



Tips for Introducing New Foods

October 2017

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Introducing food to your baby



Around 6 months

- Shows an interest in food
- Baby can hold food in their mouth (tongue thrust reflex disappears)
- Baby can sit up and control head independently



Around 9–12 months

- Interest in self-feeding begins
- Baby develops pincer grasp, which allows them to pick up foods on their own



1 year +



TEXTURES



Puréed or mashed



- Smooth, lump-free texture
- Start with a thin purée, gradually thicken
- Use infant cereal to thicken, breast milk or formula to thin



infant cereal



smooth applesauce



sweet potato mash



Minced



- Lumpy, finely chopped foods
- Helps teach baby about chewing and co-ordinating tongue movement



cottage cheese



soft moist ground meat



small pasta (pastina, stars)



Chopped



- Thicker, coarser texture of food
- Ideal when teeth start coming in, but many babies can manage with their gums
- Baby can use pincer grasp to pick up food



pieces of toast



elbow macaroni



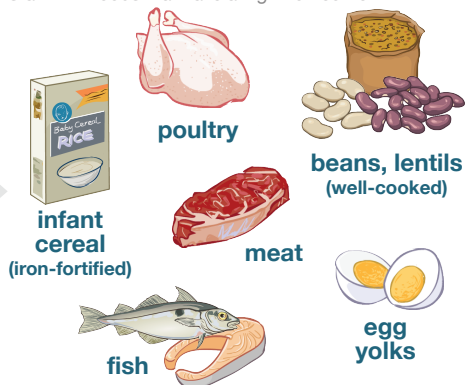
cheese cubes

There is no specific order to introduce new foods. Foods should be prepared in a way that is appropriate for your baby's chewing ability.

FOODS TO TRY

Iron-rich foods

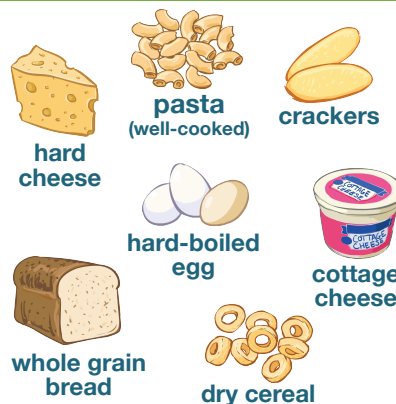
Start with foods that have a high iron content.



Vegetables & fruit



Foods with more texture



Pasteurized milk

Whole milk can be introduced at around 1 year. Offer solid food at each meal before milk. Don't exceed 16 oz. per day.



New foods should be introduced one at a time, every few days.

Try new foods several times. Baby might not like it the first few tries.

There is no need to delay introducing foods that are common allergens, unless one parent or a sibling has a food allergy.

Avoid added salt and sugar when preparing your own baby food.



Follow your baby's cues! Offer healthy food until baby communicates they are full.

Babies shouldn't eat honey until at least 1 year because of the risk of botulism.



Starting Solid Foods



Until now, your baby's diet has been made up of breast milk and/or formula. But once your baby reaches 4 to 6 months of age, you can begin adding solid foods. Read on to learn more about introducing solid foods.

When can my baby eat solid foods?

Most babies are ready to eat solid foods at 4 to 6 months of age. Before this age instead of swallowing the food, they push their tongues against the spoon or the food. This tongue-pushing reflex is necessary when they are breastfeeding or drinking from a bottle. Most babies stop doing this at about 4 months of age. Energy needs of babies begin to increase around this age as well, making this a good time to introduce solids.

You may start solid foods with any feeding. Try scheduling feedings during family meals. Or if your baby is easily distracted, you may want to pick a quiet time when you can focus on feeding your baby. However, keep in mind that as your child gets older, she will want to eat with the rest of the family.

Feeding your baby solid foods

To prevent choking, make sure your baby is sitting up when you introduce solid foods. If your baby cries or turns away when you give him the food, do not force the issue. It is more important that you both enjoy mealtimes than for your baby to start solids by a specific date. Go back to nursing or bottle-feeding exclusively for a time before trying again. Remember that starting solid foods is a gradual process and at first your baby will still be getting most of his nutrition from breast milk and/or formula.

It is important for your baby to get used to the process of eating—sitting up, taking bites from a spoon, resting between bites, and stopping when full. Always use a spoon to feed your baby solid foods. These early experiences will help your child learn good eating habits throughout life.

Some parents try putting baby cereal in a bottle. This is not a good idea. Feeding your baby this way can cause choking. It also may increase the amount of food your baby eats and can cause your baby to gain too much weight. However, cereal in a bottle may be recommended if your baby has reflux. Check with your child's doctor.

How to start

Start with half a spoonful or less and talk to your baby through the process ("Mmm, see how good this is!"). Your baby may not know what to do at first. She may look confused, wrinkle her nose, roll the food around her mouth, or reject it altogether. This is a normal early reaction to solid foods.

One way to make eating solids for the first time easier is to give your baby a little breast milk and/or formula first, then switch to very small half-spoonfuls of food, and finish with more breast milk and/or formula. This will prevent your baby from getting frustrated when she is very hungry.

Do not be surprised if most of the first few solid-food feedings wind up on your baby's face, hands, and bib. Increase the amount of food gradually, with just a teaspoonful or two to start. This allows your baby time to learn how to swallow solids.

What kinds of foods should my baby eat?

For most babies it does not matter what the first solid foods are. By tradition, single-grain cereals are usually introduced first. However, there is no medical evidence that introducing solid foods in any particular order has an advantage for your baby. Though many pediatricians will recommend starting vegetables before fruits, there is no evidence that your baby will develop a dislike for vegetables if fruit is given first. Babies are born with a preference for sweets, and the order of introducing foods does not change this. If your baby has been mostly breastfeeding, he may benefit from baby meat, which contains more easily absorbed sources of iron and zinc that are needed by 4 to 6 months of age. Please discuss this with your child's doctor.

Baby cereals are available premixed in individual containers or dry, to which you can add breast milk, formula, or water. Premixed baby cereals are convenient, while dry cereals are richer in iron and allow you to control the thickness of the cereal. Whichever type of cereal you use, make sure that it is made for babies because these cereals contain extra nutrients your baby needs at this age.

Using a high chair

The following are safety tips when using a high chair:

- Make sure the high chair you use cannot be tipped over easily.
- If the chair folds, be sure it is locked each time you set it up.
- Whenever your child sits in the chair, use the safety straps, including the crotch strap. This will prevent your child from slipping down, which could cause serious injury or even death. Never allow your child to stand in the high chair.
- Do not place the high chair near a counter or table. Your child may be able to push hard enough against these surfaces to tip the chair over.
- Never leave a young child alone in a high chair and do not allow older children to climb or play on it because this could also tip it over.
- A high chair that hooks on to a table is not a good substitute for a freestanding one. If you plan to use this type of chair when you eat out or when you travel, look for one that locks on to the table. Be sure the table is heavy enough to support your child's weight without tipping. Also, check to see whether your child's feet can touch a table support. If your child pushes against the table, it may dislodge the seat.

Once your baby learns to eat one food, gradually give him other foods. Generally, meats and vegetables contain more nutrients per serving than fruits or cereals.

Many pediatricians recommend against giving eggs and fish in the first year of life because of allergic reactions, but there is no evidence that introducing these nutrient-dense foods after 4 to 6 months of age determines whether your baby will be allergic to them. Give your baby one new food at a time, and wait at least 2 to 3 days before starting another. After each new food, watch for any allergic reactions such as diarrhea, rash, or vomiting. If any of these occur, stop using the new food and consult with your child's doctor.

Within a few months of starting solid foods, your baby's daily diet should include a variety of foods each day that may include the following:

- Breast milk and/or formula
- Meats
- Cereal
- Vegetables
- Fruits
- Eggs and fish

Finger foods

Once your baby can sit up and bring her hands or other objects to her mouth, you can give her finger foods to help her learn to feed herself. To avoid choking, make sure anything you give your child is soft, easy to swallow, and cut into small pieces. Some examples include small pieces of banana, wafer-type cookies, or crackers; scrambled eggs; well-cooked pasta; well-cooked chicken finely chopped; and well-cooked and cut up yellow squash, peas, and potatoes. Do not give your baby any food that requires chewing at this age. (See "Choking hazards.")

At each of your child's daily meals, she should be eating about 4 ounces, or the amount in one small jar of strained baby food. Limit giving your child foods that are made for adults. These foods often contain more salt and other preservatives.

If you want to give your baby fresh food, use a blender or food processor, or just mash softer foods with a fork. All fresh foods should be cooked with no added salt or seasoning. Though you can feed your baby raw bananas (mashed), most other fruits and vegetables should be cooked until they are soft. Refrigerate any food you do not use, and look for any signs of spoilage before giving it to your baby. Fresh foods are not bacteria-free, so they will spoil more quickly than food from a can or jar.

Warning: Do not feed your baby home-prepared beets, turnips, carrots, spinach, or collard greens in the first year of life.

In some parts of the country, these vegetables have large amounts of nitrates, chemicals that can cause an unusual type of anemia (low blood count) in young babies. Baby food companies are aware of this problem and screen the produce they buy for nitrates. They also avoid buying these vegetables in parts of the country where nitrates have been found. Thus it is safer to use commercially prepared forms of these foods during the first year of life.

What changes can I expect after my baby starts solids?

When your child starts eating solid foods, his stools will become more solid and variable in color. Due to the added sugars and fats, they will have a much stronger odor too. Peas and other green vegetables may turn the stool a deep-green color; beets may make it red. (Beets sometimes make urine red as well.) If your baby's meals are not strained, his stools may contain undigested pieces of food, especially hulls of peas or corn, and the skin of tomatoes or other vegetables. All of this is normal. Your child's digestive system is still immature and needs time before it can fully process these new foods. If the stools are extremely loose, watery, or full of mucus, however, it may mean the digestive tract is irritated. In this case, reduce the amount of solids and introduce them more slowly. If the stools continue to be loose, watery, or full of mucus, consult your child's doctor to see if your child has a digestive problem.

Should I give my baby juice?

Babies do not need juice. Babies younger than 6 months should not be given juice. However, if you choose to give your baby juice, do so only after 6 months of age and offer it only in a cup, not in a bottle. To help prevent tooth decay, do not put your child to bed with a bottle. If you do, make sure it contains only water.

Limit juice intake to no more than 4 ounces a day and offer it only with a meal or snack. Any more than this will reduce her appetite for other, more nutritious foods, including breast milk and/or formula. Too much juice also can cause diaper rash, diarrhea, or excessive weight gain.

Give your child extra water if she seems to be thirsty between feedings. During the hot months when your child is losing fluid through sweat, offer water 2 or more times a day. If you live in an area where the water is fluoridated, these feedings also will help prevent future tooth decay.

Good eating habits start early

Babies and small children do not know what foods they need to eat. Your job as a parent is to offer a good variety of healthy foods that are rich in the nutrients that they need. Watch your child for cues that she has had enough to eat. Do not overfeed!

Choking hazards

Do not feed children younger than 4 years round, firm foods unless they are chopped completely. Round, firm foods are common choking dangers. When infants and young children do not grind or chew their food well, they may try to swallow it whole. The following foods can be choking hazards:

- Hot dogs (including meat sticks [baby food "hot dogs"])
- Nuts and seeds
- Chunks of meat or cheese
- Whole grapes
- Popcorn
- Chunks of peanut butter
- Raw vegetables
- Fruit chunks, such as apple chunks
- Hard, gooey, or sticky candy
- Chewing gum

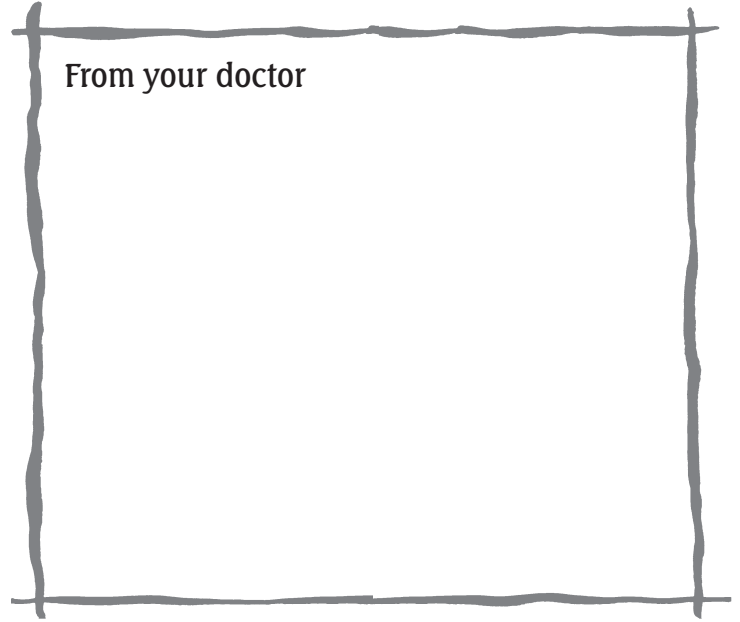
Begin to build good eating habits. Usually eating 5 to 6 times a day (3 meals and 2 to 3 snacks) is a good way to meet toddlers' energy needs. Children who "graze," or eat constantly, may never really feel hungry. They can have problems from eating too much or too little.

If you are concerned that your baby is overweight or becoming overweight, talk with your child's doctor before making any changes to his diet. During these months of rapid growth, your baby needs a balanced diet that includes fat, carbohydrates, and protein. Continue to give breast milk and/or formula for the first year. After 1 year of age, if you have a family history of obesity, cardiovascular disease, or high cholesterol, your child's doctor may suggest using reduced fat milk. After 1 year of age you may also reduce the amount of food your child eats at each meal. However, it is important that he continue to get the balanced diet he needs. Talk with your child's doctor about this. Your child's doctor will help you determine if your child is eating too much, not eating enough, or eating too much of the wrong kinds of foods.

Because prepared baby foods have no added salt, they are not a source of added salt. However, as your baby eats more and more "table foods," he will imitate the way you eat, including using salt and nibbling on salty snacks. For your child's sake as well as your own, eat a healthy diet yourself and decrease your intake of fat and salty snack foods. Provide a good role model by eating a variety of healthy, nutrient-rich foods.

The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

From your doctor



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Encouraging Preschoolers to Try New Foods

Laura Bellows and Jennifer Anderson

We confirmed that 8 to 12 experiences are necessary for a child to try and then accept a new food.

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Photos © Laura Bellows.

MANY CHILDREN ARE NATURALLY PICKY EATERS. Teachers and caregivers can help children overcome their picky eating by allowing them to explore and taste new foods. With the rise in childhood overweight, it is important that we establish healthful eating habits early in life. One way to do this is to encourage young children to try new foods. The preschool years are a critical time to introduce and encourage healthy nutrition because early exposure to healthful foods helps children establish good eating habits that carry into adulthood (Birch 1998).

Unfortunately, the diets of most young children are poor or need improvement. Children's diets typically mirror the deficiencies of their parents' diets—high in fat, sodium, and sugar and low in fiber. In a *Nutrition Insights* report (USDA 2001), only 36 percent of two- to three-year-olds were noted as having a good diet, and this percentage decreased with increasing age. Much of the decline in diet quality for children occurred between the two- to three-year-old age groups and the four- to six-year-old groups, falling from 36 to 17 percent.

Children establish food preferences and dietary habits during the first six years of life (Birch 1998). It is essential to introduce a variety of foods to children at an early age. Preschool-age children go through a normal developmental phase called *neophobia*, or fear of new things—in this case, new foods. Many adults refer to this stage as “picky eating.” But consistently offering a variety of foods to preschoolers helps the majority of children overcome the natural tendency to reject new foods and leads to more healthful eating habits (Birch 1979).

Children's eating behaviors, food preferences, and willingness to try new foods are influenced by the people around them. Parents and other caregivers influence children's eating practices in several ways. They control availability and accessibility of foods, determine how and when meals are served, model eating behaviors, and establish good manners and etiquette around food (Ray & Klesges 1993; Nicklas et al. 2001). Thus, it is important to educate teachers about nutrition and share practical strategies for encouraging preschoolers to try new foods.



Making new foods fun

In response to concerns about children's eating behaviors, the Colorado Nutrition Network developed and tested Food Friends—Making New Foods Fun for Kids. We designed the program as a 12-week social marketing campaign aimed at encouraging preschool-age children to try new foods, such as Ugli Fruit, couscous, and daikon radish. The length of the program was critical, we believed. From literature reviews and evaluation data from the Network's Food Friends pilot, we confirmed that 8 to 12 experiences are necessary for a child to try and then accept a new food (Johnson et al. in press). Based on this review, we established a 12-week time frame.

In the classroom portion of Food Friends, children participate in a 15- to 20-minute nutrition activity once a week, read storybooks that support the Try New Foods theme once a week, and have opportunities to sample new foods twice a week (Young et al. 2003, 2004). A bilingual parent component includes educational handouts, activities, and materials encouraging parents to offer new foods at home (Bellows, Cole, & Anderson in press).

Various strategies bring Food Friends to life for children in interesting, playful ways. The child-centered activities and supporting materials focus on seven food characters and 13 novel foods. In the program, Ollie Orange, Tina Tortilla, Marty Milk, Howie Hamburger, and Corrine Carrot introduce their new friends Gertie Gouda and Rudy D. Radish to the class.

Children learn while playing with the Food Friends materials. A classroom kit, packaged in a bin, includes puppets, puzzles, memory card games, activity flash cards, and drawing pads. Other classroom resources include placemats, containers of beans, paper plates, a class poster, a brown paper bag, and storybooks. Teachers read the food-themed storybooks throughout the program.

Tasting novel foods is built into all 12 weeks of programming because, for preschoolers, familiarity leads to preference and thus to intake. Foods chosen for Food Friends are based on the responses to food frequency questionnaires completed by a sample of parents of three- to five-year-olds in Colorado families with low incomes (Young et al. 2004). A novel food was defined as any food that 85 percent or more of parents indicated their child had tried four or fewer times in his or her childhood. Other factors such as seasonality, availability, potential as a choking hazard, ease of preparation, and cost or reimbursement paid through the Child and Adult Care Food Program (CACFP) influenced selections. To introduce new foods, teachers use strategies emphasized through the program. They follow the Seven Simple Tips, which include:

For preschoolers, familiarity leads to preference and thus to intake.

- Make food fun
- Keep offering new foods
- Be a good role model by eating new foods with children
- Let children choose new foods
- Help children learn about new foods
- Try offering one new food at a time
- Avoid forcing children to try new foods



Food Friends teacher training

Prior to classroom implementation of the Food Friends program, teachers attend a two-hour workshop at their center. They receive training on using the materials and understanding food concepts and child feeding issues. They discuss topics such as neophobia, developmental characteristics of three- to five-year olds in feeding, role modeling, how to encourage children to try new foods, and the Seven Simple Tips. The training, modeling, and program materials work synergistically to establish positive environments in which children can experience and try new foods.

Summary

Several assessments of the success of the Food Friends program document changes in young children's behavior (Stephenson 2005; Toombs 2005; Johnson et al. in press).

The strategies applied in Food Friends can be used by teachers, caregivers, and parents in a wide range of settings to encourage children to try new foods.

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For more information on the Food Friends program, contact the authors at bellows@cahs.colostate.edu or anderson@cahs.colostate.edu or visit www.foodfriends.org.

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Introducing New Foods to Young Children in the Child Care Setting

Children are often picky eaters during the preschool years, particularly if the food is a green leafy thing or a green round thing! Accepting and eating a wide variety of foods happens over a period of time. Introducing children to new foods, like vegetables, takes some creative menu planning and meal presentation. Here are some child-friendly tips to help introduce new foods in the child care setting.

Serve it

Take the time to present food, especially new foods, to children in an appealing way. Children are naturally attracted to anything that is fun, colorful, or imaginative, so be creative with food presentation. Everyone is familiar with “ants on a log” made with celery, peanut butter, and raisins, but you could also try a “vegetable car” made with celery for the body and tomatoes for the wheels. Here are some other ideas:

- Cut vegetables into fun shapes and arrange them in the shape of an animal or cartoon character on an open faced sandwich.
- Provide children with an assortment of raw vegetables in different colors and shapes and let them make their own edible artwork.
- Appeal to their imagination by referring to vegetables with catchy names, such as “dinosaur broccoli trees” or “X-ray vision carrots.”



Try fixing vegetables in different ways too. Children may not like plain vegetables, but they may like them prepared a different way. For example, cut firm veggies such as carrots, parsnips, sweet potatoes, or turnips into thin slices and bake them in the oven with a little olive oil. They make a tasty alternative to potato chips. Or cut them into wedges and oven bake them as a healthier alternative to French fries.

Dip it

Low-fat ranch dressing and cheese sauce are always popular choices, but try other dips and sauces as well:

- Spaghetti sauce
- Barbecue sauce
- Peanut butter
- Cream cheese
- Ketchup or mustard
- Gravy

Although some combinations of vegetables and dips might not appeal to adult taste buds, adding a dip may be just the thing to get a child to try a new veggie.

Hide it

One way to assure that picky eaters get enough vegetables in their diet is to sneak vegetables into other foods they already like. Here are some ideas to try:

- Add finely sliced or shredded vegetables to a food children like well, such as rice or mashed potatoes.
- Include chopped vegetables in casseroles, mixed dishes, or sauces. For example, add finely chopped broccoli to meat loaf or lasagna, or add tiny pieces of cauliflower to spaghetti sauce.
- Include veggies in favorite desserts and treats, such as carrot muffins or zucchini brownies.
- Try serving a favorite pizza with a small amount of a new vegetable on it.
- Include shredded vegetables in soups.

Grow it

Children take pride in something they plant, nurture, and harvest themselves, so try growing vegetables in the classroom. You can recycle containers such as yogurt cups or milk jugs as plant pots as long as a drainage hole is punched into the bottom. Let children grow easy plants such as lettuce, radishes, snow peas, cherry tomatoes, or carrots. When the vegetables are ready to harvest, they are sure to eat what they have grown themselves.

If possible, let children help prepare food also. This can be as simple as washing and tearing lettuce for a salad or stirring vegetables into a sauce. It's normal for kids to react with disgust when they see a new food on their plate. But when kids can see and touch the ingredients that go into a meal, they realize they aren't so scary to eat.

Model it

"Monkey see, monkey do." Let children see you enjoying a variety of foods, including vegetables. Children love to imitate adults, so if they see that you like Brussels sprouts, they may decide that they do too! Let them know that you think vegetables are fun to eat and taste great as well.

Keep a low-key attitude when introducing new foods. Young children may only touch or smell a new food the first time they see it, or they may put it in their mouth and then take it out. It may take a few tries before they even take a bite. They will decide in their own time if they like the food or not and are ready to take a second and third bite.

Talking about foods helps too. Make it an adventure to learn about a new vegetable by reading a story book or learning about a new culture. Talk to children about the food's color, shape, aroma, and texture. And let children know that different foods are good for them and help them grow.

Finally, don't expect children to like everything. Everyone has food likes and dislikes. The main thing is to relax and rest assured that most children grow up to be adults who like a variety of foods. Just keep mealtime a fun and interesting experience.

Tips for Transitioning Kids to Healthier Foods

Many young children are picky eaters and prefer to eat simple, familiar foods. However, childhood is an important time that shapes food preferences and lifelong health habits. As an early care and education provider, you have the unique opportunity to introduce children to a variety of nutritious foods to make sure they grow up strong and healthy. While you may encounter small challenges along the way, the tips below for transitioning kids to healthier foods are sure to make the task less daunting.



- Transition foods after a summer, winter or spring break. Children are less likely to notice a difference if they've been away for awhile.
- Transition to new foods or ingredients slowly and gradually. Instead of going directly from whole milk to fat-free, first serve 2% for a few weeks, then 1% (low-fat), before finally arriving at fat-free milk. You can also try mixing whole and fat-free and gradually reducing the amount of whole milk as kids adjust to the taste.
- Be sure to introduce only one new food at a time and allow kids to adjust to the change.
- Encourage all kids to taste food every time it's served, but let them know that they don't have to eat a whole serving if they don't like it. They can just "try it." Make it a group event.
- Introduce new foods in fun and creative ways. For example, freeze small batches of mixed chopped fruit in small cups or ice cube trays, add a stick, and voilà – a delicious frozen treat that kids are sure to enjoy!
- Involve children in preparing meals and snacks created from new foods they are learning about. Children are more likely to try and enjoy food that they have helped prepare.
- Teach children where the food they're eating comes from. This may be comforting for picky eaters and allows them to learn about how food is made or grown. Talk about the food with children during mealtime, and encourage them to share how they like it.
- Always provide plenty of praise and encouragement when kids try new foods to reinforce this positive behavior. Praising children at the table who are trying the new food may encourage the more hesitant children as well.
- "Sneak in" healthier ingredients. For example, cauliflower can go undetected when pureed and mixed in with mashed potatoes. As kids adjust to the taste, you can serve cauliflower on its own.



We Can! GO, SLOW, and WHOA Foods

Use this chart as a guide to help you and your family make smart food choices.

Post it on your refrigerator at home or take it with you to the store when you shop.

Refer to the *Estimated Calorie Requirements* to determine how much of these foods to eat to maintain energy balance.

- **GO Foods**—Eat almost anytime.
- **SLOW Foods**—Eat sometimes, or less often.
- **WHOA Foods**—Eat only once in a while or on special occasions.

Food Group	GO (Almost Anytime Foods)	SLOW (Sometimes Foods)	WHOA (Once in a While Foods)
	<div style="display: flex; align-items: center; justify-content: space-between;"> Nutrient-Dense ← → Calorie-Dense </div>		
Vegetables	Almost all fresh, frozen, and canned vegetables without added fat and sauces	All vegetables with added fat and sauces; oven-baked French fries; avocado	Fried potatoes, like French fries or hash browns; other deep-fried vegetables
Fruits	All fresh, frozen, canned in juice	100 percent fruit juice; fruits canned in light syrup; dried fruits	Fruits canned in heavy syrup
Breads and Cereals	Whole-grain breads, including pita bread; tortillas and whole-grain pasta; brown rice; hot and cold unsweetened whole-grain breakfast cereals	White refined flour bread, rice, and pasta. French toast; taco shells; cornbread; biscuits; granola; waffles and pancakes	Croissants; muffins; doughnuts; sweet rolls; crackers made with <i>trans</i> fats; sweetened breakfast cereals
Milk and Milk Products	Fat-free or 1 percent low-fat milk; fat-free or low-fat yogurt; part-skim, reduced fat, and fat-free cheese; low-fat or fat-free cottage cheese	2 percent low-fat milk; processed cheese spread	Whole milk; full-fat American, cheddar, Colby, Swiss, cream cheese; whole-milk yogurt
Meats, Poultry, Fish, Eggs, Beans, and Nuts	Trimmed beef and pork; extra lean ground beef; chicken and turkey without skin; tuna canned in water; baked, broiled, steamed, grilled fish and shellfish; beans, split peas, lentils, tofu; egg whites and egg substitutes	Lean ground beef, broiled hamburgers; ham, Canadian bacon; chicken and turkey with skin; low-fat hot dogs; tuna canned in oil; peanut butter; nuts; whole eggs cooked without added fat	Untrimmed beef and pork; regular ground beef; fried hamburgers; ribs; bacon; fried chicken, chicken nuggets; hot dogs, lunch meats, pepperoni, sausage; fried fish and shellfish; whole eggs cooked with fat
Sweets and Snacks*		Ice milk bars; frozen fruit juice bars; low-fat or fat-free frozen yogurt and ice cream; fig bars, ginger snaps, baked chips; low-fat microwave popcorn; pretzels	Cookies and cakes; pies; cheese cake; ice cream; chocolate; candy; chips; buttered microwave popcorn
Fats/Condiments	Vinegar; ketchup; mustard; fat-free creamy salad dressing; fat-free mayonnaise; fat-free sour cream	Vegetable oil, olive oil, and oil-based salad dressing; soft margarine; low-fat creamy salad dressing; low-fat mayonnaise; low-fat sour cream**	Butter, stick margarine; lard; salt pork; gravy; regular creamy salad dressing; mayonnaise; tartar sauce; sour cream; cheese sauce; cream sauce; cream cheese dips
Beverages	Water, fat-free milk, or 1 percent low-fat milk; diet soda; unsweetened ice tea or diet iced tea and lemonade	2 percent low-fat milk; 100 percent fruit juice; sports drinks	Whole milk; regular soda; calorically sweetened iced teas and lemonade; fruit drinks with less than 100 percent fruit juice

*Though some of the foods in this row are lower in fat and calories, all sweets and snacks need to be limited so as not to exceed one's daily calorie requirements.

**Vegetable and olive oils contain no saturated or *trans* fats and can be consumed daily, but in limited portions, to meet daily calorie needs. (See Sample USDA Food Guide and DASH Eating Plan at the 2,000-calorie level handout)



We Can! Alimentos para consumir siempre, de vez en cuando y raramente

Use el siguiente cuadro como guía para ayudarle a usted y su familia a tomar buenas decisiones con respecto a los alimentos. Colóquelo en su refrigerador o llévelo al almacén cuando tenga que comprar. Vea el cuadro de los Requisitos calóricos estimados para determinar qué cantidad de esos alimentos debe comer para mantener un equilibrio de energía.

Recuerde que hay:

- Alimentos para consumir **SIEMPRE**.
- Alimentos para consumir **DE VEZ EN CUANDO**, o muy pocas veces.
- Alimentos para consumir **RARAMENTE**, o en ocasiones especiales.

Grupo alimenticio	Consumir SIEMPRE	Consumir DE VEZ EN CUANDO	Consumir RARAMENTE
	<div style="display: flex; justify-content: space-between; align-items: center;"> Densos en nutrientes ← → Densos en calorías </div>		
Verduras	Casi todas las verduras frescas, congeladas, en lata, sin contenido de grasa agregada y de salsas.	Todas las verduras con grasas y salsas agregadas; papas fritas hechas en casa y horneadas; aguacate o palta.	Papas fritas en la olla o en la sartén de cualquier estilo; otras verduras fritas en aceite.
Frutas	Todo tipo de frutas frescas, congeladas y enlatas en su jugo.	Jugo 100 por ciento de fruta; frutas envasadas en jugo liviano; frutas secas.	Frutas envasadas en jugo dulce.
Pan y cereales	Pan integral de grano, pan de pita, tortillas de harina de maíz y fideos en general; arroz liviano o integral; cereales de grano calientes y fríos sin azúcar.	Pan de harina blanca, arroz y fideos. Tostadas francesas; tortillas de maíz para tacos; pan dulce de maíz; panecitos; granola; waffles y panqueques.	Bolluelos de mantequilla; pastelitos; fritos dulces o donuts; rollos de bizcocho dulce; galletas saladas con grasas; cereales endulzados para el desayuno.
Leche y otros productos lácteos	Leche descremada o semi-descremada de 1 por ciento; yogur descremado o de bajas grasas; queso sin grasas, semi-descremado y de pocas grasas; requesón de bajo contenido de grasas o sin grasas.	Leche casi entera de 2 por ciento; pasta de queso procesado.	Leche entera; queso entero americano, cheddar, suizo, queso crema; yogur de leche entera.
Carne, ave, pescado, huevos, frijoles y nueces (u otras frutas de este tipo)	Carne y cerdo sin grasas; carne molida extra liviana; pollo y pavo sin piel; atún en agua enlatado; pescado y mariscos al horno, a las brasas, al vapor, a la parrilla; frijoles, arvejas, lentejas, tofu, clara de huevo y sustitutos de huevos.	Carne molida liviana, hamburguesas horneadas; jamón; tocino canadiense; pollo y pavo sin piel; salchichas bajas en grasas; atún envasado en aceite; mantequilla de cacahuate (o maní); nueces; huevos cocidos sin grasa agregada.	Carne y cerdo con grasas; carne molida con grasas; hamburguesas fritas; costillas; tocino; pollo frito; pedacitos de pollo frito; salchichas, carne de fiambre, salchicha de salame; pescado y mariscos fritos; huevos enteros cocidos con grasas.
Alimentos dulces y bocadillos *		Barras de helado de leche; fruta congelada; barras de jugo de fruta congeladas; helado de yogur de bajas grasas y helado de leche; barras de higo o de jengibre, papas deshidratadas horneadas; palomitas de maíz de bajas grasas para preparar en el horno de microondas; pretzels.	Galletas y tortas; pasteles; pastel de queso; helado de leche; chocolate; dulces; papitas fritas envasadas; palomitas de maíz con mantequilla para preparar en el microondas.
Grasas/Condimentos	Vinagre; ketchup; mostaza; aderezo sin grasas para la ensalada; mayonesa sin grasas; crema ácida sin grasas.	Aceite vegetal, aceite de oliva y aderezos para ensaladas a base de aceite; margarina; aderezo cremoso de bajas grasas para ensaladas; mayonesa de bajas grasas; crema ácida de bajas grasas **.	Mantequilla, margarina; manteca; sal; puerco; jugo de carne; aderezo cremoso para ensaladas; mayonesa; salsa tártara; crema ácida; salsa de queso; salsa cremosa; pastas de queso crema para untar.
Bebidas	Agua, leche descremada, leche semi-descremada de 1 por ciento, gaseosa de dieta; té helado liviano o de dieta y limonada de dieta.	Leche casi entera de 2 por ciento; jugo 100 por ciento de fruta; bebidas deportivas.	Leche entera; gaseosas comunes; té helado con azúcar calórico y limonada endulzada; jugos de fruta con menos de 100 por ciento de jugo natural.

* A pesar de que algunos alimentos en esta línea contienen menos grasas y calorías, todos los alimentos dulces y bocadillos deben limitarse, para no exceder los requisitos calóricos diarios.

** Los aceites vegetales y de oliva no contienen grasas saturadas o grasas dañinas y pueden consumirse a diario, pero en porciones limitadas, para cumplir con las necesidades calóricas diarias (Vea la hoja que tiene el ejemplo de la guía alimentaria del Departamento de Agricultura de los Estados Unidos (USDA, por sus siglas en inglés) y el plan de alimentación DASH del nivel de las 2.000 calorías).

PARENT PAGES

Vary Your Veggies



Tips to Vary Your Veggies

1. Let your child be a “produce picker.” Help them pick veggies at the store.
2. Cook together. Teach your child to wash fresh veggies, tear lettuce leaves and snap green beans.
3. Offer colorful veggies at meals and snacks.
4. Cut fresh vegetables into small sticks, and ask your child to pick some sticks to eat.
5. Help your child fill out the *I Varied My Veggies* chart.
6. Buy vegetables that are in season. Check store specials for the best in-season buys.

Today at child care your child learned why it is important to eat colorful vegetables each day. Vegetables provide vitamins and fiber, and they are low in fat and salt. Choose fresh, frozen or canned vegetables to get the best deal for your money. They take their lead from you. Eat veggies and your children will too. Try to make half your plate vegetables and fruit.

Quick and Tasty Veggie Soup

Yield: 8 cups

Serves: 8 adults

Ingredients

7 cups low-sodium chicken broth
1 14-ounce can diced tomatoes
1 teaspoon dried basil
1/2 teaspoon onion powder
3/4 cup dry macaroni
3 cups frozen mixed vegetables
1/2 teaspoon salt
1/8 teaspoon pepper.



Steps

1. **Combine chicken broth, diced tomatoes, basil, onion powder, salt and pepper in a large pan.**
2. Bring to a simmer, and add macaroni and frozen vegetables.
3. Cook for 8 minutes, and then remove from heat.
4. Let soup sit for 5 minutes, and then serve.
5. **Enjoy.**

Have your child help you do the bold steps.

This adapted recipe appears courtesy of Produce for Better Health Foundation and can be found at www.fruitsandveggiesmorematters.org.

PÁGINAS PARA LOS PADRES

Verduras variadas



Consejos para variar las verduras

1. Deje que su hijo sea un “recolector de frutas y verduras”. Ayúdelo a escoger verduras en la tienda.
2. Cocinen juntos. Enséñele a su hijo a lavar las verduras frescas, a separar hojas de lechuga y a abrir habichuelas verdes (vainitas).
3. Ofrezcale verduras de diferentes colores durante las comidas principales y los refrigerios.
4. Corte verduras frescas en palitos y pídale a su hijo que pruebe algunos.
5. Ayude a su hijo a completar la tabla “*He comido verduras variadas*” que se incluye.
6. Compre verduras de estación. Busque en las tiendas las ofertas de productos de estación.

Hoy en la guardería su hijo aprendió por qué es importante comer cada día diversas verduras de distintos colores. Las verduras proporcionan vitaminas y fibras, y tienen bajo contenido de grasas y sal. Escoja verduras frescas, congeladas o en lata para aprovechar al máximo su dinero. Los niños copian todo lo que usted hace. Si come verduras, sus niños también lo harán. Intente completar la mitad de sus platos de comidas con frutas y verduras.

Sopa de verduras rápida y sabrosa

Rendimiento: 8 tazas

Porciones: 8

Ingredientes

7 tazas de caldo de pollo con bajo contenido de sodio
1 lata de 14 onzas de tomates cortados en cubitos
1 cucharadita de albahaca seca
1/2 cucharadita de cebolla en polvo
3/4 taza de macarrones secos
3 tazas de verduras mixtas congeladas
1/2 cucharadita de sal
1/8 cucharadita de pimienta.



Pasos

1. **Mezcle el caldo de pollo, los tomates cortados en cubitos, la albahaca, la cebolla en polvo, la sal y la pimienta en una cacerola grande.**
2. Deje que se cocine a fuego lento y añada los macarrones y las verduras congeladas.
3. Cocine durante 8 minutos y retire del fuego.
4. Deje que la sopa repose durante 5 minutos y sírvala.
5. **¡Buen provecho!**

Haga participar a su hijo en la preparación de los pasos que aparecen en letra negrita.

Esta receta adaptada se publica por cortesía de la Fundación Produce for Better Health y puede encontrarse en www.fruitsandveggiesmorematters.org.