

KidFood

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Healthy Eating for Today's Kids



What Kids Drink

What Your Child Drinks is as Important as What He Eats

✓ **Serve 100% juice with breakfast.**

The vitamin C in the juice will help the absorption of iron from breakfast cereal, oatmeal, or toast – a smart combination.

✓ **Serve milk at mealtimes.**

It's a healthy habit for your child to learn. He may be drinking milk during lunch at school when he becomes older. Drinking milk at meals is an easy way for your child to get enough calcium.

✓ **Offer water between meals and snacks.**

It's a good habit to drink water when thirsty. Keep a pitcher of cold water in your refrigerator. Flavor your water with fresh lemon or lime. Try a Watermelon Raspberry Blast or Strawberry Watermelon Blast with your child.

Offer low-fat or skim milk, 100% juice, or a real fruit smoothie as part of a snack.

Limit juice to 3/4 cup (6-ounces) or less each day.

Can My Child Drink Too Much Milk?

Yes, more than 3 cups (24-ounces) of milk each day is too much.

If your child is drinking 24-ounces of milk or more each day, he may be filling his small tummy with milk, and not be hungry for fruits, vegetables, protein foods, and whole grains.

Cut Fresh Watermelon into Large Pieces and Remove the Rind and Seeds

Watermelon Raspberry Blast

Blend 1 cup of fresh or frozen raspberries and 2 cups of watermelon together. Makes 3 cups.

Strawberry Watermelon Blast

Blend 1 cup of fresh or frozen strawberries and 2 cups of watermelon together. Makes 3 cups.





Fruit

Freeze Fruit

Pick berries this summer with your child.

Freeze berries:

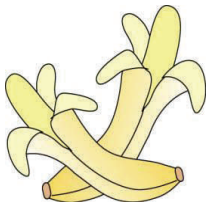
1. Choose fully ripe, firm berries. Rinse berries and remove stems.
2. Spread a single layer of berries on a baking tray.
3. Place the tray of berries into the freezer.
4. When berries are frozen, pack into freezer bags. Place in the freezer.



Berries will be loose in the freezer bag and can be poured from the bag as needed.

If you have more bananas than your family can eat, freeze them before they become overripe.

Freeze bananas:



1. Peel bananas and cut into large chunks.
2. Pack the banana chunks in freezer bags. Place in the freezer.

Frozen bananas improve the texture of smoothies – they make them thicker!

Smoothies are a great way to use berries and bananas. Keep bags of frozen blueberries, strawberries, raspberries, blackberries, and bananas in your freezer – ready to blend into a delicious snack.

Smoothies

Have extra ripe bananas? Make a smoothie. The sweet flavor of a banana will make a great smoothie.

Banana Berry Smoothie

- 1 large ripe banana
 - 1 cup fresh or frozen berries
 - 1 cup skim milk
1. Place the banana, berries, and milk in a blender. Blend until smooth.

Makes 3 servings (6-ounce serving) – 82 calories, 0.3 gram fat, 4% calories from fat and 2 grams of fiber in a serving.

Pineapple Banana Smoothie

- 1 large ripe banana
 - 1 cup chopped pineapple
 - 1 cup plain low-fat yogurt
1. Place the banana, pineapple, and yogurt in a blender. Blend until smooth.

Makes 3 servings (6-ounce serving) – 130 calories, 1 gram fat, 7% calories from fat and 1.6 grams of fiber in a serving.

Try a different flavor in smoothies...

- 😊 Perk up your smoothies with tasty mangos, papayas, or kiwi. Simply peel and add to your favorite smoothie recipe. Use fresh fruit to make smoothies when peaches, raspberries, blueberries, and melons are in season during the summer.



Sugary Drinks are Empty Calories

Drinking sugary drinks will increase your child's chances of being overweight.

A 12-ounce can of soft drink has 150 calories.



- An average preschool child needs about 1400 calories each day.
- Drinking 1 can of a soft drink each day will add up to 1050 calories in a week.
- A preschool child who eats normally, is not physically active, and drinks 12-ounces of a soft drink each day will gain one extra pound each month or 12 extra pounds in a year!

Sweet Drinks

Some children drink a lot of sugary drinks, such as soft drinks, sport drinks, and fruit drinks.



A child can become overweight from drinking sugary drinks.

- ⇒ Children can become overweight from what they drink, not just what they eat.
- ⇒ Small children know how much they need to eat. They will eat when they are hungry. They usually stop eating when they are full.
- ⇒ Drinking sugary drinks is not the same as eating solid foods. The calories in sugary drinks are not as satisfying as the calories in solid foods.

Drinking sugary drinks may not satisfy a child's appetite.

- ⇒ Some children will drink a large sweet drink and still eat a normal-size meal.
- ⇒ Some children will sip on sweet drinks all day long. This can add up to a lot of extra calories and cavities!

What Can You Do?

- Drink water between meals and snacks with my child.
- Freeze strawberries, blueberries, or raspberries for smoothies.
- Make a smoothie for a snack during the summer.
- Other: _____





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