

# KidFood

August  
2016

Healthy Eating for Today's Kids



## Summer Harvest

Summer brings many different fresh fruits and vegetables.

If your child refused to eat certain fruits and vegetables in the past, try them again this summer. There are many types of fruits and vegetables available in the summer. This summer is also a great time to try vegetables prepared in different ways.

**Your child may learn to like fruits and vegetables that he refused to eat in the past. His tastes can change!**

- ☺ Take your child to the local farmers' market.
- ☺ Visit local gardens and orchards to pick your own fresh fruits and vegetables.
- ☺ Take a ride in the country.
- ☺ Talk about how fruits and vegetables grow.

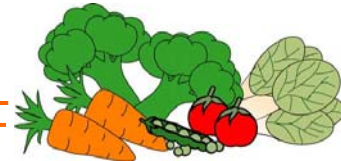
**Your child will be more likely to eat the fruits and vegetables that he picks and chooses.**

Let your child help cook and prepare fruits and vegetables.

**Your child will like to eat what he helps cook.**

**Your child can help:**

- Wash vegetables under running water.
- Break green beans in half.
- Husk corn on the cob.
- Remove peas from pods.
- Stir salads together.
- Add vegetables to recipes.
- Break cauliflower and broccoli into small pieces.

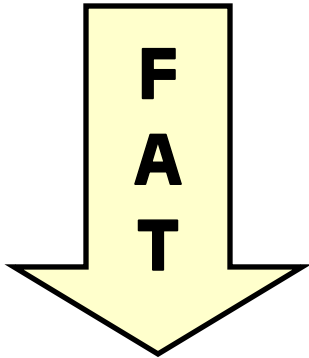


**Offer vegetables to your child at the beginning of a meal.**

Your child may be more likely to try a new vegetable when he is hungry. When he tastes them, he may like them!



# Eat Lower Fat Meats



Choose lean meats for your family. Learn how to choose great tasting meat and poultry that is healthy for you and your family.

- ♥ Read the label. Beef round, chuck, sirloin, or tenderloin are the leanest cuts of beef. Tenderloin, ham, and chops are the leanest cuts of pork.
- ♥ Buy lean ground meat. Choose ground beef or turkey that is at least 90% lean or higher.
- ♥ Check the label on ground turkey or chicken. They can have more fat than ground beef, if dark meat and skin are included in the package.

**Choose ground turkey or chicken breast, or the leanest ground meat.**

- ☑ Cut off the fat. Trim the fat off beef, pork, and poultry before cooking.
- ☑ Marinate before cooking. Marinades make meats tender and moist, and add flavor.
- ☑ Cook the low-fat way. Grill, broil, roast, or bake meats.

## What's a Serving of Meat?

An adult serving of meat is 3 ounces – that's about the size of a deck of cards.

**What is a 3 ounce serving?**  
(Here are some estimates)

- 1 chicken breast
- 1 chicken thigh and leg
- 1 pork chop
- 1 small hamburger patty
- 2 thin slices of roast beef

## What's a preschool child's serving of meat?

A child's serving is about 1 to 2 ounces of meat, about 1/2 of an adult's serving.

Are you use to eating larger amounts of meat? Start to eat less meat – prepare smaller serving sizes and refrigerate extra meat for lunch the next day.

**Don't forget to fill half your plate with vegetables!**





## Turkey Burgers

*Ground turkey and chicken can be a healthier choice than ground beef – lower in fat and cholesterol.*

### Make Child-Sized Turkey Burgers

- **Make mini turkey patties.**
- **Buy small buns.**
- **Top with fun shaped cheese slices** – use small cookie cutters to cut shapes out of low-fat cheese slices.

### Add Flavor before Grilling

- **Mix 1 pound ground turkey with 1** tablespoon soy sauce, ½ teaspoon garlic powder, 1 egg, salt and pepper to taste.
- **Not sure your family will like turkey burgers** – start slow by mixing ½ beef and ½ turkey.

### Top Your Turkey Burger

- **Grilled onion, green or red pepper strips**
- **Cabbage slaw**
- **Barbecue sauce, ketchup, or mustard**
- **Slice of tomato, lettuce, and low-fat ranch salad dressing**

Uncooked turkey patties can be kept in your freezer for up to 3 or 4 months.

## The last issue of KidFood will be October 2016.

Due to budget cuts, the Nutrition BEST program is no longer funded and will end October 31, 2016. The last issue of KidFood will be October 2016. We thank you for your support and interest in our program. For additional nutrition education newsletters and resources, visit the UCCE Let's Eat Healthy! Webpage.

Check out additional newsletters that UC CalFresh Nutrition Education Program provides.

### Preschool Nutrition News

*A quarterly newsletter to help preschool teachers and administrators be aware of how important it is to maintain a healthy lifestyle for themselves and their students. (English only)*

### Nutrition News

*A quarterly newsletter to help teachers and administrators be aware of how important it is to maintain a healthy lifestyle for themselves and their students. (English only)*

### Shop Smart, Eat Well

*A quarterly newsletter for CalFresh recipients and anyone interested in stretching their food dollars while maintaining a healthy diet. (English and Spanish)*

### Food Safety Update

*This quarterly newsletter provides up-to-date food safety information. (English only)*

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## What Can You Do?

- Make turkey burgers instead of hamburgers and hot dogs.
- Choose low-fat meats when shopping.
- Eat a 3 ounce serving of meat at meals.
- Other: \_\_\_\_\_



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