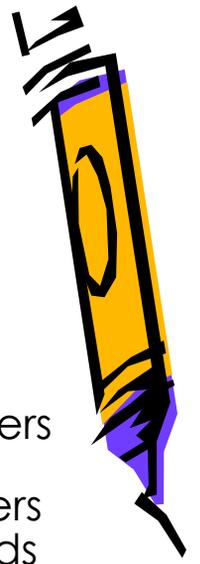


**Nurture Guide  
to Feeding your  
Child**

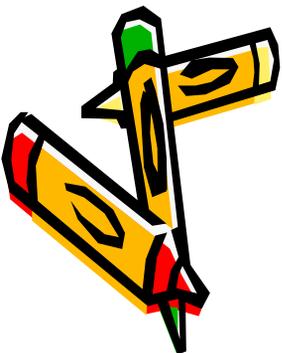
**From 4 to 12 years  
old**

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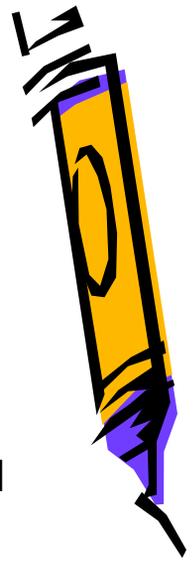


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**Important:** The information provided here is only meant as a general guide. Every child is different. Pay attention to your child's actions and they will let you know when they are ready to make changes.



# Feeding Development

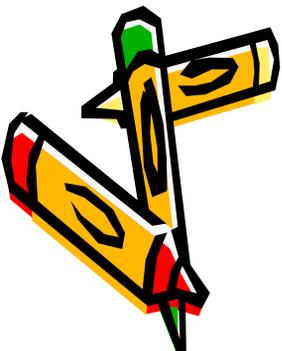


## 4-5 years old

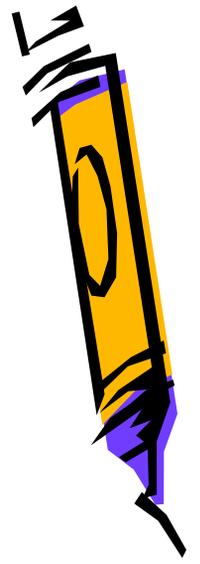
- Children this age have the ability to self-regulate food intake, meaning they won't usually over- or under eat.
- There should be no "clean plate club" or using food as reward, or this ability will disappear.
- However, children are not able to regulate nutrient balance- only energy balance- so they need to be encouraged to develop healthy eating habits.
- Children 4-5 years old tend to look at what their parents and siblings are eating to decide what to eat.

## 6-12 years old

- At this age, food choices are still very much determined by the choices of parents and older siblings.
- Children are also beginning to be influenced by peers and the media (TV and radio commercials, billboards, etc.). Seeing others or the media portray foods positively or negatively may cause them to request a new food or refuse a previously eaten food.



# Mealtime Responsibilities



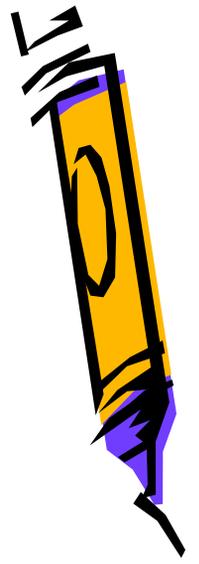
- **Parents are responsible for:**
  - providing a positive mealtime environment
  - what foods are available
  - when the meal is served
  - being role models
- **Children are responsible for:**
  - how much they eat
  - which foods they choose to eat from those available

## Creating a positive food environment

- Sitting with your child at meal or snack time and eating the same foods provides encouragement and a positive experience.
- Avoid arguments and negative interactions during the meal.
  - Battles for control over what and how much your child is eating will disrupt the entire mealtime.
  - Mealtime should be viewed as a time to enjoy food and conversation as a family.
- Vary the way the food is served: family style, buffet style, and picnic style are three different ways.
- Try to give children ample time to eat: rushing them could result in under- or overeating.



# Kids Can Help Plan and Make Meals!



## Benefits

- Kids will be more likely to eat something if they helped to make it!
- It creates a good family-talk time.
- They learn responsibility, and this can help to boost self-esteem.
- It teaches them, in a hands-on approach, how to cook.
- You can talk about good nutrition while making food and start healthy habits early.

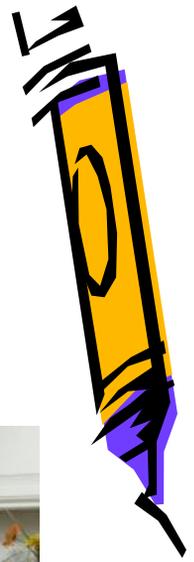
## How to Get Started

- It is not always convenient to have a 'helper', so find a time when you're not in a rush and your child is not too tired or wound up.
- Safety first:
  - Talk about washing hands, foods, and work surfaces to avoid spreading germs.
  - Talk about the different appliances you will have them use, and which dishes are safe to use with each.
  - Talk to them about emergencies and how to handle them (i.e. running hand under cool water for a burn, applying pressure to a cut to stop bleeding, what to do or who to call if there is a fire).
- Understand that there will likely be extra mess to clean up. However, this is the perfect opportunity to teach that lesson, as well!

- Be sure your child isn't measuring ingredients over the bowl, as spills are inevitable. Try having them measure ingredients into small bowls, like they do on TV cooking shows, and then adding them together when finished.
- If a mistake is made, offer some guidance and let your child try again.
- Be sure to compliment your child on a job well done. He/she will love getting the first taste, too!



# Kids Can Help Plan and Make Meals!



Choose activities from below that are appropriate for your child's abilities:

- Choose the entrée or vegetable.
- Plan meal (this would be a good time to teach them how to plan a balanced meal)
- Write a shopping list
- Gather items on the list at the store (or just read the list to you)
- Find the least expensive or healthiest version of your ingredient
- Pour, sift or stir ingredients (be sure to show them how to measure with spoons and cups)



- Crack eggs
- Wash, peel, and cut up fruits or vegetables
- "Decorate" with sprinkles of herbs, spices, or condiments (give only the amount you want on the food to avoid over-seasoning)
- Set the table
- Rinse, wash, or dry dishes
- Help put away leftovers
- Wipe the table
- Push in the chairs



# A Word on Flavored Yogurts



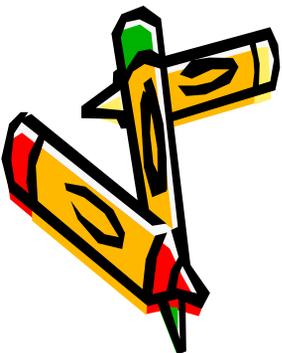
Several of the recipes in this guide use flavored yogurts. Many yogurts (and other products) contain **high fructose corn syrup (HFCS)**, which is corn syrup that has been chemically modified.

## HFCS-free yogurts:

- Breyer's Fruit on the Bottom (stir before use)
- Brown Cow
- Dannon All Natural Yogurt
- Horizon Organic Yogurt
- Nancy's Yogurt
- Stonyfield Farm Yogurt
- Wallaby Organic Yogurt



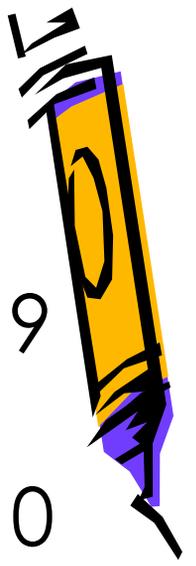
However, companies change their products all the time, so be sure to look at the ingredient list!



Another note: Many yogurts contain the animal product **gelatin**, which some vegetarians choose not to eat.

# Breakfast Recipes

- Breakfast Smoothie 9
- Carrot Cake Oatmeal 10
- Night-Before Breakfast Casserole 11
- Quinoa and Barley Breakfast Porridge 12
- Breakfast Pizza 13



# Breakfast Smoothie

Makes 1 serving

*1 banana*

*¼ cup blueberries*

*1 container vanilla yogurt (6 oz)*

*Add water and/or crushed ice for desired consistency*

1. Place ingredients in a deep bowl.
2. Process with hand blender until desired consistency.
3. Pour into glass and serve.

Active Cooking Time: 5 minutes

*Suggestions: Try other fruits and seasonings. You can use soy, almond, or rice milk in place of water!*



## **Food for Thought!**

Bananas are an excellent source of potassium! Potassium helps your body stay balanced and hydrated!

# Carrot Cake Oatmeal

**Makes 2 Servings**

*1 medium carrot, peeled and finely shredded*

*1/4 cup of currants or raisins*

*1 cup\* oats*

*Cinnamon*

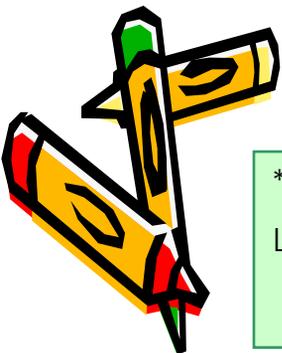
*3 tablespoons chopped pecans*



1. Place carrot and currants/raisins in rice cooker.
2. Put oats on top, and cook as you would if it were only oats.
3. Transfer the oats, carrots, and currants to two bowls, and sprinkle the nuts and cinnamon on top.

Active Cooking Time: 5 minutes

*Suggestion: For a sweeter breakfast, you could replace the carrot with 1/2 cup of finely diced peeled apple and add 2 tablespoons of apple butter and 1/2 tablespoon pure maple syrup to the finished oatmeal.*



\*Cup provided with rice cooker (~ 3/4 cup)

Liquid should always fill to the line ("1", "2" or "3") that matches the number of rice cooker cups of grains you added.

# Night-Before Breakfast Casserole

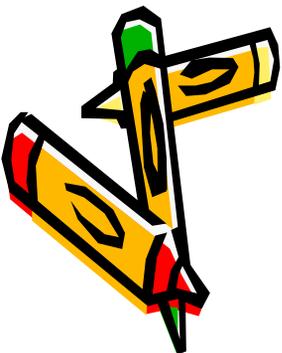
Makes 6 servings

12 eggs  
14 slices whole grain bread  
2 1/4 cups milk  
2 1/2 cups grated cheddar cheese  
1 cup chopped red bell pepper  
1 cup chopped onion  
1 teaspoon salt  
1 teaspoon pepper

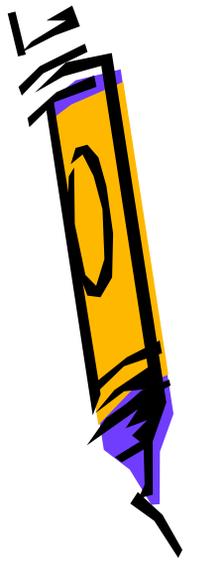
1. Spray slow cooker with non-fat cooking spray.
2. Cut bread into large squares.
3. Layer bread, vegetables, and cheese until ingredients are used up.
4. Beat eggs, milk, salt, and pepper together. Pour egg mixture into slow cooker.
5. Cover and cook on LOW for 8-12 hours.

Active Cooking Time: 10-15 minutes

*Suggestions: Try using vegetables you know your child enjoys!*



**Pump it Up:** Put one foot in front of the other, bend the front knee and straighten the back leg and then lean against your counter to stretch for a count of 15!



# Quinoa and Barley Breakfast Porridge

Makes 4 Servings

*1/2 cup barley*

*1/2 cup quinoa*

*Pinch of salt*

*4 cups water*

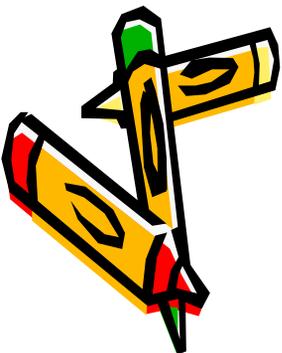
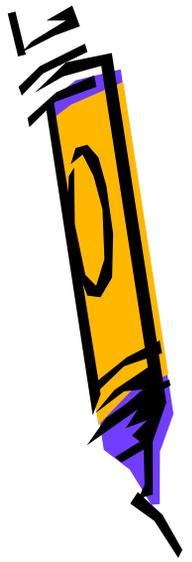
*fruit, such as raisins, cranberries, or cherries*

*honey, cinnamon, nutmeg, and/or  
cardamom, optional*

1. Mix the first four ingredients (barley, quinoa, salt and water) and cook in a crock pot on low overnight.
2. Fluff with a fork and put into serving dishes.
3. Add honey, fruits, and seasonings, as desired.

Active Cooking Time: 5 minutes

*Suggestion: For protein, you can add nuts, or eat yogurt or an egg on the side.*



# Breakfast Pizza

*1 whole wheat tortilla*

*1 small banana*

*2 tablespoons nut butter*

1. Spread nut butter evenly on the tortilla.
2. Slice the banana into quarter-size slices and place on your pizza.
3. Cut into slices or roll into a burrito if you are on the go!

Active Cooking Time: 5 minutes

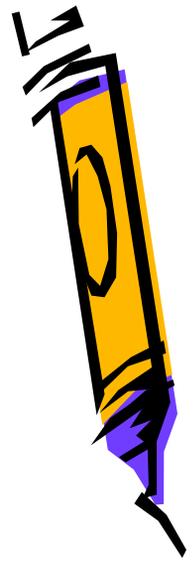
*Suggestion: You can add raisins or honey for extra flavor!*

## **Food for Thought!**

Peanuts are not actually nuts! This protein-rich food is actually a legume (same family as peas and lentils). Peanuts are a good source of protein and heart-protecting fats!



# Breakfast: Homemade vs. Prepackaged or Fast Food



## Banana Blueberry Smoothie (# of servings: 1)

Ingredient	Approx. Cost*
1 banana	\$0.29
¼ cup blueberries	\$0.63
1 container vanilla yogurt (32 oz. = \$3.99)	\$0.75
Add water and/or crushed ice for desired consistency	
Total	\$1.67

Homemade Smoothie Cost Per Serving: \$1.67

\*Based on Peapod's on-line pricing as of 2/09.

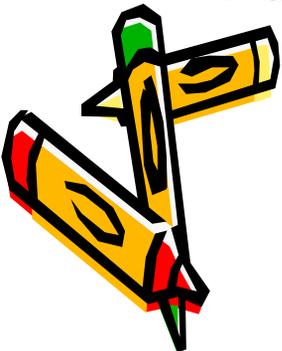
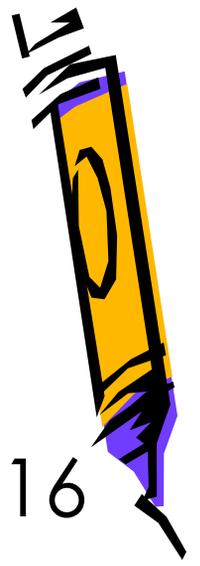
Jamba Juice Banana Berry Smoothie Cost: \$3.50-\$5.00



**You Save: \$1.83-3.33**

# Healthy Lunch Options to Save You Money

- Yummy Quesadillas 16
- Turkey Pinwheels 17
- Tuna Salad with White Beans 18
- Spinach and Strawberry Salad with Chicken 19
- Bean Avocado Dip 20



# Yummy Quesadillas

Makes 6-8 servings

1 cup\* brown rice

1 can of black beans, rinsed

1 can of salsa

Shredded cheese (mozzarella, cheddar, etc.)

Whole grain tortillas

1. Cook rice in a rice cooker.
2. Stir together rice, beans and salsa.
3. Line baking sheet with foil and spray with non-stick oil. Preheat oven to 350° F.
4. Layer tortilla with rice/bean/salsa mixture, then cheese, then top with tortilla.
5. Bake until tortilla is brown and crispy and cheese is melted.

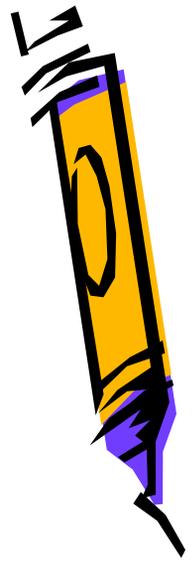
Active Cooking Time: 10 minutes

## **Food For Thought!**

Brown Rice is a healthier option compared to white rice. Brown rice is rich in fiber, which helps you feel full and supports a healthy digestive system.

\*Cup provided with rice cooker (~ 3/4 cup)

Liquid should always fill to the line ("1", "2" or "3") that matches the number of rice cooker cups of grains you added.



# Turkey Pinwheels

Makes 2 servings

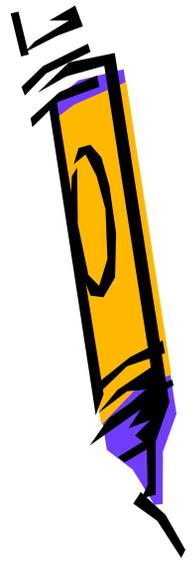
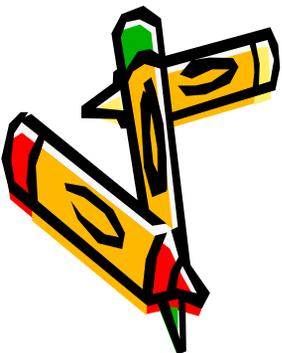
- 1 large whole-wheat wrap (11-12 inches), or 2 smaller wraps (8-inch)
- 1 tablespoon olive oil
- 1 lightly packed handful rinsed baby spinach leaves
- 1 tablespoon dried cranberries
- 2 medium carrots, peeled and coarsely shredded
- 2 slices Swiss cheese (2 ounces)
- 2 thin slices roasted turkey breast (2 ounces), low sodium preferred

1. If necessary, warm the wrap in a 350° F oven for 2 minutes to soften before filling.
2. Lay the wrap on a work surface and spread the oil all over. Sprinkle the spinach leaves, cranberries, and carrots evenly on top. Arrange the Swiss cheese and turkey in even layers over the vegetable layer. Fold in the side edges and then roll up snugly from the bottom.
3. Cut crosswise into 4 even pieces. Wrap up tightly in plastic, if taking to go.

Active Cooking Time: 5-7 minutes

*Suggestion: Substitute other vegetables, cheese, or meat to have a variety of options.*

**Pump it Up:** Put your timer on when your food starts to cook and do as many jumping jacks as you can in 1 minute. Try to increase the number every week!



# Tuna Salad with White Beans

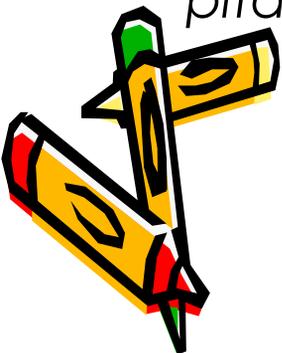
**Makes 4 Servings**

- 2 6-ounce cans chunk light tuna, drained
- 1 15-ounce can small white beans, such as great northern, rinsed
- 10 cherry tomatoes, quartered
- 1/2 cup celery, chopped
- 1/2 cup carrots, chopped
- 1½ tablespoons extra-virgin olive oil
- 2 tablespoons lemon juice
- 1/4 teaspoon salt
- Freshly ground pepper, to taste

1. Combine tuna, beans, tomatoes, celery, carrots, oil, lemon juice, salt and pepper in a medium bowl.
2. Stir gently. Refrigerate until ready to serve.

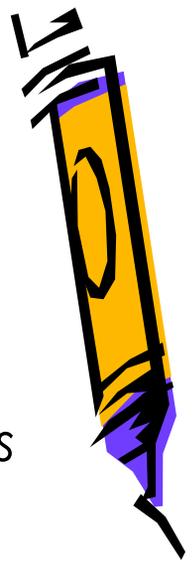
Active Cooking Time: 10 minutes

*Suggestion: Serve on whole wheat bread or pitas.*

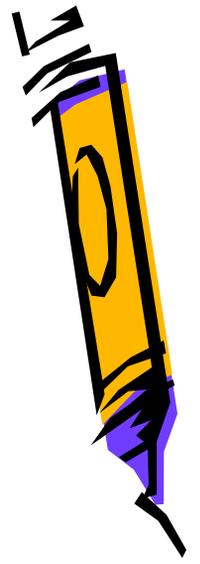


## **Food for Thought!**

Beans are a great source of protein. Protein helps build strong muscles and supports proper growth.



# Spinach and Strawberry Salad with Chicken



## Makes 4 servings

- 4 cups baby spinach, dried well
- 2 cups strawberries, hulled, then sliced or quartered
- 1 cup cooked chicken
- 1 cup chopped walnuts (or your favorite nut)

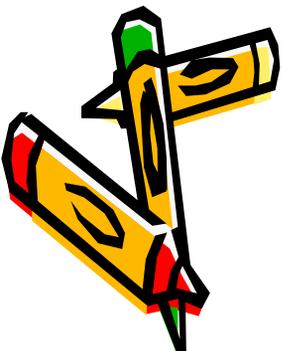
### Dressing

- 1/4 large red onion
- 1 tablespoon honey
- 1 tsp of Dijon mustard
- 5 tablespoons vinegar (rice wine or white wine work best)
- 1 cup light olive oil or vegetable oil

1. Put the spinach, strawberries, chicken and nuts in a large bowl.
2. Using your hand immersion blender, purée the onion, honey, mustard and vinegar until smooth. While the blender is still running, add the oil slowly and continue to blend until the dressing thickens.
3. Pour the dressing into small containers, to be added at meal time. Be careful not to give too much dressing, as your child might just dump all of it on the salad!

Active Cooking Time: 10-15 minutes

*Suggestion: Make use of leftover chicken! Chicken can be replaced with beans. Serve with whole-wheat crackers or a whole-grain roll.*



**Pump it Up:** Turn on your favorite music and cut loose for 5 minutes. Challenge each other to the silliest dance moves or grooviest!

# Bean Avocado Dip

Makes 8 servings

3 15-oz cans black beans, rinsed and drained of liquid

1 avocado

1 14.5-oz can diced tomatoes

Fresh basil

Seasoning (olive oil, lemon juice)

1. Place ingredients in a deep bowl.
2. Process with hand blender until desired consistency.

Active Cooking Time: 5-10 minutes

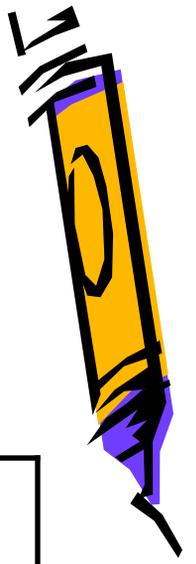
*Suggestion: Serve with crackers, baked chips, or vegetables for dipping. Or use as a spread on a sandwich or fill a pita pocket. Try other seasonings, too!*

## **Food for Thought!**

The avocado in this recipe provides fiber and heart-healthy fats.



# Price Comparison for Quesadillas



## Yummy Quesadillas (# of servings: 8)

Ingredient	Approx. Cost*
1 cup* brown rice (16 oz. pkg = \$ 0.99)	\$ 0.30
1 can of black beans, rinsed	\$ 0.89
1 can of salsa	\$ 2.79
1 16-oz bag of shredded cheese	\$ 5.99
2 packages of 8 whole wheat tortillas	\$ 4.98
Total	\$ 14.95

Homemade Quesadilla Cost Per Serving: \$1.87

\*Based on Peapod's on-line pricing as of 10/09.

Applebee's Cheese Quesadillas Cost: \$7.69

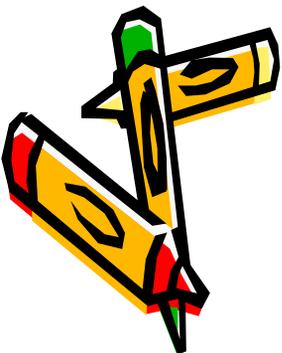
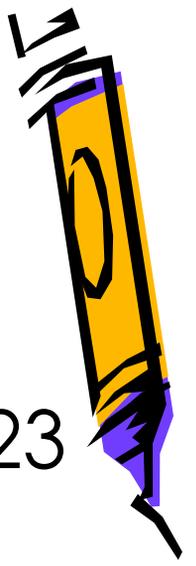


Applebee's

**You Save: \$5.82**

# Ideas for After-School Snacks

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- White Bean Dip 25
- Banana Popsicles 26
- Fruit Stacked English Muffins 27



# Cheese and Fruit



## Kabobs

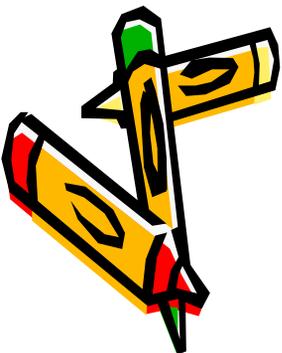
Makes 8 servings

- 1 (8 oz) package cheese, cut into 16 cubes
- 16 seedless red grapes
- 16 small strawberries
- 4 kiwi, peeled, quartered
- 16 small straws or wooden skewers
- 1 (6 oz) container vanilla low-fat yogurt
- 1 (6 oz) container strawberry low-fat yogurt

1. Arrange 1 each cheese cube, grape, strawberry and kiwi chunk on each of the straws or skewers.
2. Serve as dippers with the yogurt.

Active Cooking Time: 10 minutes

*Suggestions: Try other fruits, or other flavors of yogurt!*



**Pump it Up:** Stand on 1 foot for 10 seconds while preparing your meal. Switch feet that you stand on.

# Apple Crisp

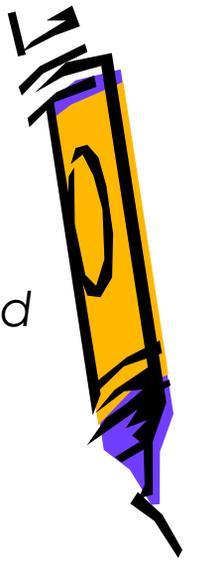
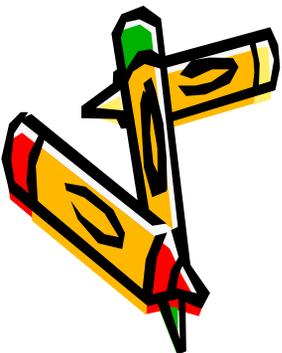
Makes 8 servings

6 cups cooking apples, peeled, cored, and sliced  
1/2 cup rolled oats  
1/2 cup brown sugar  
1/4 cup whole wheat flour  
1/4 cup white flour  
2 tablespoons butter  
1/2 tsp ground cinnamon

1. Place apples in slow cooker sprayed with non-fat cooking spray.
2. Combine remaining ingredients in a mixing bowl until crumbly.
3. Sprinkle mixture over apples.
4. Cover. Cook on low for 4 hours or on high for 2 hours.

Active Cooking Time: 20 minutes

**Pump It Up:** Pretend you're pinching a penny with your gluteus maximus muscles. Now do 15 calf raises. Relax and repeat.



# White Bean Dip

Makes 8 servings

*1 can (15-16 oz) white beans, rinsed and drained*

*1 tablespoon lemon juice*

*2 tablespoons plain yogurt*

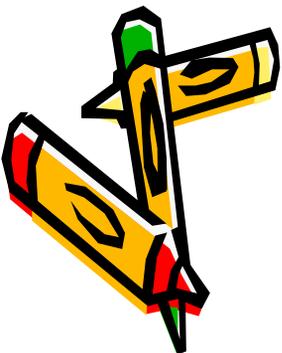
*1/2 teaspoons freshly ground black pepper*

*Garlic powder, salt, and parsley to taste*

1. Combine the first eight ingredients in a bowl, and process with hand immersion blender until smooth.
2. Chill.

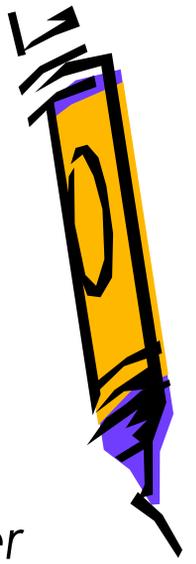
Active Cooking Time: 5 minutes

*Suggestions: Serve with whole grain pita crackers and fresh vegetables. Try blending your favorite vegetables in, too!*



## **Food for Thought!**

Beans are a great source of protein. Protein helps build strong muscles and supports proper growth.



# Banana Popsicles

Makes 6 servings

3 bananas

6 Popsicle sticks

1/4 cup nut butter, softened

1/4 cup chopped nuts, granola, or sunflower seeds

1. Peel the bananas. Cut them in half, widthwise, and push a Popsicle stick through the cut end of each half.
2. Spread nut butter on the bananas, and then roll them in the nuts, granola, or seeds.
3. Wrap them in waxed paper and freeze for three hours.

Active Cooking Time: 5-10 minutes



## **Food for Thought!**

Bananas are an excellent source of potassium! Potassium helps your body stay balanced and hydrated!

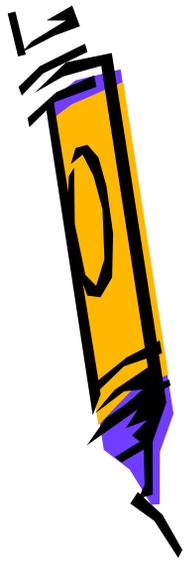
The peanut butter and nuts or seeds provide fiber and heart-healthy fats.

# Fruit Stacked English



## Muffins

Makes 4 servings

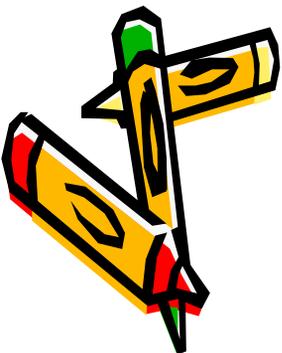


*2 whole grain English muffins, split*  
*1 (8 oz) container pineapple yogurt*  
*3/4 cup strawberries, sliced*  
*3/4 cup crushed pineapple, drained*

1. Lightly toast the English muffin halves in a toaster.
2. Spread each half with pineapple yogurt.
3. Top each half with strawberries and pineapple. Serve while English muffins are still warm.

Active Cooking Time: 10 minutes

*Suggestion: Try it with different fruits and flavored yogurts!*



# Vegetarian Dinners

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- Spinach Casserole 30
- Bean and Rice Burrito 31

## Benefits of Eating Meatless Meals

1. It's good for your heart.
2. You'll save money.
3. You'll reduce your cancer risk and boost your immune system.
4. You could lose weight.
5. You might be more "regular."



# Chinese Vegetable Stir-Fry

Makes 4-6 servings

- 4 tsp vegetable oil
- 1 cup broccoli florettes
- 1 cup carrot, sliced
- 1 cup cauliflower florettes
- 1 cup celery, sliced
- 1 cup red bell pepper, cut into chunks
- 1 cup sugar peas, stems removed

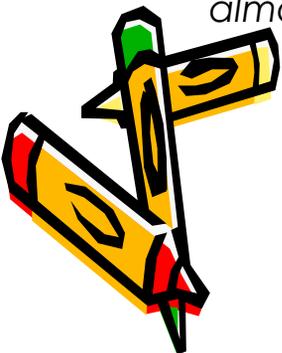
## Sweet 'n' Sour Sauce

- 3/4 cup pineapple juice
- 1 tablespoon sugar
- 1 tablespoon lemon juice
- 1½ tsp cornstarch
- 1 tsp light soy sauce

1. Combine ingredients for the sauce in a mixing bowl.
2. Heat oil in a skillet over medium high heat. Add broccoli, carrots, cauliflower, and celery and cook for 2 minutes.
3. Add bell pepper and sugar peas, and cook for another 2 minutes. Add sauce, bring to a boil and cook for one minute, covered.
4. Serve while hot.

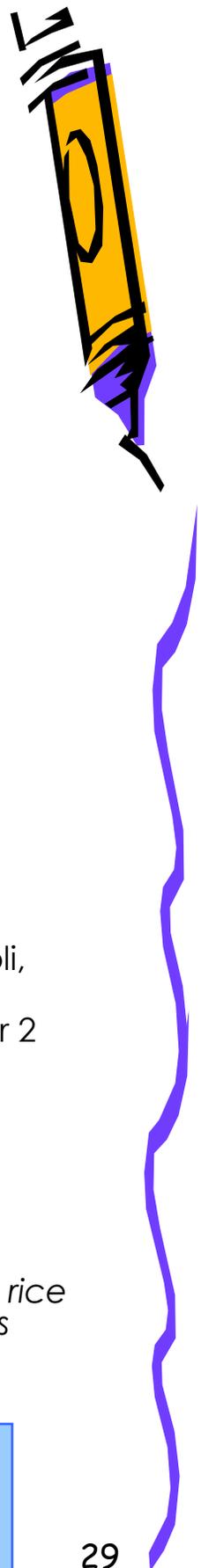
Active Cooking Time: 25 minutes

*Suggestions: Try other vegetables. Serve over cooked brown rice to be sure to get your whole grains in! Add nuts, such as almonds, or extra firm tofu for protein.*



### **Food For Thought!**

Brown rice is a healthier option compared to white rice. Brown rice is rich in fiber, which helps you feel full and supports a healthy digestive system.



# Spinach Casserole

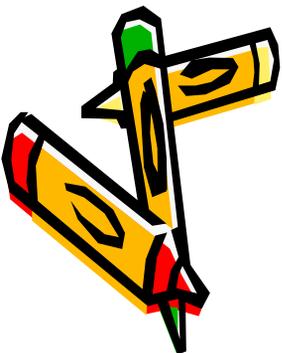
Makes 6-8 servings

2 boxes frozen spinach, thawed and drained  
2½ cups cottage cheese  
1/3 cup butter  
3 eggs, beaten  
1/4 cup flour  
1/2 tsp salt  
1/4 tsp pepper

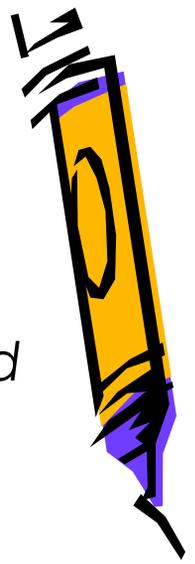
1. Lightly grease your slow cooker. Mix together all ingredients and spoon into crock pot.
2. Cover and cook on low for 6 to 7 hours.

Active Cooking Time: 10 minutes

*Suggestion: Try adding other vegetables.  
Serve with a slice of whole grain bread.*



**Pump it Up:** Put a bag of flour or cornmeal on the floor – squat down to pick it up and raise it above you and put it back on the floor 10 times!



# Bean and Rice Burritos

**Makes 6 servings**

1 can (15 ounces) black beans, rinsed and drained  
1 can (14-1/2 ounces) diced tomatoes, drained  
2 teaspoons garlic powder  
1 teaspoon ground cumin  
1 cup\* brown rice  
12 flour tortillas (6 inches)  
4 ounces shredded cheese

1. Cook rice in rice cooker.
2. In a large skillet, combine the beans, tomatoes, garlic powder and cumin; heat through. Stir in the cooked rice.
3. Toast the tortilla in the toaster oven at the medium setting or cook in a dry skillet over medium heat until warm, about 1 minute.
4. Spoon about 1/3 cupful off-center on each tortilla. Top with cheese. Fold sides and ends over filling and roll up.

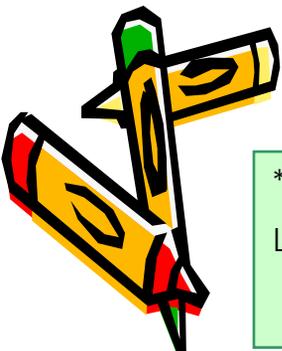
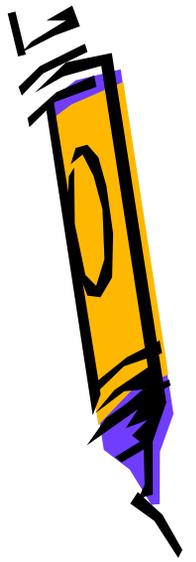
Active Cooking Time: 20 minutes

*Suggestion: Try different spices, vegetables and cheeses.*

**Pump it Up:** Put a bag of rice on the floor – squat down to pick it up and raise it above your and put it back on the floor 10 times!

\*Cup provided with rice cooker (~ 3/4 cup)

Liquid should always fill to the line ("1", "2" or "3") that matches the number of rice cooker cups of grains you added.



# Recipe Makeovers for Favorite Foods

- Pizza

33



- Macaroni and Cheese

34



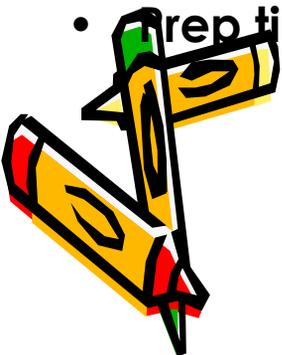
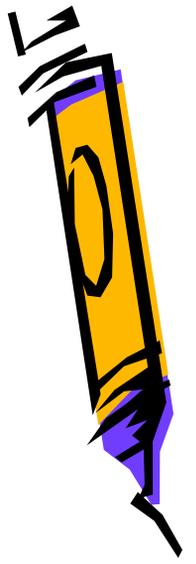
- Peanut Butter and Jelly

35

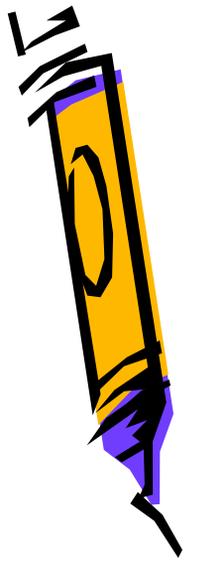


# Pizza

- **Mealtime Makeover: Whole-Wheat Pizza**
- By using whole-wheat crust, part-skim cheese, turkey pepperoni, and mixed vegetables, this pizza offers kids more of the nutrients they need, with less fat and fewer calories.
- **Traditional Recipe:**
- *1/3 (2 slices) medium pizza (typical delivery-style pizza with pepperoni and thin crust)*
- **Ingredients:**
- This Recipe: (Makes 2 servings)
- *1 ready-to-bake whole-wheat pizza crust (10 inches in diameter)*
- *1/2 c. pizza sauce*
- *1 c. shredded part-skim, low-moisture mozzarella cheese*
- *1/2 c. (17 slices) turkey pepperoni*
- *1 c. sliced mushrooms*
- **Directions:**
- Preheat oven to 400° F (204° C).
- Spread pizza sauce on crust.
- Spread cheese on top of the sauce.
- Sprinkle sliced mushrooms and pepperoni on top of the cheese.
- Bake approximately 15 minutes. Cut into 6 wedges.
- **Prep time:** 25 minutes



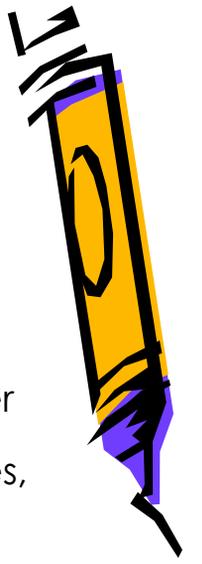
# Macaroni and Cheese



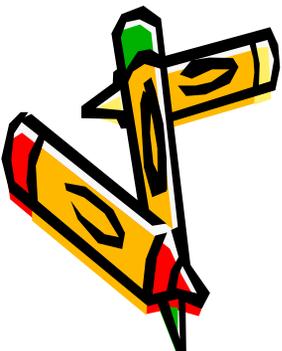
- **Mealtime Makeover: Mac and Cheese**
- This dish is healthier with low-fat milk and evaporated skim milk, whole-wheat elbow macaroni, and reduced-fat cheeses.
- **Prep time:** 50 minutes
- **Ingredients:**
- *This Recipe:*
- 2 c. whole-wheat elbow macaroni
- 1½ c. 1% milk
- 1 c. evaporated skim milk
- 1 tbsp. cornstarch
- 1¼ c. low-fat shredded monterey jack cheese
- 1¼ c. low-fat shredded cheddar cheese
- ½ tsp. salt
- Optional: ½ tsp. mustard powder and dash of cayenne pepper
- *Traditional Recipe:*
- 2 c. elbow macaroni
- 2½ tbsp. butter
- 3 tbsp. flour
- 2½ c. milk
- 3 c. shredded cheddar cheese
- ½ tsp. salt
- **Directions:**
- In large Dutch oven or stockpot, cook pasta according to package directions. Drain pasta and set aside.
- In small bowl, take 2 tbsp. of the measured 1% milk and mix with cornstarch until it's dissolved.
- Add remaining 1% milk and evaporated skim milk to empty Dutch oven. Mix in the milk and cornstarch and cook, stirring constantly, over medium heat until mixture bubbles and starts to thicken. Continue cooking and stirring for 1 to 4 minutes until mixture is creamy. Remove from heat and gradually stir in salt, seasonings and cheeses until cheese is melted and uniform.
- Add cooked macaroni to cheese mixture, stirring to make sure that all noodles are coated.
- Transfer macaroni and cheese into a 2-quart casserole dish that has been sprayed with nonstick cooking spray.
- Bake at 350° F (176° C) for 20 to 30 minutes, until cheese sauce is bubbly.
- Let the dish stand for 5 to 10 minutes before serving.
- **Serves:** 6
- **Serving size:** 2/3 cup



# Peanut Butter and Jelly

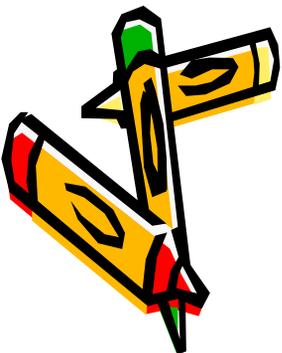
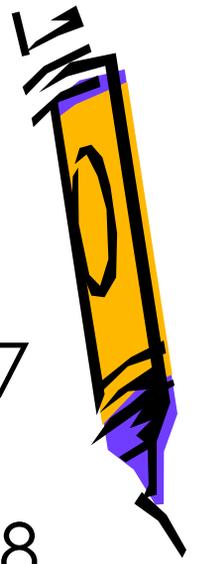


- **Mealtime Makeover: Peanut Butter & Jelly**
- Whole-wheat bread and 100% fruit spread pack more fiber into this sandwich. Use fortified bread for added calcium. Serve with a glass of skim milk, a side of apple slices, grapes, or carrot sticks, and you have a healthy meal.
- **Prep time:** 5 minutes
- **Ingredients:**
- *This Recipe:*
- 2 slices whole-wheat or whole-grain bread (at least 3 grams of fiber per slice)
- 2 tbsp soy nut butter (no sugar added)
- 1 tbsp 100% fruit spread
- *Traditional Recipe:*
- 2 slices white bread
- 2 tbsp peanut butter
- 1 tbsp jelly
- **Directions:**
- Spread peanut butter on one slice bread.
- Spread jelly on top of peanut butter.
- Top with other slice of bread.
- **Serves:** 1
- **Serving size:** 1 sandwich

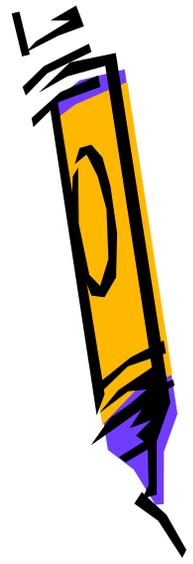


# Common Nutrition Concerns

- Picky Eaters 37
- Cavities 38
- Constipation 39
- Overweight/Obesity 40
- Vegetarian/Vegan 41
- Healthy Hydration 42
- ADD/ADHD 43



# How to Raise an Adventurous Eater

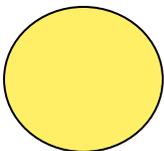
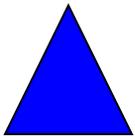
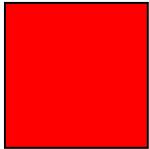


A **food jag** is when your child prefers to eat the same foods all the time.

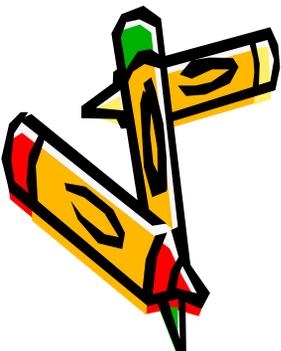
They may even refuse to eat any other kinds of foods or they will only eat a food prepared a certain way.

Here are some ways to prevent food jags:

- Do not offer the same food two days in a row. Try offering that food every other day.
- Change the shape of foods you offer. Use a cookie cutter to cut the food into a fun shape
- Change the color. Add a natural food puree or juice, like beet juice or broccoli puree, to change the color.
- Change the taste. Try adding an herb or spice to the food.
- Change the texture. You could add corn starch to thicken it.
- Try a different method of preparation, for example baking instead of pan frying.
- Don't drastically change the food. You want to make the difference subtle, just enough that your child notices the difference.



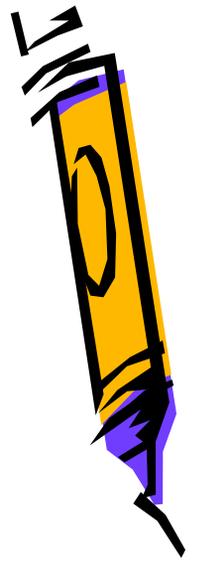
Familiar foods may be comforting  
Exerting control (central issue at this age)  
Serve child size portions  
Serve food attractively  
Typically do not like strong flavors at this age  
Have an eating schedule for meals/snacks, avoid letting them eat/drink in between frivolously  
Repeated exposures in different ways (8-10 tries before acceptance)  
Dieting may contribute to obesity (ignoring hunger and satiety cues), eating disorders



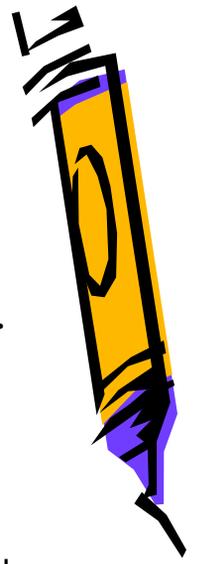
# Cavities

## What can I do about these?

- Provide fewer carbohydrate foods, particularly the sticky ones like candy
- Have your child rinse with water or brush their teeth after eating or drinking
- Have your child use a fluoride supplement (usually found in toothpaste, rinses, lozenges, and pills) if your water is not fluoridated.
  - Be careful with fluoride supplements, because excess fluoride will stain your child's teeth

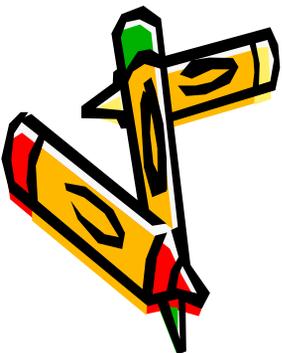


# Constipation



## What should I do?

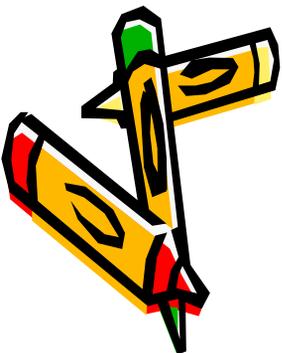
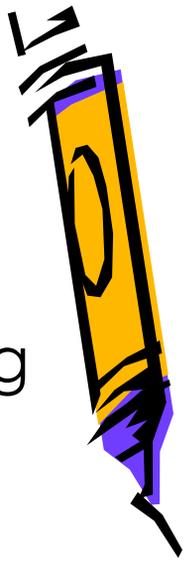
- Avoid laxatives unless they were doctor-prescribed
- Give adequate dietary fiber, without giving too much.
  - Too much may lead to diarrhea or displacement of calories, iron, and calcium. See the table below for the suggested amount of fiber each day.
- Best sources of fiber: whole grain breads/cereals, beans, legumes, fruits and vegetables
- how many grams are in a serving of your suggestions (I would add the word "beans" here).
- Also list out a few of the top fiber fruit (apples, pears, berries...limit bananas) and veggie choices. And also, suggest prunes cut up in smaller pieces and added to your recipes in place of other dried fruits.
- Can you also talk about adequate hydration here.
- Another thing is to make sure your child spends adequate time sitting on the toilet (so eloquently said...but some children get so anxious, preoccupied and frustrated and they just need to give it more time...)
- Massaging your child's abdomen can help relax the muscles and promote bowel activity.



Total Fiber grams/day	
<i>Children</i>	
4-8 years	25*
<i>Males</i>	
9-13 years	31*
<i>Females</i>	
9-13 years	26*

# Overweight/Obesity

- Avoid using food as a reward
- Promote and model healthy eating habits
- Avoid ruining self-regulation by force-feeding
- Offer snacks that have nutrients in addition to the calories they provide
- Encourage behavior changes rather than weight changes
  - Choosing a vegetable over cookies is encouraged, instead of encouraging weight loss
- Limit TV time, and encourage physical activity



# Vegetarian or Vegan Diet

The vegetarian and vegan diets are rich in fruits and vegetables and whole grains.

However, one may have to eat a LOT to get calories needed, because although the foods in this diet are nutrient dense, they are not usually very high in calories.

Vegans must watch their vitamin B<sub>12</sub>, vitamin D, zinc, omega 3 fatty acids, and calcium intakes to be sure they are getting enough.

## What can I do about this?

- Allow to eat several times daily
- Avoid serving bulky foods like bran, or too many raw fruits and vegetables
- Include some calorie dense foods, such as cheese and/or avocado
- Include enough fat & micronutrients
  - Your child may need fortified foods or supplements



# Healthy Hydration

Fluid requirements increase with physical activity, fever, vomiting, diarrhea, and hot, dry, and humid environments.

Dehydration can be very dangerous, so be sure your child is drinking enough fluids!

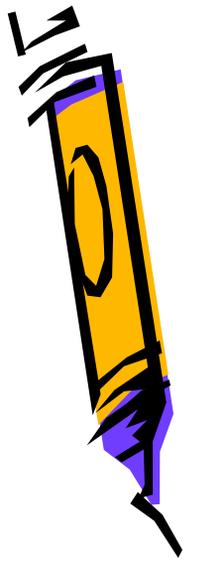
## What should I do?

- Limit or eliminate soft drinks
  - Give extra calories with no nutrients
  - Might replace healthier fluids in diet
  - Promote cavities
- Limit fruit juice to 4-6 fl oz. (1/2 - 3/4 cup)
  - Better to eat whole fruits for fruit servings
  - Fruit juices can be watered down (a gradual change to 3 parts water to 1 part juice)
- Provide milk (soy, almond, rice, cow, etc.)
- Offer water between meals and snacks

If your child is replacing meals with fluids, this is also not safe. They will not be able to get the nutrients they need.

## What should I do?

- Go for less filling drinks, like skim milk instead of 2% or whole milk.
- Create rules about between-meal drinking
- Give your child a smaller cup to use



# ADD/ADHD

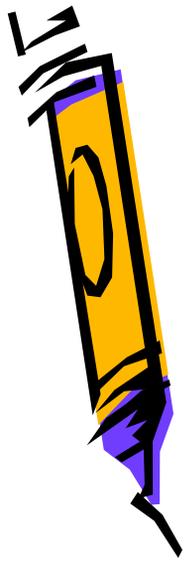
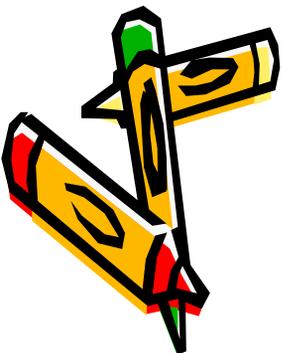
Medicines for these disorders can decrease appetite, which could cause weight loss.

They can also create an extremely dry mouth.

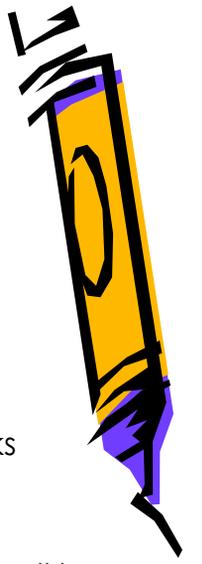
It is better if your child only takes these medications when they are necessary (i.e. during school and while doing homework), not while on school holidays or breaks.

## What can I do about this?

- Have an eating schedule, and remind your child when it is time to eat
- Add a nutrient- and calorie-dense bedtime snack
- Provide plenty of water
- Sweet foods and sour foods create more saliva (just be sure to avoid foods that provide empty calories!)



# Food Allergies



## What are the most common food allergies?

Dairy, eggs, wheat, peanuts, walnuts, soy, fish, shellfish

## How can I substitute them in recipes?

### Dairy

- For cooking and baking: coconut , rice, almond, soy, potato, or oat milks
- Dairy-free margarines: Fleischmann's Unsalted Margarine and Earth Balance Natural Buttery Spread
- Yogurt, ice cream, sour cream, cream cheese, frosting, and cheese can all be found dairy-free, but they usually contain soy

### Eggs

- For baking: 2 teaspoons baking powder, 2 teaspoons canola oil, and 2 tablespoons water for each egg OR 1 teaspoon unflavored gelatin + 1 tablespoon warm water for each egg
- For making breading or in French toast: chickpea flour

### Wheat

- Flours, pastas, and breads made with tapioca, rice, potato, sorghum, bean flours

### Peanuts and tree nuts

- Instead of peanut butter: soy nut butter, sunflower butter

### Soy

- Soy-free margarine: Earth Balance Natural Buttery Spread
- Soy-free cheese: Dairy cheese or vegan rice cheese
- Soy-free "soy sauce":
  - 2 cups beef broth
  - 2 tsp cider vinegar
  - 1 tsp molassas
  - 1/8 tsp ground ginger
  - dash of pepper/onion powder/garlic powder

Combine all in saucepan. Boil until reduced to 1/2 cup. Store in fridge.

### Fish and shellfish

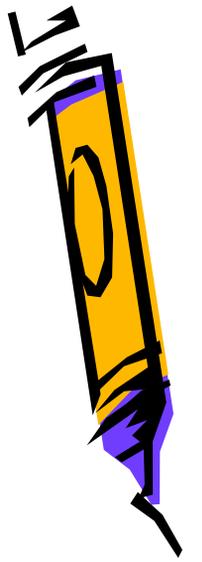
- Instead of fish or shellfish: use meat and poultry

# Food Safety

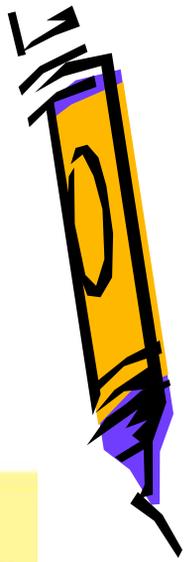
Here are some important tips for keeping food safe for your child.

When preparing the food:

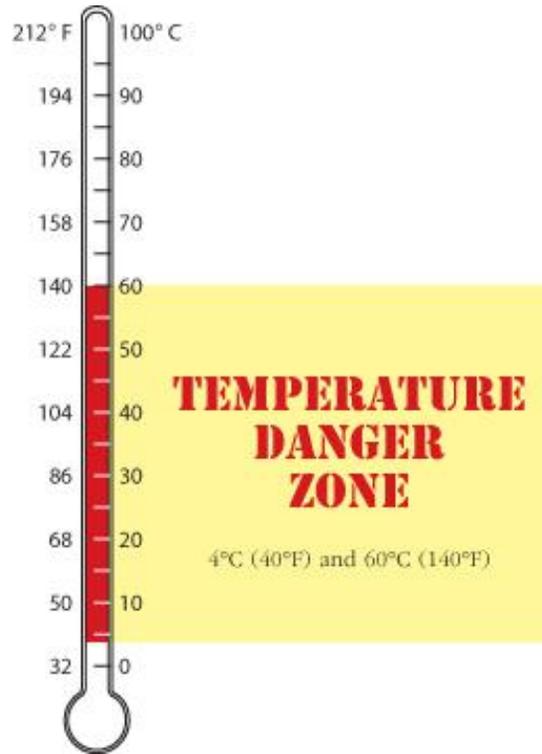
- ❖ Have a separate cutting board to use only for raw meats and poultry to prevent cross contamination of your produce items.
- ❖ Wash all of your food preparation materials (knives, cutting boards, food processor, storage containers, etc) in hot, soapy water or sanitize in the dishwasher.
- ❖ Clean your preparation surface with soap and water or antibacterial cleaner. Dry completely.
- ❖ Wash your hands before handling any of the materials and after handling raw meats and poultry.
- ❖ Rinse fruits and vegetables thoroughly with warm water before cutting into them.
- ❖ Wash and sanitize knives/utensils used for raw meats before using them on vegetables.



# Food Safety

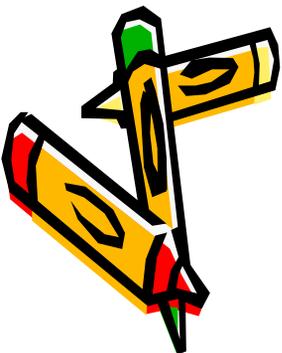


Avoid keeping foods in the “**Danger Zone**,” the temperature in which bacteria love to grow.

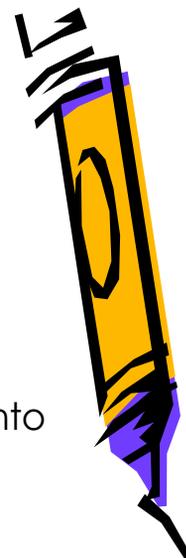


Cook all meats to the appropriate temperatures to kill most bacteria.

Type of Meat	Should be cooked to at least:
Beef, veal, & lamb	140°F
Pork	160°F
Ground beef, veal, & lamb	160°F
Chicken & Turkey	165°F



# Food Safety



## **STORING FOOD**

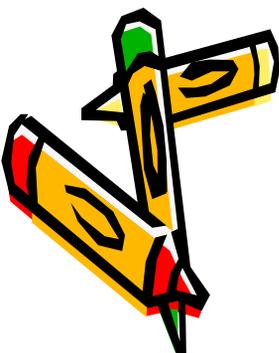
- ❖ After making food, either serve or place immediately into containers and store.
- ❖ Use tightly sealed, glass or plastic jars for refrigerator storage or freezer safe containers for freezer storage.

## **FREEZING FOOD**

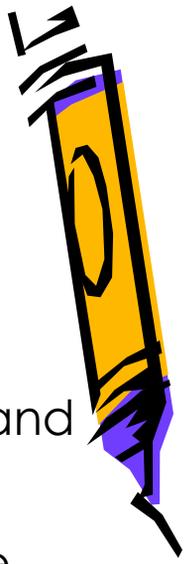
- ❖ If your containers are freezer safe, they will have a snowflake picture on them. 
- ❖ If storing in the refrigerator, food may be stored safely for up to 3 days.
- ❖ If storing in the freezer, food may be stored safely for up to 3 months.
- ❖ Freeze foods as soon as possible to maintain quality.

## **THAWING FOOD**

- ❖ There are three ways to thaw your food safely
  - Refrigerator
  - Under cold running water
  - Microwave
- ❖ Never thaw your food at room temperature. Bacteria love to grow at room temperature and it will increase the risk of contaminating your food.
- ❖ Foods thawed in the refrigerator may be refrozen; however, they will decrease in quality.



# Vitamins & Minerals



What are Vitamins and Minerals?

Both vitamins and minerals are necessary for good growth and development for both you and your child.

**Vitamins** are made by plants or animals. There are two categories of vitamins, fat soluble and water soluble.

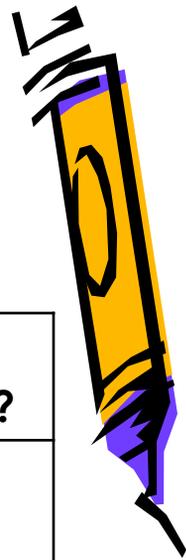
**Fat soluble vitamins** need fats to be absorbed and used by the body. These are **Vitamins A, D, E, & K**.

**Water soluble vitamins** need water to be absorbed and used by the body. These are the **B vitamins (Thiamin, Riboflavin, Niacin, B6, B12, and Folic Acid) and Vitamin C**.

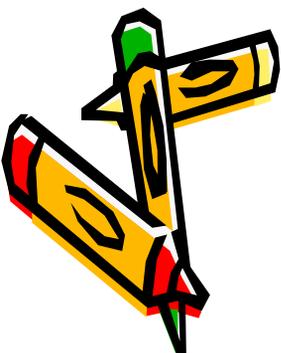
**Minerals** are not made by plants or animals, but are in the soil or water. One of the most important minerals for nutrition is calcium. Others we need in smaller amounts and are called trace minerals such as **iron, zinc, sodium, phosphorus, potassium, and magnesium**.



# Fat Soluble Vitamins

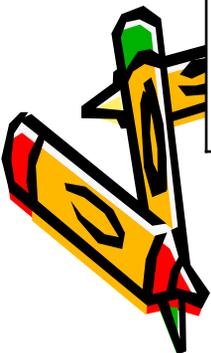


Nutrient	Why do we need it?	What foods have it?
Vitamin A	Important for vision, growth, and immunity	Carrots, sweet potatoes, squash, dark green leafy vegetables
Vitamin D	Important for absorption of calcium, bone development, immunity, & growth	Seafood, whole eggs, fortified dairy, fortified cereal
Vitamin E	Important for skin development and protection & immunity	Nuts, dark green leafy vegetables, olives
Vitamin K	Important for blood clotting & bone development	Asparagus, dark green leafy vegetables, broccoli



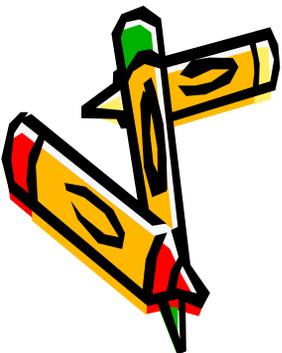
# Water Soluble Vitamins

<b>Nutrient</b>	<b>Why do we need it?</b>	<b>What foods have it?</b>
Thiamin	Important for brain, muscle, & heart health	Sunflower seeds, beans, peas, lentils
Riboflavin	Important for overall health & growth	Mushrooms, dairy, beans, lean meats
Niacin	Important for heart health and lowering cholesterol	Lean meats, seafood, mushrooms, asparagus
Vitamin B6	Important for heart health and glucose control	Dark green leafy vegetables, bell pepper, banana, fish
Vitamin B12	Important for nerve development, growth, and glucose control	Lean meats, seafood, dairy, eggs
Vitamin C	Important for immunity, allergies, and heart health	Broccoli, bell pepper, citrus fruit, dark green leafy vegetables



# Minerals

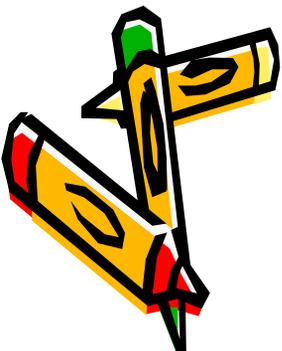
<b>Nutrient</b>	<b>Why do we need it?</b>	<b>What foods have it?</b>
Calcium	Important for bone development and growth	Dark green leafy vegetables, broccoli, canned fish, fortified dairy
Iron	Important for blood health and growth	Lean meats, seafood, beans, lentils, dark green leafy vegetables
Folate (Folic Acid)	Important for brain & nerve development, blood, skin, and bone health	Asparagus, beans & lentils, broccoli, dark green leafy vegetables
Zinc	Important for digestion, skin health, sexual development, and immunity	Lean meats, mushrooms, summer squash, asparagus



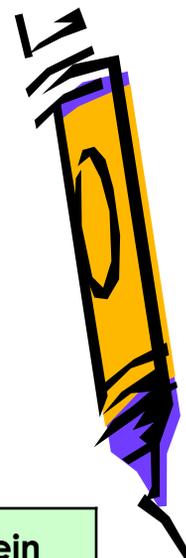
# Minerals



Nutrient	Why do we need it?	What foods have it?
Sodium	Important for nerve and brain development, blood pressure, and hydration	Practically everything. The main concern is not giving too much sodium. Most processed foods are very high in sodium.
Potassium	Important for nerve and brain development, muscle health, and hydration	Apples, bananas, green beans, beans, peaches, potatoes, squash, whole grains
Phosphorus	Important for bone and tooth development	Lean meats, dairy, grains, beans, peas
Magnesium	Important for nerve, bone, and muscle development and heart health	Greens (swiss chard, mustard, collard, turnip), kale, spinach, beans, salmon



# How much of each nutrient should my child be getting?



The recommended amounts of each nutrient are listed in the following tables. They are known as the **Dietary Reference Intakes or DRIs**.

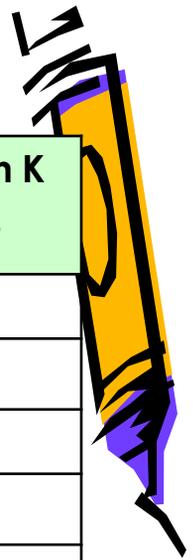
	<b>Carbohydrate</b> <i>g/d</i>	<b>Total Fiber</b> <i>g/d</i>	<b>Fat</b> <i>g/d</i>	<b>Protein</b> <i>g/d</i>
<i>Children</i>				
4-8 years	<b>130</b>	25*	ND	10*
<i>Males</i>				
9-13 years	<b>130</b>	31*	ND	<b>34</b>
<i>Females</i>				
9-13 years	<b>130</b>	26*	ND	<b>34</b>

NOTE: These tables represent Recommended Dietary Allowances (RDAs) in bold type and Adequate Intakes (AIs) in ordinary type followed by an asterisk (\*). RDAs and AIs may both be used as goals for individual intake. RDAs are set to meet the needs of almost all (97 to 98 percent) individuals in a group. The AI for other life stage and groups is believed to cover the needs of all individuals in the group, but lack of data or uncertainty in the data prevent being able to specify with confidence the percentage of individuals covered by this intake. ND, not determined; g/d, grams per day; mg/d, milligrams per day; mcg/d, micrograms per day.



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# DRIs for Fat Soluble Vitamins



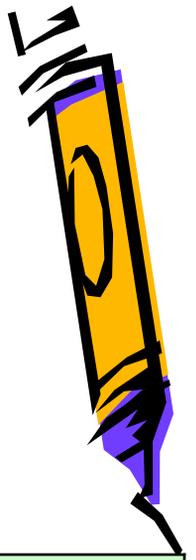
	Vitamin A mcg/d	Vitamin D mcg/d	Vitamin E mg/d	Vitamin K mcg/d
<i>Children</i>				
4-8 years	<b>400</b>	5*	<b>7</b>	55*
<i>Males</i>				
9-13 years	<b>600</b>	5*	<b>11</b>	60*
<i>Females</i>				
9-13 years	<b>600</b>	5*	<b>11</b>	60*

# DRIs for Water Soluble Vitamins

	Thiamin mg/d	Riboflavin mg/d	Niacin mg/d	Vitamin B6 mg/d	Folic Acid mcg/d	Vitamin B12 mcg/d	Vitamin C mg/d
<i>Children</i>							
4-8 years	<b>0.6</b>	<b>0.6</b>	<b>8</b>	<b>0.6</b>	<b>200</b>	<b>1.2</b>	<b>25</b>
<i>Males</i>							
9-13 years	<b>0.9</b>	<b>0.9</b>	<b>12</b>	<b>1.0</b>	<b>300</b>	<b>1.8</b>	<b>45</b>
<i>Females</i>							
9-13 years	<b>0.9</b>	<b>0.9</b>	<b>12</b>	<b>1.0</b>	<b>300</b>	<b>1.8</b>	<b>45</b>



# DRIs for Minerals



	<b>Calcium</b>	<b>Iron</b>	<b>Magnesium</b>	<b>Phosphorus</b>	<b>Zinc</b>	<b>Potassium</b>	<b>Sodium</b>
	<i>mg/d</i>	<i>mg/d</i>	<i>mg/d</i>	<i>mg/d</i>	<i>mg/d</i>	<i>g/d</i>	<i>g/d</i>
<i>Children</i>							
4-8 years	800*	10	130	500	5	3.8*	1.2*
<i>Males</i>							
9-13 years	1300*	8	240	1250	8	4.5*	1.5*
<i>Females</i>							
9-13 years	1300*	8	240	1250	8	4.5*	1.5*

