

Make Healthy Eating Fun for Kids

SNACK MACHINE

Mix and match items to design a nutritious snack! Choose items from at least 3 food groups and include a whole grain.

FRUIT	VEGGIES	PROTEIN	WHOLE GRAINS	DAIRY/ NON-DAIRY	FUN ADD-ONS
Orange Slices	Bell Peppers	Hard Boiled Egg	Whole Wheat Crackers	Milk or Almond/Soy Milk	Avocado
Apple Slices	Baby Carrots	Chicken Breast	Mini Pretzels	Yogurt (Regular/Soy/Coconut)	Ketchup
Strawberries	Baked Sweet Potato	Sunbutter or Nut butter	Cereal	Mozzarella Cheese/ Cheese Stick	100% Fruit Jelly
Banana	Tomato or Tomato sauce	Turkey Slices	Granola	Frozen Yogurt	Mini Dark Chocolate Chips
Mango	Sugar Snap Peas	Hummus	Oatmeal	Greek Yogurt	Ranch Dressing
Blueberries	Green Salad	Black Beans/ Chickpeas	Whole Wheat English Muffin/Mini Pita	Cheddar Cheese Cubes	Honey Mustard

Examples:

Mini Pizza: Toast an English Muffin + Tomato Sauce + Low Fat Mozzarella Cheese

Snack Combo: Banana + Nut butter + Whole wheat mini pretzels

MAKE THE SWAP

Here are some easy ways to increase the nutrition value of your child's diet.

IF YOUR CHILD LOVES ...	INSTEAD OF ...	TRY...	WHY?
Macaroni & Cheese	Regular white pasta	Whole wheat or brown rice pasta	Boost fiber and B Vitamins with whole grains
Frozen Dessert	Ice Cream	Blended frozen bananas	Provide potassium and sweetness from naturally occurring sugars
Sugary Beverages	Fruit Juice	Whole fresh fruit	Replace sugar & empty calories with fiber & vitamins
Fast Food	French Fries	Oven baked sweet potato fries	Reduce fat and add in vitamins A, C
Peanut Butter & Jelly	Fruit Jelly	Sliced strawberries or bananas	Replace added sugars with real, whole fruit
Grilled Cheese	Cheese	Avocado	Replace saturated fat with healthy monounsaturated fat
Burgers	Beef patty	Veggie burger patty	Reduce saturated fat and meat consumption

BE CREATIVE!

Please turn over 

Picky Eating & Portion Sizes



TOP TIPS for Picky Eaters

KEEP TRYING

Kids do not always take to new foods right away. Research shows that it can take as many as 10 to 15 tastes before a child will learn to appreciate a new flavor. Be patient.

DO IT TOGETHER

Kids get excited about tasting food when they are part of the process. Let your kids be “produce pickers” by encouraging them to select fruits and veggies at the store. When it’s time to prepare the meal, let your little “sous chef” add ingredients, tear and wash lettuce, scrub veggies or stir batter.

NO PRESSURE

Stay neutral. Do not get upset if they refuse a food, and do not offer excessive praise if they taste it. Keep the environment relaxed and pressure-free. Studies show that children react negatively when parents pressure them to eat foods, even if the pressure offers a reward.

BUILD A BRIDGE

Once a food is accepted, find foods with similar colors, textures or flavors to expand the variety of foods a child will eat. You can also mix something new with a familiar staple. Kids are more likely to try new food when it is next to a familiar favorite.

RELAX

Being a picky eater is common for toddlers. Your job is to buy the right food, prepare it nutritiously and serve it creatively. We leave the rest up to the kids. What and how much they are willing to eat may vary daily; aim for a nutritionally-balanced week.

BE PORTION-SAVVY

A healthy toddler needs to consume the same variety of nutrient dense foods as grown-ups, just in smaller portions. An appropriate serving size for most 2 to 3 year olds is about half the size of an adult serving as a general rule of thumb.

PORTION SIZING FOR CHILDREN AGED 2-4 YEARS

Dairy and Milk Products: 2-3 servings Daily
1 serving = 1 cup of milk or yogurt | 1.5 oz of natural cheese | 1/3 cup of shredded cheese

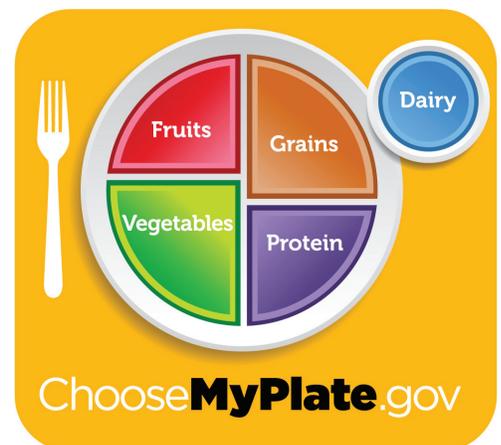
Protein Foods: 2-4 servings Daily
1 serving = 1 oz of beef, poultry or fish | 1/4 cup of cooked beans | 1 egg | 1Tbsp of peanut butter | 1/2 oz of nuts

Fruits: 1-1.5 servings Daily
1 serving = 1 cup of fruit | 1 cup of 100% fruit juice | 1/2 cup of dried fruit

Whole Grains & Starches: 3-5 servings Daily
1 serving = 1 slice of bread | 1/2 cup of cooked cereal, rice, pasta | 1 cup dry cereal

Veggies: 1-1.5 servings Daily
1 serving = 1 cup of raw or cooked vegetables or vegetable juice | 2 cups of raw leafy greens

Resources: www.Choosemyplate.gov



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