



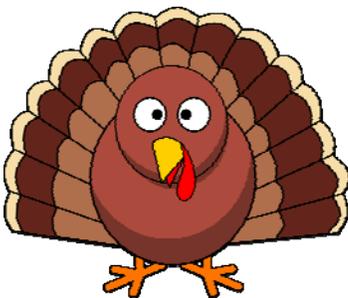
KidFood

Healthy Eating for Today's Kids

Nutrition Matters

December 2015

Leftover Turkey



7 Ways to use leftover turkey.
A turkey can be a large bird!

Got leftover turkey?
Freeze it for later meals.

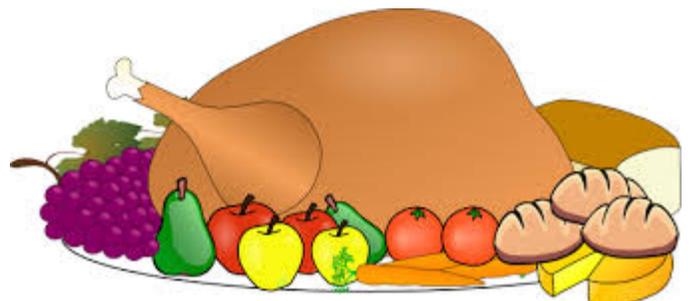
Cooked turkey can be kept in your freezer for up to 4 months.

When making lunch and want to add some meat, use turkey.

Chop into chunks and add to your favorite dishes.

**Turkey chunks
can be added to:**

Spaghetti sauce
Canned or boxed soups
Macaroni and cheese
Flavored noodle dishes
Quesadillas or tacos
Pizzas
Salads



Holiday Baking

Many families have traditional sweets that they love to bake and eat.

Traditions are important for families.

Healthy eating during the holidays can be difficult.

These sweets can be high in fat and calories.

Make healthy choices when baking for the holidays:

😊 **Bake less.** Bake smaller batches of your favorite sweets. Make single batches of cookies and candy. Avoid the temptation to double or triple recipes.

😊 **Bake less variety.** If you usually bake 6 different types of cookies and candy, choose your family's favorite 3 or 4. We tend to eat more when there is a large variety because we "want to taste them all".

😊 **Make smaller cookies.** Cut candy into small pieces. Your sweets will go further and you will eat less.



Choose recipes that have ingredients with nutrition:

Peanut Butter

Dried Fruits

Dry Breakfast Cereals
and Oatmeal

Choose cereals low in sugar
and high in fiber and nutrition!

Shopping with Children

Plan the right time to shop

Shop when your children are not hungry.

Plan your trips to the store after eating at home.

Shop when your children are not tired.

Don't shop during nap time.

Be rested yourself.

It is easier to shop with children when you are not tired.

Limit the shopping time

Small children usually do not like to shop for long periods of time. You know best how much time your child can tolerate.

Don't shop too long!

Don't bribe your child with food or treats to shop

Let your child learn that shopping is a fun family time.

If you bribe your child to shop, he will learn that shopping is an awful time that he needs to be forced to do.

Talk about the foods you are buying

Ask your child what fruit he would like to eat.

Ask your child to help you find the milk, potatoes, bread or meat - even if you know where it is. He will be busy looking for it.

When choosing milk, ask your child to help you find the "pink" or "blue" bottle.



The Sweet Tooth

Children are born with a sweet tooth. They tend to prefer sweet foods. Many of these foods are high in sugar - cookies, candy, cake, pie, and soda.

We enjoy a variety of foods. However, some children can eat too many sweets.

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

Tooth Decay - Children who eat lots of sweets are more likely to have cavities.

Overweight - Sweets can add up to a lot of extra calories. An average preschooler needs 1,600 calories each day. One can of soda and a candy bar can have 500 calories.

Fussy Eaters - Sweets can ruin an appetite fast! Some children will prefer sweet foods and refuse to eat healthy foods.

Help Your Child Develop Healthy Eating Habits

- 😊 **Keep sweets out of the house.** If your child sees soda in the refrigerator or candy in the cupboard, he will want it. Most children will keep asking for sweets if they know there are sweets in the house.
- 😊 **Don't eat a lot of sweets yourself.** Your child will want to eat what he sees you and others enjoying.
- 😊 **Enjoy eating smaller servings of sweet foods.** Cut bars, cakes, and pies into smaller pieces. Enjoy a half serving of dessert. Make smaller cookies. Avoid the king-size candy bars. Buy smaller pieces of candy.
- 😊 **Offer nutritious snacks with a natural sweet taste.** Bananas, apples, grapes, cherries, mandarin oranges, canned fruits, dried fruits, raisins, and fruit-flavored yogurts make great snacks.
- 😊 **Limit sweet drinks such as soda and fruit drinks.** Drink water. Encourage your child to enjoy the fresh taste of water.
- 😊 **Limit fruit juice to 6 ounces or less each day.** Some children will fill their small tummy with sweet juices and refuse to eat.



What Can You Do?

- Keep sweets out of the house as much as possible.
- Bake fewer and smaller cookies at holidays.
- Don't bribe my child with food or treats while shopping.
- Other: _____

University of California
Agriculture and Natural Resources



PLACER-NEVADA COOPERATIVE EXTENSION OFFICE
UNIVERSITY OF CALIFORNIA
11477 E AVENUE (*Building 306, DeWitt Center*)
AUBURN, CA 95603

Become Our Fan on  <http://www.facebook.com/pages/UC-Nutrition-BEST/310437520040>

To simplify information, trade names of products have been used. No endorsement of named or illustrated products is intended, nor is criticism implied of similar products that are not mentioned or illustrated.



ROGER INGRAM, *County Director*
KELLEY BRIAN, *Youth, Families & Communities Advisor*
MEGAN THOMPSON, *Nutrition BEST Community Education Specialist*

Nutrition Matters

KidFood is published 12 times a year.
Copyright 2015

The content of KidFood is not intended to provide medical advice.
This should be obtained from a qualified health professional.

University of California
Cooperative Extension
11477 E Avenue
Auburn, CA 95603
Phone: 530-889-7350
Fax: 530-889-7397
Email: ceplacer@ucanr.edu
Website: <http://ceplacer.ucanr.edu>

The University of California, Division of Agriculture and Natural Resources (UC ANR) prohibits discrimination against or harassment of any person in any of its programs or activities on the basis of race, color, national origin, religion, sex, gender, gender expression, gender identity, pregnancy (which includes pregnancy, childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition (cancer-related or genetic characteristics), genetic information (including family medical history), ancestry, marital status, age, sexual orientation, citizenship, status as a protected veteran or service in the uniformed services (as defined by the Uniformed Services Employment and Reemployment Rights Act of 1994 [USERRA]), as well as state military and naval service.

UC ANR policy prohibits retaliation against any employee or person in any of its programs or activities for bringing a complaint of discrimination or harassment. UC ANR policy also prohibits retaliation against a person who assists someone with a complaint of discrimination or harassment, or participates in any manner in an investigation or resolution of a complaint of discrimination or harassment. Retaliation includes threats, intimidation, reprisals, and/or adverse actions related to any of its programs or activities.

UC ANR is an Equal Opportunity/Affirmative Action Employer. All qualified applicants will receive consideration for employment and/or participation in any of its programs or activities without regard to race, color, religion, sex, national origin, disability, age or protected veteran status.

University policy is intended to be consistent with the provisions of applicable State and Federal laws.

Inquiries regarding the University's equal employment opportunity policies may be directed to: Linda Marie Manton, Affirmative Action Contact and Title IX Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1318. Email: lmanton@ucanr.edu. Website: http://ucanr.edu/sites/anrstaff/Diversity/Affirmative_Action/.