



Healthy Eating for Kids

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Mealtime Tips for Hungry Tots



GOLDEN RULE: The parent is responsible for what is presented to eat and how the food is presented. Children are responsible for how much they eat of the food provided.

- Give children portions that are a quarter of the size of adult portions.
- Offer children less food than you think. If they are hungry, they will ask for more food.
- Make meal time family time. Practice talking to each other and don't worry if children don't finish everything on their plate.
- Parents are not required to provide a different meal for everyone each mealtime. Provide a variety of foods, and allow children to choose from what's offered.
- Avoid rewarding children with desserts for trying new foods or finishing their meal.
- Enjoy food and mealtimes.



Fat Facts

Worried about your child gaining too much weight?

- * Your child does not need to diet!
- * Some fat is needed for your child to grow.
- * Your child's diet should follow the Food Guide Pyramid.
- * Many kids go through a "chubby" phase.
- * Encourage your child to be active.



What about Picky Eaters?

- "Picky-eaters" are normal. Children will eat when they are hungry.
- When children will only eat one food, don't worry about it. They will snap out of it.
- Include a choice of foods so children can pick what they want to eat.
- If children will not eat, encourage them to sit at the table and visit with you.
- If children avoid whole categories of foods (such as breads, milk and, meat) for more than two weeks, contact your doctor or a registered dietitian.

Healthy Snacks for Kids

Children have small stomachs, and require more food than three meals a day. Healthy snacks can provide energy needed for active kids!

- ♥ Have regular snack times. Snacks too close to a meal will lead to a poor appetite at meal time.
- ♥ Milk and juice are good for children, but don't fill up small tummies with too much. If children drink too much milk or juice, they will not be hungry at meal times.
- ♥ Provide children with healthy snacks. Here are some ideas:

Bread/toast	Melted cheese & tortilla	Raw veggies with dip (not for children under three)
English muffin pizza	Milk/chocolate milk	Turkey or meat cubes
Graham crackers	Cheese/cottage cheese	Peanut butter
Pretzels	Dried fruit	Hard cooked eggs
Pudding/Yogurt	Any fresh fruit	Tuna salad



Making Foods Easy to Eat

Young children have a greater risk of choking than do older children. Here are some tips:

- * Cut up foods into bite size pieces
- * Serve food at room temperature
- * Avoid tough cuts of meat
- * Serve food as finger foods
- * Use child-size utensils
- * Use unbreakable dishes
- * Keep food soft and moist
- * Always keep an eye on children when while eating



Apple Crisp Serves 6
 4 medium peeled, and sliced apples
 3/4 cup all-purpose flour
 3/4 cup packed brown sugar
 1/2 cup oatmeal
 1/3 cup chopped walnuts (optional)
 1 1/2 teaspoon cinnamon
 1/2 cup margarine or butter, softened

Heat oven to 375°. Place the apple slices in an ungreased 8-inch square pan. Mix remaining ingredients with fork. Sprinkle over apples. Bake uncovered until the topping is golden brown and apples are soft, about 30 minutes.

Nutrition Facts

Serving Size 1/2 cup
 Servings Per Container 6

Amount Per Serving
Calories 380 Calories from Fat 150

% Daily Value

Total Fat 16g	24%
Saturated Fat 3g	15%
Cholesterol 0g	0%
Sodium 185mg	8%
Total Carbohydrate 61g	20%
Dietary Fiber 3g	12%
Sugars 25g	
Protein 3g	
Vitamin A 13%	Vitamin C 6%
Calcium 5%	Iron 7%

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