

KidFood

March
2016

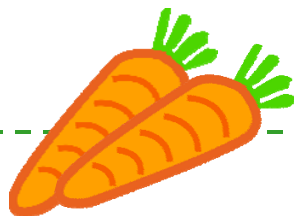
Healthy Eating for Today's Kids



Broccoli and Carrots

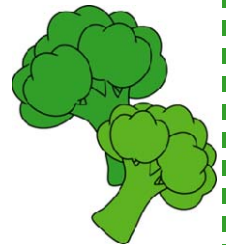
Eat More Carrots

- ♥ Add shredded carrots to soups, sandwiches, tacos, casseroles, and salads.
- ♥ Stir fry a variety of veggies – chopped broccoli, carrots, zucchini, and peppers. Season with soy sauce, garlic powder, and parmesan cheese.
- ♥ Cut carrots into bite-size pieces. Toss with a little vegetable oil and bake in a 350° oven until soft.
- ♥ Buy frozen vegetable mixtures with carrots. Pour out a small amount to heat and eat.



Eat More Broccoli

- ♥ Steam broccoli spears for 5 to 7 minutes. Sprinkle with lemon juice, shredded cheddar cheese or parmesan cheese.
- ♥ Mix finely chopped broccoli into lasagna or spaghetti. This is an easy way to add vegetables to a dish.
- ♥ Serve a dish of raw broccoli spears for dipping. Dip in low-fat ranch salad dressing, dill dip, salsa, or warm nacho cheese dip and refried beans.
- ♥ Combine chopped broccoli and tomatoes with cooked pasta. Toss with low-fat Italian or Ranch salad dressing. Chill in refrigerator.





Healthy Recipes

Broccoli Raisin Salad

- 1 bunch fresh broccoli
 - ½ cup raisins
 - ¼ cup finely chopped red onion
 - ¼ cup sunflower seeds
 - ¼ cup bacon bits
 - ½ cup light mayonnaise
 - ¼ cup sugar
 - 2 tablespoons vinegar
1. Rinse broccoli and cut into small pieces.
 2. Combine chopped broccoli, raisins, chopped onion, sunflower seeds, and bacon bits in a large bowl.
 3. Combine mayonnaise, sugar, and vinegar in a small bowl.
 4. Stir mayonnaise mixture into salad.



Collect Healthy Recipes That Taste Good

It's fun to eat great tasting foods that are good for you. Start a binder where you can keep your recipes.

☺ **Ask older children to help find healthy recipes.** Look in cookbooks, magazines, newspapers, and websites. They will be more likely to like what they help to plan and eat.



☺ **Preschool children can help, too!** Look at pictures in magazines and cookbooks together. Ask your child which foods he would like to eat – give a couple healthy choices.

Younger children like to copy what their parents, and older brothers and sisters do.

Your child learns his eating and activity habits by watching you...
be the best you can be, for your child.



Be Active!

- ♥ Watch less television. Try to watch 2 hours or less each day. Turn off the television during meals and snacks.
- ♥ Play together as a family. Go for a walk, visit the park, or play in the yard. Enjoy a sport together. Try skating, biking, or hiking with your children.
- ♥ Go outside! Children who play outside are more active. Find a safe place for your child to play.
- ♥ Find other children to play with. Visit your local park or beach. It is fun to play with others.
- ♥ Join a play group or preschool program with other children.



Healthy Moves!

Children need physical activity each day! Get your children moving with fun activities that can be played indoors or out.

Juicy bowling: Set up 6 empty juice cans at one end of a room. Stand at the other end with a bouncy ball and roll the ball into the cans. Count the number of cans knocked down.

Freeze dancing: Play music and dance. Once the music stops, everyone must freeze. Start dancing when the music comes on again.

Marching band: March around a room with homemade instruments, such as dry beans in a jar or spoons and pots.



What Can You Do?

- Make the Broccoli Raisin Salad for my family.
- Start collecting healthy recipes.
- Participate in physical activities with my children.
- Other: _____



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