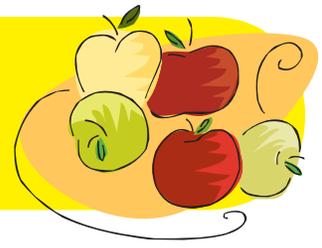


Give your kids healthy food choices at home



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

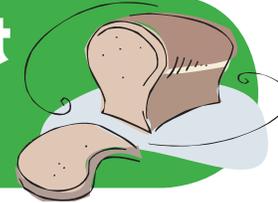
- 🍓 Add 1 to 2 slices of low fat cheese to a sandwich
- 🍓 Serve milk or soy milk with meals
- 🍓 Make meals that have more vegetables and beans and less meat
- 🍓 Broil, bake, grill or steam your food

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

