



# KidFood

Healthy Eating for Today's Kids

Nutrition Matters

November 2015

## Eating on the RUN

Bring along some healthy foods that travel well for your family.

**Dry fruits:** Raisins, banana chips, or dried apples

**Fresh fruits:** Bananas, plums, pears, peaches, apples, oranges, cherries, red or green grapes

**Fresh vegetables:** Baby carrots, broccoli, cauliflower, grape tomatoes or cherry tomatoes

### Peanut Butter

Spread it on crackers, rice cakes, bread, bagels, or whole wheat tortillas.



Bottles of water  
Whole grain crackers  
Trail mixes of dried fruits, nuts, breakfast cereals, pretzels, or crackers

## Super-Sized Food

We love to get more for our money!  
Restaurants try to serve what we want.

Serving sizes have increased  
because we love a bargain.

**Serving sizes can be 2 to 5 times  
larger than what we need to eat.**

"Extra Value" meals add French fries and  
soda for a few more pennies. Super-sized  
meals are often twice as big as  
regular-sized meals, but they do not cost  
twice as much.

Bigger is rarely better when it  
comes to food.

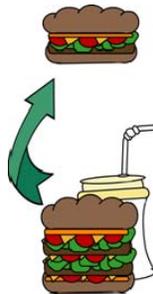
**"Extra Value" meals encourage us  
and our children to overeat.**

We tend to eat everything we buy;  
we hate to waste food.

**Eat normal-size servings  
when eating out.**

**Eat normal-size servings  
when eating home.**

*Your child is watching you.  
Be a positive role model for your child.*



**Try to limit eating at restaurants  
to once a week or less.**



## Make Healthy Choices with Your Child at Restaurants

- ☺ Look beyond the Kid's Menu. There are other foods on the menu that can be healthy choices for your child.
- ☺ Share a meal with your child. Ask for an extra plate. Children love to eat what their parents and others are eating.
- ☺ Choose grilled foods, not fried foods. Limit deep fried fish and chicken sandwiches.
- ☺ Order a grilled chicken sandwich. Cut chicken into bite-size pieces for your child.
- ☺ Choose the hamburger instead of chicken nuggets. Chicken nuggets are high in fat and calories.
- ☺ Try a chicken soft shell or bean burrito.
- ☺ Order cheese pizza without high fat meats such as sausage or pepperoni. Order pizza with vegetables such as peppers, mushrooms, and tomatoes.
- ☺ Bring along a fruit or vegetable to the restaurant. Let your child eat it while waiting for the meal. Small cans of fruit, bananas, and orange slices are good choices.
- ☺ Skip the French fries. If you order fries, share a small order with your child.
- ☺ Order milk or water to drink. Limit soda which is high in sugar.

# Homemade is the Best

Homemade meals are made  
with love and nutrition.

Homemade meals also save money!

*Does your child have favorite foods  
that he likes to eat in restaurants?*

You can easily make most  
of these foods in your home.

## Pinwheel Sandwich

Layer each tortilla with  $\frac{1}{4}$  cup shredded carrots, 1 ounce ham, 1 ounce turkey and 1 tablespoon shredded cheddar cheese. Roll up tightly and slice into 1 inch rounds. Serve with honey mustard for dipping.

## Soft Pretzels

Thaw a loaf of frozen bread dough overnight in the refrigerator. Cut dough into 12 pieces. Roll each piece into a long noodle and shape into a pretzel. Place pretzels on a lightly greased baking sheet. Let pretzels rise until they are double in size, about 20 minutes. Bake in a 350° oven for 10 to 12 minutes or until lightly browned.

## Chicken Quesadillas

Layer cooked chicken pieces, American cheese slices, and chopped tomatoes on a tortilla shell.

Top with another tortilla shell.

Warm quesadilla in a skillet on both sides until cheese melts.

## Sandwich Buffet

Let your child put together  
his favorite deli sandwich.

**Stuff small buns with your favorites:**

- sliced turkey, ham, or roast beef
- small slices of lettuce
- chopped tomatoes
- shredded carrots
- sliced green or black olives
- small slices of cheese
- thinly sliced green or red peppers

## Taco Buffet

Make your favorite taco  
with mini hard taco shells or soft tortillas.

**Stuff with your favorites:**

- cooked hamburger, chicken, or steak strips
- refried beans
- chopped lettuce
- chopped tomatoes
- shredded cheddar cheese
- salsa



## What Can You Do?

- Prepare a Sandwich Buffet or Taco Buffet at home.
- Limit eating out at restaurants to once a week or less.
- Make healthy choices with my child at restaurants.
- Other: \_\_\_\_\_

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## Nutrition Matters

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