

Healthy Foods for Children are Healthy Foods for the Family

Food Choices

- ◆ Choose foods from all of the food groups daily to help your child grow
- ◆ Serve colorful foods in many shapes and sizes
- ◆ Include foods that are crunchy, crisp, chewy, soft, hot and cold

Snacks

- ◆ Snacks are for energy and growth
- ◆ Plan when and where snacks are eaten
- ◆ Choose healthy snacks from all of the food groups
- ◆ Ideas for snacks: Lowfat milk or yogurt, raw vegetables, fresh fruit, juice, popcorn, tortilla with cheese, leftovers like spaghetti or pizza

Foods Away from Home

- ◆ Help your child make wise food choices when eating out
- ◆ Talk about the good foods your child is served at school
- ◆ When your child takes lunch from home let him/her help fix it
- ◆ Encourage your child to eat a fruit or vegetable with every meal

Water

- ◆ Water is the best drink for the body
- ◆ Offer water several times a day

Fiber

- ◆ Fiber helps prevent constipation and helps in digestion of food
- ◆ Good sources of fiber are cooked dried beans, fruits and vegetables, whole grain breads and cereals

Activity

- ◆ Activity is important for your child's growth
- ◆ Encourage active playing every day
- ◆ Encourage playing on a school team

Hints on Eating Healthy

Make Breakfast Every Morning

- ◆ Plan quick, easy meals like cereal, toast, and juice
- ◆ Eat leftovers such as a burrito with milk and fruit



For Food and Snacks

- ◆ Let children choose some foods
- ◆ Teach children to make meals
- ◆ Try new foods, one at a time



Make Mealtime Special

- ◆ Plan regular eating times
- ◆ Eat meals together
- ◆ Share family news and fun
- ◆ Turn the TV off during meals

Help Your Child to Eat

- ◆ Serve small portions with seconds available
- ◆ Allow your child to decide how much he or she will eat
- ◆ Don't force your child to eat if he or she is not hungry

As a Reward or Special Treat

- ◆ Give hugs for attention (not food)
- ◆ Do a special activity with your child:
 - read a book*
 - play a game*
 - go for a walk*
 - plan a family outing*
- ◆ Do not use food as a bribe or reward



Arnold Schwarzenegger, Governor
State of California

Diana M. Bonta, Director
Department of Health Services

Revised 04/02 □ English

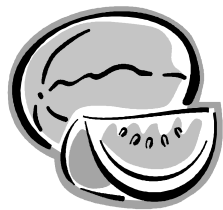
HEALTHY FOODS for Children 6 to 10



Children's Medical Services Branch
Child Health & Disability Prevention Program

FOR A HEALTHY BODY

Eat Foods From Each Of The Food Groups Every Day



Fruits **2 to 4 Servings Daily**

Fruits have important vitamins, minerals, and fiber for health. Every day eat one vitamin C food (citrus fruits or tomatoes).

Serving Sizes:

- 1 whole fruit or vegetable (medium size)
- cup canned fruit
- 6 ounces 100% fruit juice

Choose:

- ◆ Fresh fruit or fruit canned in juice
- ◆ Unsweetened fruit juice
- ◆ Unsweetened frozen fruit

Vegetables **3 to 5 Servings Daily**

Vegetables have important vitamins, minerals, and fiber for health. Every day eat one vitamin A food (dark green, leafy green, or dark yellow vegetables).



Serving Sizes:

- 6 ounces vegetable juice
- cup cooked vegetables
- 1 cup raw vegetables such as spinach or romaine lettuce

Choose:

- ◆ Raw or cooked vegetables
- ◆ Frozen vegetables
- ◆ Vegetable juice

Milk and Milk Products **3 to 4 Servings Daily**

Milk and milk products are high in calcium, which helps build strong bones and teeth. Milk products provide other nutrients needed for growth.



Serving Sizes:

- 1 cup (8 ounces milk)
- 2 ounces cheese
- 1 cup yogurt

Choose:

- ◆ Lowfat (1% or 2%) or nonfat milk
- ◆ Lowfat cheese
- ◆ Lowfat yogurt (regular or frozen)

Protein Foods **2 to 3 Servings Daily** **(4 to 7 Ounces Total)**

Lean meat, fish, poultry, eggs, cooked dry beans, peas, and nuts are high in iron and have other minerals you need every day.



Serving Sizes:

- 2 - 3 ounces (boneless, cooked) meat, fish, poultry
- 1 cup (cooked) dried beans, lentils, dried peas
- 4 tablespoons peanut butter

Choose:

- ◆ Lean meat and fish
- ◆ Chicken and turkey (without skin)
- ◆ Tuna (canned in water)
- ◆ Cooked lentils and beans

Breads and Grains **6 to 11 Servings Daily**

Whole grain (wheat, rye, oats), enriched breads and cereals have fiber, iron, vitamins, and energy. Eat plenty of whole grain foods every day.



Serving Sizes:

- 1 slice bread, tortilla, or biscuit
- hamburger bun, □ English muffin, □ bagel
- cup cooked cereal, noodles, rice, spaghetti
- cup ready-to-eat cereal

Choose:

- ◆ Whole grain breads and cereals
- ◆ Enriched noodles and spaghetti
- ◆ Brown and enriched rice
- ◆ Corn tortillas

Eat Fat and Sweets Less Often

Foods high in fat include:

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|----------------|------------------|
| ◆ Fried Foods | ◆ Luncheon Meats |
| ◆ Chips | ◆ Bacon |
| ◆ Donuts | ◆ Hot Dogs |
| ◆ Cakes | ◆ Sausage |
| ◆ Sweet Rolls | ◆ Mayonnaise |
| ◆ Cream Cheese | ◆ Butter |
| ◆ Sour Cream | ◆ Margarine |
| ◆ Ice Cream | ◆ Lard |

Foods high in sugar include:

- | | |
|-------------------------------|------------------------------------|
| ◆ Canned Fruit in Heavy Syrup | ◆ Most Desserts |
| ◆ Sweetened Cereals | ◆ Gelatin Desserts |
| ◆ Candy | ◆ Sodas |
| ◆ Chocolates | ◆ Fruit Drinks |
| ◆ Cookies | ◆ Popsicles |
| ◆ Cakes | ◆ Enjoy foods without adding sugar |