

Back to School Basics:

Healthy Eating Tips for Families

Children need the right fuel for growing and learning. When children fill up on the right stuff, they will naturally have less room for the foods with extra fat and sugar (soft drinks, chips, and candy). Here are some ways to serve children choices from every food group:

Whole Grain foods

Choose foods that list whole grains as the first or second ingredient on the label.

Have oatmeal or whole grain cereal for breakfast. Make sandwiches on 100% whole-wheat bread or tortillas, oatmeal bread, or try a kid-friendly “white” whole wheat bread or sandwich bun. Use barley in soups, brown rice in casseroles, or try whole grain pasta with spaghetti sauce. Snack on popcorn or crunchy whole grain crackers.

Fruits and Vegetables

You can't go wrong with produce, especially with fresh items from local farms. All types of fruits and veggies count - fresh, frozen, canned, dried, and 100% juice - and eating more of them matters, for kids and adults. For best value, enjoy fruits and vegetables in season. Serve at least 1 fruit and/or vegetable at every meal.

Low-Fat Dairy foods

Dairy products are especially important to bone health during childhood and adolescence. For heart health, after the age of 2, gradually switch from whole milk, to 2% to 1% or skim. Use small amounts of flavoring in milk if children accept it better. Add string cheese or pudding cups to lunches. Make fruit and yogurt smoothies, yogurt dip for veggies, or top cut up fruit with a flavored yogurt for dessert.

Lean Meat, Poultry, Fish, Eggs, Beans and Nuts

Vary your choices; include fish, nuts and seeds to increase your intake of healthy fats. Trim visible fat before preparing and broil, grill or roast meat instead of frying.

Choose lean turkey, ham, tuna fish or low-fat luncheon meats more often than regular bologna or salami. Try a meatless meal once a week, such as bean burritos, minestrone, meatless chili or veggie burgers.

Visit www.mypyramid.gov for more information and ideas on eating for good health!

www.HealthyCarroll.org

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A family approach to healthy weight