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

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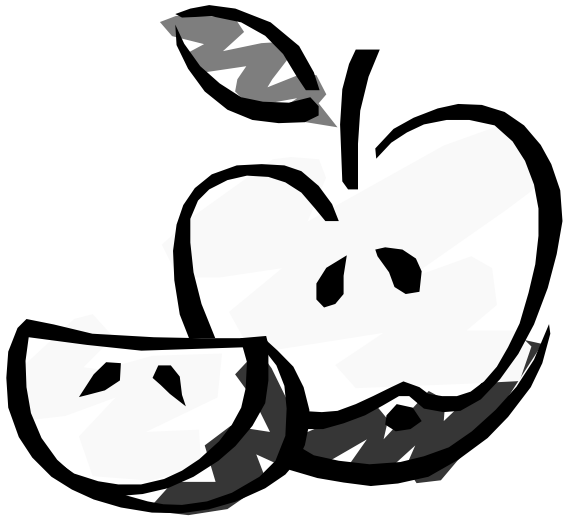
HEALTHY FOODS for Children 6 to 10



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

Foods high in sugar include:
- Canned Fruit in Heavy Syrup
- Sweetened Cereals
- Candy
- Chocolates
- Cookies
- Cakes
- Most Desserts
- Gelatin Desserts
- Sodas
- Fruit Drinks
- Popsicles
- Enjoy foods without adding sugar