



# KidFood

Healthy Eating for Today's Kids

Nutrition Matters

February 2015

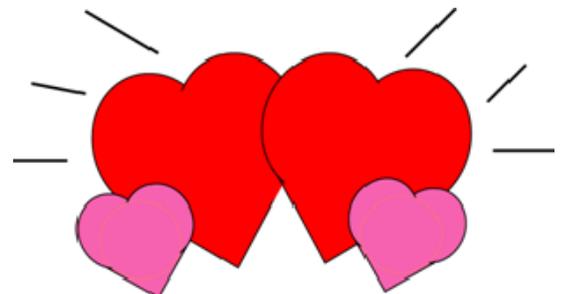
## Healthy Hearts

Too much fat can cause problems for small children such as:

- ♥ **Overweight** - High fat foods can add up to a lot of extra calories.
- ♥ **Fussy Eaters** - Some children learn to prefer the taste of high fat foods. These children may refuse to eat other healthy foods such as fruits and vegetables.
- ♥ **Poor Nutrition** - Many high fat foods are also low in nutrition. Your child can easily fill his small tummy with high fat, low nutrition foods.

### Limit high fat foods.

- ♥ **Skip the French fries. Or share a small order of French fries with your child.** French fries are high in fat, calories, and have very little nutrition.
- ♥ **Limit potato chips and corn chips.** Choose low-fat corn chips and pretzels. Pour a small amount into a bowl to eat. Do not eat out of the bag; it's too easy to overeat.
- ♥ **Choose skim or 1% milk for your family.** Skim and 1% milks have all the calcium in whole and 2% milk, without the extra fat.
- ♥ **Eat less bacon, sausage and other high fat meats.** Read the label and make healthy choices for your family.





- **Choose low-fat or non-fat dairy foods.** Buy low-fat or non-fat yogurt, pudding, cheese, and cottage cheese.
- **Use small amounts of cheese in cooking.** Cheese does have calcium, but it can be high in fat and calories. Use small amounts of cheese.
- **Use less oil and fat when you cook.** Limit cream sauces and gravies.
- **Choose low-fat salad dressing** on your salads and raw vegetables.
- **Enjoy more fruits and vegetables!** They are naturally low in fat. Snack on bananas, kiwi, apple slices, baby carrots, broccoli and tomatoes.
- **Choose meats with little fat.** Cut off any fat you can see before cooking. Remove skin from chicken before cooking.
- **Limit fried foods.** Bake, grill or broil meats and other foods whenever possible.

## Have a Snack Plan

About 1/4 to 1/3 of your child's calories come from snacks. Snacks provide needed nutrition for children and are not just 'extra food' or 'treats'.

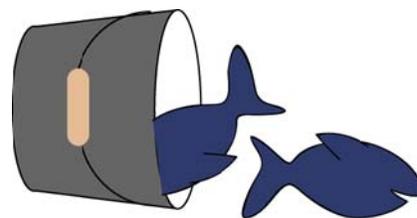
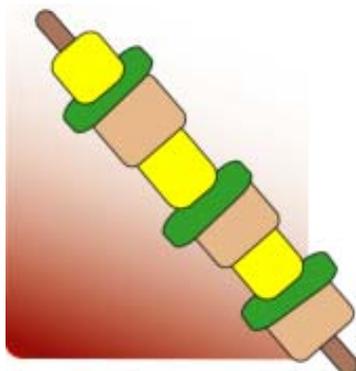
- ✓ Make a list of snacks your child likes and are healthy choices.
- ✓ Keep the list on the refrigerator as a reminder of what to buy.
- ✓ Keep unhealthy foods out of the refrigerator and cupboard, such as sodas, chips, and sweets.
- ✓ Keep healthy snacks prepared and ready for hungry children and parents to grab.



## Chicken Kabob Salad

1 pound boneless, skinless chicken breasts,  
cut into 1 inch cubes  
1 can (20 ounces) pineapple chunks  
1 red or green bell pepper, cut into 1 inch cubes  
Low-fat Italian salad dressing  
Lettuce

1. Thread pineapple chunks, chicken cubes and pepper cubes on skewers. Brush kabobs with Italian salad dressing.
2. Grill or broil kabobs for 10 to 15 minutes or until chicken is no longer pink. Turn kabobs a couple times while cooking.
3. Serve kabobs on chopped lettuce.
4. Serve with your favorite low-fat salad dressing.



## Try Fish For Dinner

Serve fish once a week.  
Choose some seafood that is rich in omega 3 fatty acids - such as salmon, trout, and sardines.

## Baked Fish

- Place fish fillet on a baking dish that has been sprayed with a non-stick cooking spray. Season with salt, black pepper or your favorite seasoning.
- Bake fish in a 375° oven for 20 to 22 minutes, or until fully cooked.
- Remove fish from the oven. Season with lemon juice, if desired.

## What Can You Do?

- Offer 3 meals and 1 to 2 nutritious snacks each day.
- Choose low-fat and non-fat dairy foods and milk for my family.
- Make Chicken Kabob Salad.
- Other: \_\_\_\_\_



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## Nutrition Matters

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