Healthy Eating For Kids

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For more information on ways to lead a healthier lifestyle visit our website GetHealthyCT.org
Find us on Facebook and Twitter!

November 2019

Get Healthy CT

USDA
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Start simple with MyPlate

Start simple and take healthy eating one step at a time.

Focus on whole fruits

Include fruit at breakfast! Top whole-grain cereal with your favorite fruit, add berries to pancakes, or mix dried fruit into hot oatmeal.

Vary your veggies

Cook a variety of colorful veggies. Make extra vegetables and save some for later. Use them for a stew, soup, or a pasta dish.

Vary your protein routine

Next taco night, try adding a new protein, like shrimp, beans, chicken, or beef.

Make half your grains whole grains

Add brown rice to your stir-fry dishes. Combine your favorite veggies and protein foods for a nutritious meal.

Move to low-fat or fat-free milk or yogurt

Enjoy a low-fat yogurt parfait for breakfast. Top with fruit and nuts to get in two more food groups.

Drink and eat less sodium, saturated fat, and added sugars

Cook at home and read the ingredients to compare foods.

Based on the Dietary Guidelines for Americans.
Go to Choose MyPlate**.gov for more information.**

MPMW Tipsheet No. 14
December 2018
Center for Nutrition Policy and Promotion
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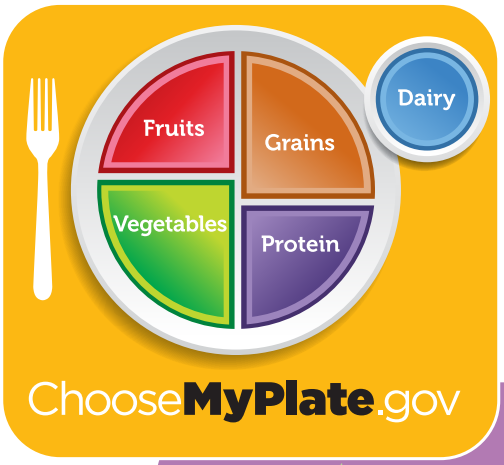
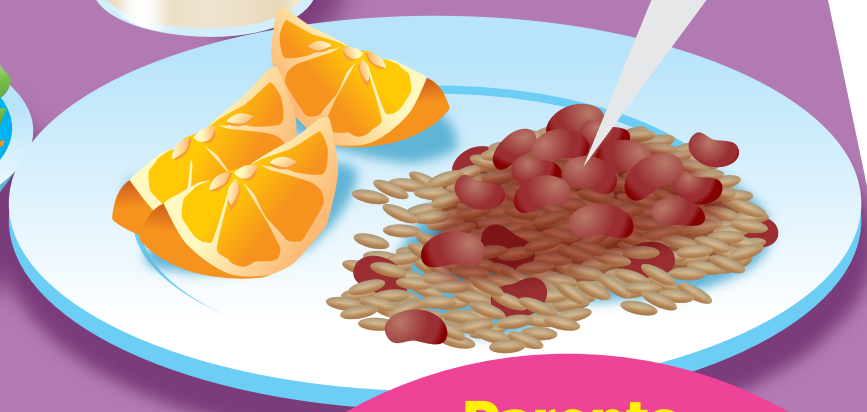
Meet *MyPlate*

The ***MyPlate*** icon reminds us that we need to eat and drink foods from the five food groups. **Fruits**, **Vegetables**, **Dairy**, **Grains**, and **Protein Foods** are important for good health. ***MyPlate*** shows the food groups in different sections of the plate. Does this mean that foods need to be separate on your plate? No way! Some of our favorite healthy foods are a mix of food groups. What food groups are in your sandwich or taco?

MyPlate Matching Game

Draw a line from each section of *MyPlate* to the correct foods below.





Did You Know?

Beans belong to both the Vegetable and Protein Food Groups. Some favorite ways kids like to eat beans are in burritos, tacos, chili, dips, and quesadillas.

Parents

Make half your plate fruits and vegetables. It is an easy way to make sure you (and your family) are getting enough. More information on *MyPlate* can be found at **http://www.choosemyplate.gov.**

Discover MyPlate

Answers: FRUIT: orange. VEGETABLE: garden salad. PROTEIN FOOD: beans. GRAIN: rice. DAIRY: milk.

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http://teamnutrition.usda.gov

Menu Planner for Families

Help your family create a dinner menu for the week.
Visit **http://www.choosemyplate.gov** to learn what foods belong to each food group.
Visit our online Recipe Box: **http://www.fns.usda.gov/fncs-recipe-box**.

	The Five Food Groups (Include all 5)				
	Fruits	Vegetables	Grains	Protein Foods	Dairy
Example: Spaghetti Dinner	Peaches	Broccoli Tomato sauce	Whole-wheat pasta	Lean (92% lean, 8% fat) ground beef	Fat-free milk Parmesan cheese
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

Parents

Milk Matters. Children of every age, and adults too, need the calcium, protein, and vitamin D found in milk for strong bones, teeth, and muscles. Remember to offer fat-free or low-fat (1%) milk at meals. If you offer soymilk, check the Nutrition Facts label to be sure your soymilk has about 300 mg of calcium (30% of the Daily Value).

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Be Your Best With Breakfast

Eating breakfast helps you have the energy you need for play and learning. Does your school serve breakfast? Check out the tasty choices. It is fun to eat breakfast with friends!

Parents

Start every day the whole-grain way. Serve whole-grain versions of cereal, bread, tortillas, or pancakes at breakfast. Whole grains give your kids B vitamins, minerals, and fiber to help them feel full longer so they stay alert to concentrate at school.

Check the Ingredients List:

Take a few seconds to see if the food is made from whole grains. Look for the word "whole" before the first ingredient. Some examples of whole-grain ingredients are:

- whole wheat
- brown rice
- oatmeal
- quinoa
- whole-grain corn
- buckwheat
- bulgur
- graham flour
- rolled oats
- whole-grain barley
- whole rye
- wild rice

Discover MyPlate

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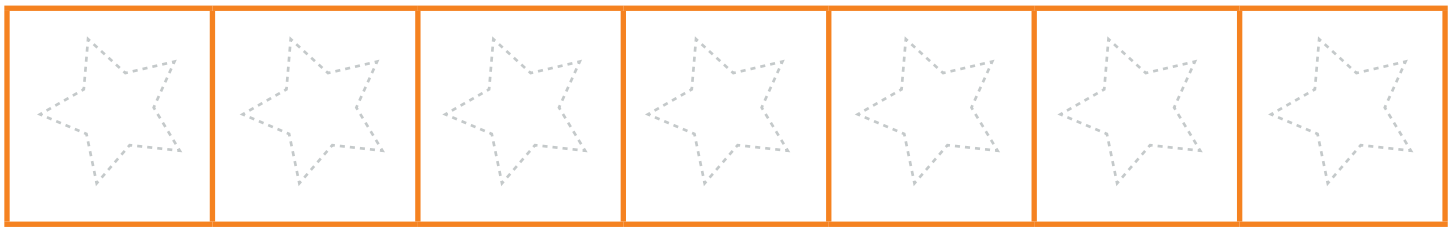
I Ate Breakfast Today!

For each day that you eat breakfast, draw and color a star.

Once you fill out the chart, cut out the badge to wear to school.



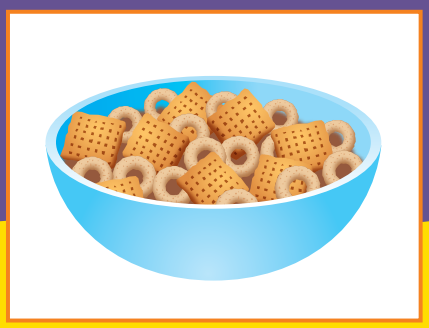
Parents

Try these fun breakfast ideas:

Cereal Mixer: Combine two or three of your child's favorite whole-grain cereals of different shapes. Help your child name the different shapes.

Oatmeal Topper: Add a favorite fruit and spices.

Wake-and-Make Burrito: Stuff a whole-grain tortilla with chopped veggies, scrambled eggs, and low-fat cheese.



Cereal Mixer

Oatmeal Topper

Wake-and-Make Burrito

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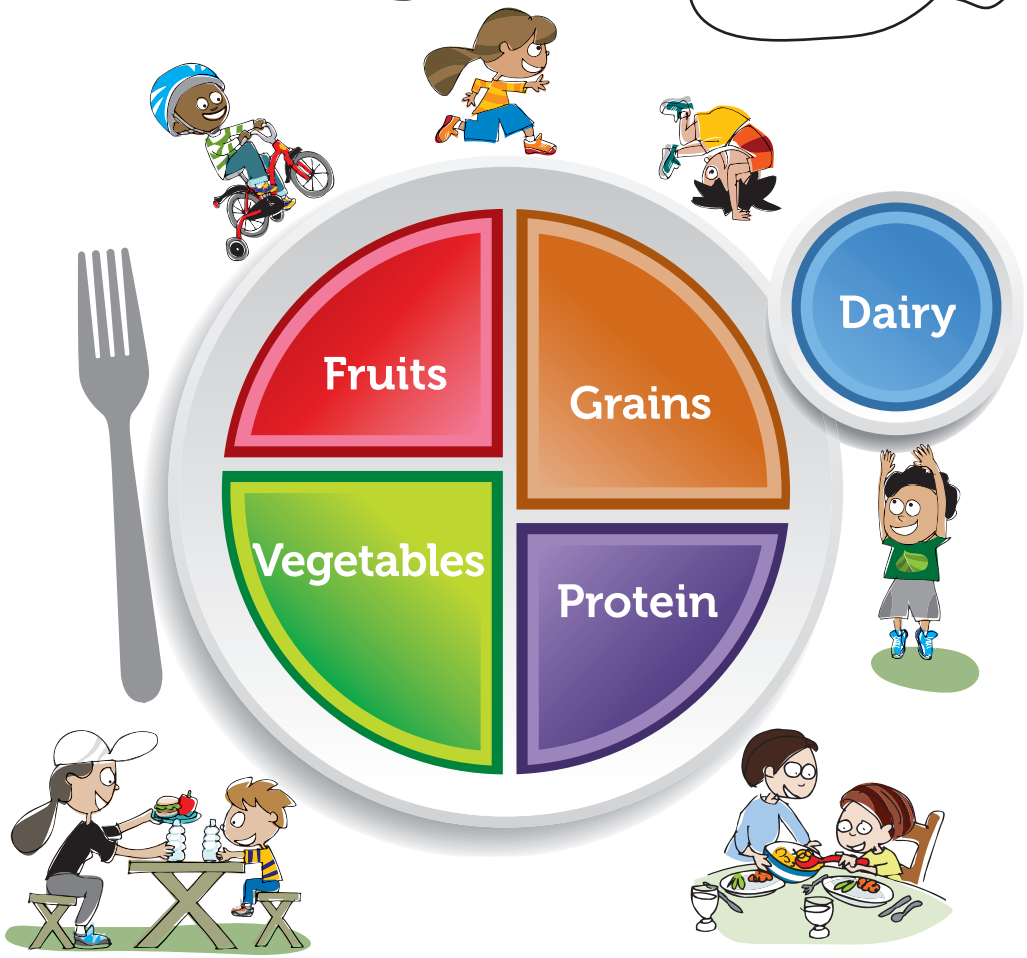
Healthy Eating for Preschoolers



ChooseMyPlate.gov

Get your child on the path to healthy eating.

Offer a variety of healthy foods.

Choose foods from each MyPlate food group. Pay attention to dairy foods, whole grains, and vegetables to build healthy habits that will last a lifetime.

Be mindful of sweet drinks and other foods.

Offer water instead of sugary drinks like regular soda and fruit drinks. Other foods like hot dogs, burgers, pizza, cookies, cakes, and candy are only occasional treats.

Focus on the meal and each other.

Your child learns by watching you. Let your child choose how much to eat of foods you provide. Children copy your likes, dislikes, and your interest in trying new foods.

Be patient with your child.

Children enjoy food when eating it is their own choice. Some new foods take time. Give a taste at first and wait a bit. Let children serve themselves by taking small amounts. Offer new foods many times.

Cook together.
Eat together.
Talk together.
Make meal time family time.

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Based on the Dietary Guidelines for Americans.

FNS-451
Revised December 2016

Healthy Eating for Preschoolers

Daily Food Checklist

Use this Checklist as a general guide.

- This food checklist is based on average needs. Do not be concerned if your child does not eat the exact amounts suggested. Your child may need more or less than average. For example, food needs increase during growth spurts.
- Children's appetites vary from day to day. Some days they may eat less than these amounts; other days they may want more. Let your child choose how much to eat. Throughout a day, offer amounts shown below.

Food group	2 year olds	3 year olds	4 and 5 year olds	What counts as:
Fruits Focus on whole fruits	1 cup	1 – 1½ cups	1 – 1½ cups	**½ cup of fruit?** ½ cup mashed, sliced, or chopped fruit ½ cup 100% fruit juice ½ small banana 4-5 large strawberries
Vegetables Vary your veggies	1 cup	1 – 1½ cups	1½ – 2 cups	**½ cup of veggies?** ½ cup mashed, sliced, or chopped vegetables 1 cup raw leafy greens ½ cup vegetable juice 1 small ear of corn
Grains Make half your grains whole grains	3 ounces	3 – 5 ounces	4 – 5 ounces	**1 ounce of grains?** 1 slice bread 1 cup ready-to-eat cereal flakes ½ cup cooked oatmeal, rice, or pasta 1 tortilla (6" across)
Protein Foods Vary your protein routine	2 ounces	2 – 4 ounces	3 – 5 ounces	**1 ounce of protein foods?** 1 ounce cooked meat, poultry, or seafood 1 egg 1 Tablespoon peanut butter ¼ cup cooked beans or peas (kidney, pinto, lentils)
Dairy Choose low-fat or fat-free milk or yogurt	2 cups	2 – 2½ cups	2½ cups	**½ cup of dairy?** ½ cup milk 4 ounces yogurt ¾ ounce cheese

Some foods are easy to choke on while eating. Children need to sit when eating. Foods like hot dogs, grapes, and raw carrots need to be cut into small pieces the size of a nickel. Be alert if serving 3- to 5-year-olds foods like popcorn, nuts, seeds, or other hard foods.

There are many ways to divide the Daily Food Checklist into meals and snacks. View the "Meal and Snack Patterns and Ideas" to see how these amounts might look on your preschooler's plate at www.ChooseMyPlate.gov/preschoolers-meal-and-snack-patterns.

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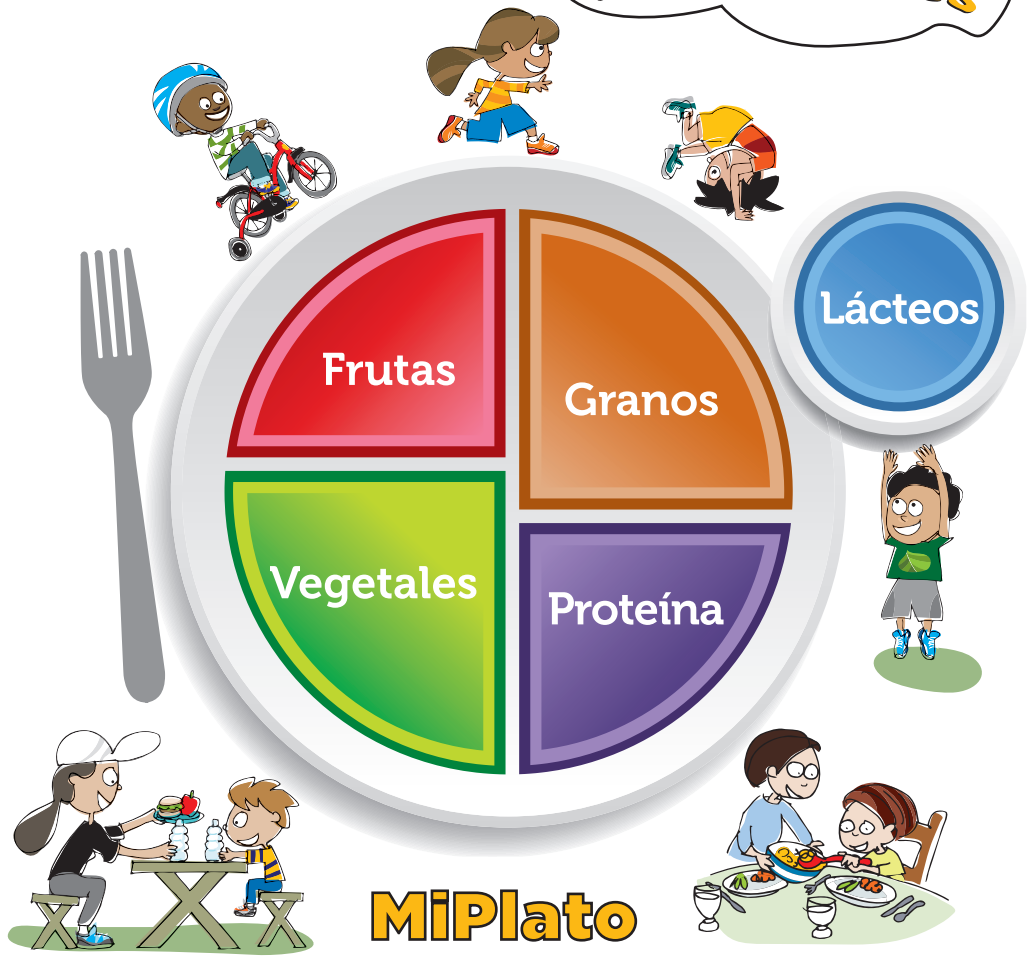
Alimentación Saludable para Niños Preescolares



ChooseMyPlate.gov

Encamine a su hijo hacia una alimentación saludable.

Ofrezca variedad de alimentos saludables.

Elija alimentos de cada grupo alimentario de MiPlato. Preste atención a los productos lácteos, de granos integrales y vegetales para promover hábitos saludables que durarán toda la vida.

Tenga en cuenta las bebidas dulces y otros alimentos.

Ofrezca agua en lugar de bebidas azucaradas como gaseosas y refrescos. Otros alimentos como salchichas, hamburguesas, pizzas, galletas, tortas y caramelos son solo para ocasiones especiales.

Enfóquese en la comida y en los comensales.

Su hijo aprende observándola. Deje que su hijo elija cuánto comer de los alimentos que le sirve. Los niños copian lo que a usted le gusta, lo que no le gusta y su interés en probar alimentos nuevos.

Sea paciente con sus hijos.

Los niños disfrutan de la comida cuando ellos mismos los elijen. Aceptar alimentos nuevos toma tiempo. Al principio solo déselos a probar y espere un poco. Deje que los niños se sirvan ellos mismos tomando pequeñas cantidades. Ofrezca alimentos nuevos muchas veces.

Cocinen juntos.

Coman juntos.

Dialoguen juntos.

Convierta la hora de la comida en tiempo para la familia.

Alimentación Saludable para **Niños Preescolares**

Lista de Alimentos Para Todos los Días

Use esta lista como guía general.

- Esta lista de alimentos se basa en las necesidades promedio. No se preocupe si su hijo no come las cantidades exactas sugeridas. Su hijo puede necesitar más o menos de la cantidad promedio. Por ejemplo, las necesidades de alimentos aumentan durante los estirones del crecimiento.
- El apetito de los niños varía día a día. Algunos días pueden comer menos que estas cantidades; otros días pueden querer más. Deje que su hijo elija cuánto comer. A lo largo del día ofrezca las cantidades que se muestran a continuación.

Grupos de alimentarios	2 años	3 años	4 y 5 años	¿Qué cuenta como:
Frutas Enfóquese en las frutas	1 taza	1 – 1½ tazas	1 – 1½ tazas	**½ taza de frutas?** ½ taza en forma de puré, tajadas o picadas ½ taza de jugo 100% de frutas ½ plátano pequeño 4-5 fresas grandes
Vegetales Varíe sus vegetales	1 taza	1 – 1½ tazas	1½ – 2 tazas	**½ taza de vegetales?** ½ taza en forma de puré, tajadas o picadas 1 taza de lechugas verdes crudas ½ taza de jugo de vegetales 1 maiz cocido pequeño
Granos Que la mitad de sus granos sean integrales	3 onzas	3 – 5 onzas	4 – 5 onzas	**1 onza de granos?** 1 tajada de pan 1 taza de cereal listo para comer ½ taza de avena, arroz o pasta cocida 1 tortilla (6" de diámetro)
Alimentos Proteínicos Varíe sus fuentes de proteína	2 onzas	2 – 4 onzas	3 – 5 onzas	**1 onza de alimentos que contienen proteína?** 1 onza de carne de res, pollo, o pescado cocido 1 huevo 1 cucharada de crema de maní o cacahuate ¼ taza de legumbres cocidas (frijoles, lentejas)
Lácteos Cambie a yogur o leche semidescremada o descremada	2 tazas	2 – 2½ tazas	2½ tazas	**½ taza de productos lácteos?** ½ taza de leche 4 onzas de yogur ¾ onza de queso

Es fácil atorarse al comer algunos alimentos. Los niños tienen que estar sentados para comer. Alimentos como salchichas, uvas y zanahorias crudas se tienen que cortar en trozos pequeños del tamaño de una moneda de cinco centavos. Esté alerta si sirve alimentos como palomitas de maíz, frutos secos, semillas u otros alimentos duros a niños de 3 a 5 años.

Hay muchas maneras de dividir la lista de alimentos diarios en comidas principales y bocadillos. Para tener idea de las cantidades en el plato de su niño(a) preescolar, vea los "Patrones e ideas de comidas y bocadillos" en www.ChooseMyPlate.gov/preschoolers-meal-and-snack-patterns.

ChooseMyPlate.gov

United States Department of Agriculture

Welcome to School Lunch!

Eating with friends and trying new foods can be fun.
There are many choices from each of the five food groups.

Draw a line from each lunch food to the correct food group friend.
(Answers on back.)

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Parents

School meals now have more fruits, vegetables, and whole grains. They are also healthier with less saturated and *trans* fats and sodium. Join your child for lunch one day and see the changes.

A Color Adventure!

It's fun to find new favorite foods. Choose a new fruit or vegetable of each color to try. Then, hold a family taste test. Write how your family felt about the new food below.

Draw a picture of the new fruit or vegetable in each box.

Red Fruit/Vegetable

How We Felt About the Food

Orange Fruit/Vegetable

How We Felt About the Food

Yellow Fruit/Vegetable

How We Felt About the Food

Green Fruit/Vegetable

How We Felt About the Food

Blue Fruit/Vegetable

How We Felt About the Food

Purple Fruit/Vegetable

How We Felt About the Food

You Did It! Celebrate with a trip to the park or playground.

Parents

Got colors? Try red beans, orange cantaloupe, yellow squash, green kale, blueberries, or purple cabbage. Check the school lunch menu for other ideas.

Answers: FRUITS: orange, banana, grapes, strawberries. VEGETABLES: tomatoes, broccoli, green beans, yellow squash. GRAINS: bread, pasta. DAIRY: yogurt, milk. PROTEIN FOODS: tuna fish, chicken leg, hamburger. To learn more about the food groups, visit **http://www.choosemyplate.gov**.

United States Department of Agriculture

Snack Time!

***MyPlate* Nate** and **Kate** like healthy snacks. Their snacks include foods from the five food groups. They choose snacks that do not have too much added sugar, fat, or salt. They only have cookies, cakes, and candies for snacks sometimes — and not too much. This helps them get the foods they need to feel their best and be healthy.

Draw your favorite healthy snack in the empty plate below.

Parents

Do you send snacks to school?
Try these healthy favorites:

- unsweetened applesauce
- fruit cups packed with 100% juice
- raisins
- whole-grain crackers
- low-fat popcorn
- low-sugar whole-grain cereal.

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Water Is Wonderful!

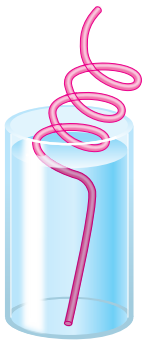
When you get thirsty from running around and playing, water can be the best drink. Try these ways to make your water fun and yummy. Which way do you like best?

Ask your family and friends which way they like best. Write a tally mark for each person that picked each choice.

Add a slice of fruit like strawberry or lemon

_____

Drink water with a fun straw



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Use a cool sports bottle

_____

Add a little 100% juice to plain sparkling water

_____

Parents: Drinks can be full of added sugars and calories. Kids can fill up on sweet drinks and not get the nutrition they need from healthier foods. Sipping on sweet drinks can also contribute to cavities. Use this guide to help your family make healthier drink choices.*

Drink (8 fl oz portion)	Teaspoons of Added Sugars	Calories
Water	0 teaspoons	0
100% Orange Juice	0 teaspoons	122
Fat-Free Plain Milk	0 teaspoons	83
Fat-Free Chocolate Milk	3 teaspoons	140
Sports Drink	3 teaspoons	65
Soft Drink (cola)	5 ¼ teaspoons	91
Fruit-Flavored Drink from Powdered Mix (with sugar)	5 ½ teaspoons	88
Lemonade	5 ½ teaspoons	114
Root Beer	6 ¼ teaspoons	101
Fruit Drink (with high vitamin C)	7 ¼ teaspoons	128

*Source: *MyPlate* SuperTracker https://www.supertracker.usda.gov.

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El Departamento de Agricultura de los Estados Unidos

¡Hora de merendar!

A los chicos de ***MiPlato***, Nate y Kate, les gustan las meriendas saludables. En sus meriendas incluyen alimentos de los cinco grupos alimenticios. Ellos eligen meriendas que no tengan demasiado azúcar, grasa o sal añadidos. Sólo meriendan galletitas, pasteles y dulces a veces, y en poca cantidad. De esta forma ingieren los alimentos que necesitan para sentirse bien y estar saludables.

Dibuja tu merienda saludable favorita en el plato vacío.

Padres

¿Envía meriendas a la escuela? Pruebe estas alternativas populares y saludables:

- compota de manzana sin endulzar
- copitas de frutas elaboradas con jugo 100% natural
- pasas
- galletas saladas de grano integral
- palomitas de maíz bajas en grasa
- cereales integrales bajos en azúcar

Descubre MiPlato

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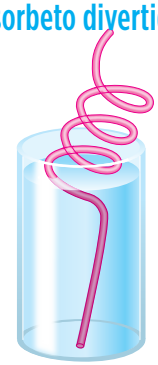
¡El agua es maravillosa!

El agua puede ser la mejor bebida cuando sientes sed luego de corretear y jugar. Prueba estas maneras de hacer que el agua sea divertida y deliciosa. ¿Qué manera te gusta más? **Pregúnta a tu familia y amigos qué prefieren. Debajo de cada imagen, coloca una marca por cada persona que elija esa opción.**

Añade una rebanada de fruta por ejemplo, fresa o limón

_____

Toma agua con un sorbeto divertido



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Usa una botella deportiva moderna y colorida

_____

Añade un poquito de jugo 100% natural al agua con gas.

_____

Padres: Las bebidas pueden estar repletas de azúcares añadidos y calorías. Los niños pueden llenarse de bebidas dulces sin obtener la nutrición que necesitan de alimentos más saludables. Tomar bebidas dulces también puede provocar caries. Utilice esta guía para ayudar a su familia a elegir bebidas más saludables.*

Bebida (Porción de 8 oz. líquidas)	Cucharaditas de azúcares añadidos	Calorías
Agua	0 cucharaditas	0
Jugo de naranja 100% natural	0 cucharaditas	122
Leche descremada	0 cucharaditas	83
Leche chocolateada descremada	3 cucharaditas	140
Bebida deportiva	3 cucharaditas	65
Refresco (soda)	5 ¼ cucharaditas	91
Mezcla en polvo de bebida con sabor a fruta (con azúcar)	5 ½ cucharaditas	88
Limonada	5 ½ cucharaditas	114
Cerveza de raíz	6 ¼ cucharaditas	101
Bebida de fruta (alta en vitamina C)	7 ¼ cucharaditas	128

*Fuente: *MiPlato* SuperTracker https://www.supertracker.usda.gov.