



KidFood

Healthy Eating for Today's Kids

Nutrition Matters

January 2015

An Ounce of Prevention

Help your child develop healthy habits that can prevent obesity.
Your child will grow up happy and healthy!

- ☺ **Offer 3 meals and 1 to 2 nutritious snacks each day.**
Small children thrive on routines. They will eat better and be happier when they know what to expect at mealtimes.
- ☺ **Serve family style meals.**
Put bowls of food on the table. Pass the bowls between family members. Let everyone, including your child, spoon a portion of each food onto his plate.
- ☺ **Serve foods such as soup and other hot foods to your young child as needed.**
Offer child size servings.
- ☺ **Allow your child to decide "how much" he will eat.**
Let your child stop eating when he is no longer hungry.
- ☺ **Eat with your child.**
A child's most important role model is his parents. Your child learns healthy eating habits by watching you and others eat.
- ☺ **Limit sugary drinks.**
There are a lot of extra calories in soda and other sweet drinks. A 12 ounce can of soda has 150 calories and no nutrition!





Healthy Eating Tips!

Limit fruit juice. Too much fruit juice can also add up to too many calories. Limit juice to 6 ounces each day.

Snack on fruits and vegetables. Fruits and vegetables have lots of natural water and help satisfy a child's thirst. They are also high in fiber!

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

Serve fewer high fat foods. Eat less bacon, sausage, and other high fat meats. Skip the French fries or potato chips. Use small amounts of cheese. Limit fried foods.

Give your child a lifetime of good health!

Bundle Up and Enjoy Winter!

Play outside! Children who go outside to play are more active. Walk to the park or school playground.

Shovel snow! Buy a small shovel for your child. Ask him to help you shovel snow. Small children love to copy what their parents do.

Make snow angels. Lay on your back in the snow. Move your arms up and down to create "wings" in the snow.

Build snow forts or snow houses. Make paths through the snow. Play tag in the snow.

Take a walk in the zoo or park. Talk about how animals live and sleep in the winter.

Invite other children to your home. Children are more active when playing with other children.

Create a safe play area in your home. Clear out an area where your child can ride small bikes, push toys, pull wagons, and dance. This could be a room, part of a room, garage, or basement.

Enjoy the benefits of active children!

Children who are active are better behaved, learn easier, and sleep better at night!

January is "Oatmeal Month"

Oatmeal is a whole grain.

Offer whole grains for at least $\frac{1}{2}$ of your child's grains.

- ♥ Buy low-fat granola made with oatmeal. Granola makes a delicious snack that children can eat with their fingers.
- ♥ Top your child's favorite yogurt with granola and fruit (blueberries, strawberries, peaches, pineapple).
- ♥ Sprinkle granola on your child's favorite breakfast cereal - adds fiber, nutrition, and flavor!



Baked Oatmeal

Make this the night before and bake it in the morning.

Makes 6-8 servings

2 cups old fashioned oats
1/3 cup packed brown sugar
1/3 cup raisins
1/4 cup chopped walnuts
1 teaspoon cinnamon
1 teaspoon baking powder
1 1/2 cups fat-free milk
1/2 cup applesauce
2 tablespoons butter, melted
1 large egg, beaten
Cooking spray

1. Combine the first 6 ingredients in a medium bowl. In a separate bowl, combine the milk, applesauce, butter, and egg. Add milk mixture to oat mixture; stir well.
2. Pour oat mixture into an 8-inch square baking dish coated with cooking spray. Cover and put in refrigerator overnight.
3. In the morning, turn oven on to 375° and put the dish in (uncovered) while it preheats; set your timer for 30-35 minutes. Serve warm.



What Can You Do?

- Offer 3 meals and 1 to 2 nutritious snacks each day.
- Make Baked Oatmeal.
- Play outside with my children this winter.
- Other: _____

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