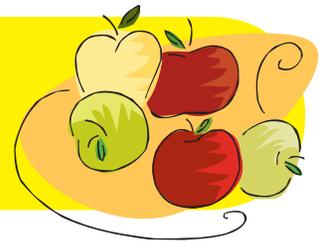




# Give your kids healthy food choices at home



## Keep healthy foods in your house.

Here are some tips that show you easy ways to make sure your kids get healthy food choices at home.

### For healthy snacking, keep these foods in the refrigerator

- 🍓 A bowl of fruit. Try slices of apple, fresh berries, orange slices, or cut up pineapple or mango. Keep the bowl covered with plastic wrap to keep the fruit fresh.
- 🍓 A bowl of fresh vegetables. Try cucumber sticks, carrots sticks, celery sticks, broccoli, slices of red pepper and green pepper, or slices of zucchini.
- 🍓 Slices or chunks of low fat cheese
- 🍓 Non-fat or low fat yogurt for kids over 2 years old. It's good alone or used as a dip for fruits and vegetables. Children under 2 can have yogurt made from whole milk.
- 🍓 Non-fat or low fat milk for kids over 2 years old. It's healthier than juice. Children under 2 should drink whole milk.



### When you go food shopping, read the label. Choose healthy foods

- 🍓 Choose 100% whole grain breads. The first ingredient on the label should start with "whole," like "whole wheat flour"
- 🍓 Choose cereals that are low in sugar and made from whole grains. Read the label and look for rolled oats, whole wheat, brown rice, rye, barley, triticale or buckwheat. A cereal could be made from one or all of these grains. Oatmeal is a good choice.
- 🍓 Choose chicken and fish



### Do these simple things to make each meal healthier

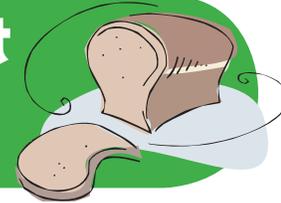
- 🍓 Add 1 to 2 slices of low fat cheese to a sandwich
- 🍓 Serve milk or soy milk with meals
- 🍓 Make meals that have more vegetables and beans and less meat
- 🍓 Broil, bake, grill or steam your food

### Other easy tips for healthy eating

- 🍓 Give kids water to drink during snack time and when they're thirsty. Serve milk with meals.
- 🍓 Serve breakfast to get the day started right. Whole grain cereal or toast made from whole grain bread are good choices. Add some fruit and milk for a healthy breakfast.
- 🍓 Turn off the TV during meals and enjoy your meals together
- 🍓 Remember that kids will do what you do. If you make healthy choices, they will too!



# Give your kids the right amount of food for their age



How much a child should eat depends on the child's age. Here are some amounts that children at different ages should get each day:

Food	2-5 years old	6-10 years old	11 to 13 years old
Fruits	1 to 1½ cups	1 to 1½ cups	1½ to 2 cups
Vegetables	1 to 1½ cups	1½ to 2 cups	2½ to 2 cups
Grains	3 to 5 ounces	5 to 6 ounces	6 to 7 ounces
Dairy: low or non-fat	2 cups	2 to 3 cups	3 cups
Lean meats, fish, chicken, beans, legumes or eggs	2 to 4 ounces	4 to 5 ounces	5 to 6 ounces

## How much is a cup or fruits or vegetables? Do I have to measure it out?

No need to measure it. Here's an easy way to remember. If an orange, apple or peach is about the size of a baseball, that's close enough to a cup.

For vegetables, it's good to remember that two cups of raw vegetables will cook down to about a cup.

## What about a cup of dairy?

One cup of dairy equals:

- 1 cup of low fat or non-fat milk – an 8 ounce glass
- 1 cup of low fat or non-fat yogurt
- 1 ½ ounces of cheese



## What foods have an ounce of grain?

- 1 slice of whole grain bread
- ½ cup whole grain or enriched pasta or rice. You can tell it's enriched because it will say "enriched" on the front of the box or bag
- 1 cup of whole grain cold cereal or ½ cup enriched cooked cereal

## What about an ounce of meat and other protein?

- 3 ounces of meat or fish is as big as a deck of playing cards. Instead of meat, you can also feed your child
- 1 egg
- 1-2 tablespoons peanut butter
- ¼ cup cooked lentils or beans, navy beans or kidney beans

