalent each day.

If your child refuses to drink milk at meals:

- **Drink milk with your child.** Small children will copy what they see others doing. If you and other family members drink milk, your child will want to drink milk.
- **Offer a small amount of milk at meals.** Do not force your child to drink milk. Encourage him to drink a small amount. Patience works better than pressure.
- **Offer milk in a special cup.** Teddy bears, monkeys, and puppies on cups can make mealtimes fun.
- **Use a small cup.** Offer milk in a cup that your child can easily hold.
- **Offer other forms of dairy at meals and snacks.** Low-fat yogurt and cheeses offer the same nutrition as milk.
- **Offer water to drink at mealtimes,** if your child refuses to drink milk. Do not offer juice or other sweet drinks at mealtimes.
- **Skip the soda.** Soda is just sugar and water and provides no nutrition to children or adults.



### What Can You Do?

- Serve family style meals for my family.
- Drink 1% or skim milk with my child at mealtimes.
- Make a Rainbow Fruit Salad this summer.
- Other: \_\_\_\_\_



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### Nutrition Matters

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