

## 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

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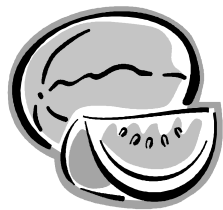
# HEALTHY FOODS for Children 6 to 10



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)
- ½ cup canned fruit
- 6 ounces 100% fruit juice

#### Choose:

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

### 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)

### 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
- ½ hamburger bun, ½ English muffin, ½ bagel
- ½ cup cooked cereal, noodles, rice, spaghetti
- ¾ cup ready-to-eat cereal

#### Choose:

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

### 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
- ½ cup cooked vegetables
- 1 cup raw vegetables such as spinach or romaine lettuce

#### Choose:

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

### 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

### Eat Fat and Sweets Less Often

#### Foods high in fat include:

- |                |                  |
|----------------|------------------|
| ◆ 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 |