COOKING TO THRIVE

Healthy Eating and Recipes

A THRIVE Parenting Resource

The Clearinghouse for Military Family Readiness at the Pennsylvania State University developed the THRIVE Initiative with support from the U.S. Department of Defense's Office of Military Community and Family Policy.

CLEARINGHOUSE FOR MILITARY FAMILY READINESS

SOUND SCIENCE ★ STRONGER SERVICE

A PENN STATE APPLIED RESEARCH CENTER

THRIVE Initiative Overview

The THRIVE Initiative is a partnership between the Department of Defense's Office of Military Community and Family Policy and the Clearinghouse for Military Family Readiness at Penn State. This initiative is designed to empower parents as they nurture their children from birth until their children reach 18 years of age. The Initiative includes four age-specific program areas:

- Take Root! (0-3 years)
- Sprout! (3-5 years)
- Grow! (5-10 years), and
- Branch Out! (10-18 years)

THRIVE Initiative Program Areas			
Take Root!	***Sprout!***	***Grow!***	***Branch Out!***
Infants & Toddlers (Newborn - 3 years)	Preschool (3 - 5 years)	Grades K - 2 (5 - 8 years)	Grades 6 - 8 (10 - 14 years)
		Grades 3 - 5 (8 - 10 years)	Grades 9 - 12 (14 - 18 years)

Each THRIVE program guides parents as they learn and use parenting skills that are based on science, so they can encourage positive youth development and resiliency across their child's lifespan. The Initiative focuses on three topic areas: 1) positive parenting practices, 2) parent and child stress management, and 3) child physical health promotion.

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COOKING TO THRIVE

Welcome to Cooking to THRIVE!

This cookbook was created to help you promote healthy eating among your family members and increase the time you spend together as a family.

In this cookbook, you will find recipes for breakfast, lunch, dinner, and snacks. To allow you to spend more time being active with your family, the recipes listed require minimal preparation and cook time. The recipes are focused on increasing variety, including fruits, vegetables, and whole grains and eliminating added sugars.

As you read the following pages, you will learn how to color your plate using fruits and vegetables, proteins, whole grains, and dairy. You will also find simple tips to help you add your own healthy flare to each recipe and meal. Get ready to have fun in your kitchen!

The next few pages display one week of sample menus for breakfast, lunch, and dinner followed by recipes. Then you will find helpful tips for snacking, choosing healthy beverages, shopping for groceries, and making time for family meals. Finally, information is presented on each food group including serving sizes, why each group is important, and tips for including a variety of foods from each group.

Let's get started!

1-WEEK SAMPLE BREAKFAST MENU

Breakfast is a good opportunity to get in servings of whole grains, fruit, and dairy! These breakfast ideas can be made the night before or can be easily put together in the morning in 15 minutes or less.

SAMPLE BREAKFAST MENU	
MONDAY	Cooked oatmeal topped with raisins and peanut butter* Orange juice
TUESDAY	Breakfast burrito* Sliced fresh kiwi Low-fat milk
WEDNESDAY	Green Monster Smoothie* Oatmeal-pumpkin muffin Water
THURSDAY	Whole grain toast with peanut butter Fresh orange Water
FRIDAY	Cold cereal with fresh fruit and low-fat milk Hard-boiled egg 100% apple juice
SATURDAY	Baked oatmeal with bananas and blueberries* Low-fat milk
SUNDAY	Scrambled eggs with cheese Fresh pineapple or canned pineapple (in juice, not heavy syrup) Low-fat milk

SHOPPING LIST FOR 1-WEEK SAMPLE BREAKFAST MENU

PRODUCE:
____ kiwi**
____ bananas
____ spinach
____ oranges
____ pineapple
____ lime (optional)
____ green bell pepper
____ onion
____ tomato

PANTRY:
____ whole grain bread
____ whole grain cereal
____ apple juice
____ whole wheat flour
____ canned pumpkin
____ tortillas
____ salsa
____ black beans

REFRIGERATED:
____ orange juice
____ large eggs
____ low-fat milk
____ low-fat yogurt
____ cheddar cheese
____ buttermilk

FREEZER:
____ mango (optional)
____ blueberries

ON-HAND/STAPLES:
____ cooking spray
____ honey
____ sugar
____ pumpkin pie spice
____ baking powder
____ baking soda
____ olive or canola oil
____ peanut butter
____ oatmeal

**Recipes are included in this cookbook.* ***Substitute fruit that is in season as desired.*

1-WEEK SAMPLE BOXED LUNCH MENU

On busy weekday mornings, you may find it challenging to make a healthy breakfast and pack a healthy lunch. These boxed lunches contain items that can be made and/or packed the night before. In the morning just grab a boxed lunch and go!

SAMPLE LUNCH MENU	
MONDAY	Turkey and cheese sandwich *(whole grain pita, lean deli turkey, cheese, lettuce)* Carrot sticks Banana
TUESDAY	Salad *(lettuce and/or spinach, hard-boiled egg, shredded cheese and salad dressing)* Peanut Butter Honey Yogurt Dip* with apple Popcorn
WEDNESDAY	Crunchy chicken salad* on whole grain crackers Cucumber and bell pepper slices dipped in salad dress or hummus Strawberries
THURSDAY	Easy Red Beans and Rice* Peanut Butter Honey Yogurt Dip* with apple Baby carrots
FRIDAY	Hurry Up Hummus* with baby carrots and whole grain crackers Low-fat yogurt with fresh berries or other in-season fruit

SHOPPING LIST FOR 1-WEEK SAMPLE BOXED LUNCH MENU			
PRODUCE: ____ carrots ____ spinach or lettuce ____ cucumber ____ bell peppers ____ banana ____ apples ____ berries** ____ grapes ____ celery ____ onion	PANTRY: ____ whole wheat pita ____ popcorn ____ whole grain crackers ____ diced tomatoes ____ kidney beans ____ brown rice ____ whole wheat English muffins ____ salad dressing	REFRIGERATED: ____ chicken ____ lean deli turkey ____ low-fat yogurt ____ large eggs ____ cheddar cheese ____ low-fat milk	ON-HAND/STAPLES: ____ garlic powder ____ cooking spray ____ olive or canola oil ____ peanut butter ____ honey
**Recipes are included in this cookbook.*		***Substitute fruit that is in season as desired.*	

1-WEEK SAMPLE DINNER MENU

Planning dinners for the week makes it more likely you will cook meals at home rather than stopping at the nearest fast food restaurant. Ask your children to help in the kitchen!

SAMPLE DINNER MENU	
MONDAY	Quinoa Enchilada Bake with Black Beans and Squash Roasted broccoli
TUESDAY	Fish Tacos with Mango Salsa
WEDNESDAY	Chicken Salad with Strawberries and Feta Whole grain bread or roll
THURSDAY	Maple-Mustard Pork Tenderloin with Apples Baked Sweet Potatoes Salad
FRIDAY	Pecan Crusted Tilapia Roasted potatoes and carrots
SATURDAY	Chicken Parmesan Burgers Mixed vegetables (buy a microwaveable bag of frozen mixed veggies)
SUNDAY	Skillet Lasagna Salad

SHOPPING LIST FOR 1-WEEK SAMPLE DINNER MENU

PRODUCE:
_____ onion (white & red)
_____ mango
_____ green/red bell pepper
_____ cilantro
_____ lemons and limes
_____ salad greens
_____ garlic
_____ apples
_____ butternut squash
_____ avocado
_____ strawberries
_____ potatoes

PANTRY:
_____ pecans
_____ hot sauce (optional)
_____ spaghetti sauce
_____ lasagna noodles
_____ Dijon mustard
_____ quinoa
_____ black beans
_____ enchilada sauce
_____ whole wheat tortillas
_____ bread/rolls

FREEZER:
_____ tilapia
_____ mixed vegetables
_____broccoli

REFRIGERATED:
_____ buttermilk
_____ eggs
_____ mozzarella cheese
_____ Parmesan cheese
_____ ricotta cheese
_____ cheddar cheese
_____ feta cheese
_____ ground beef
_____ ground chicken
_____ chicken breasts
_____ pork tenderloin

ON-HAND/STAPLES:
_____ breadcrumbs
_____ sugar
_____ garlic powder
_____ cooking spray
_____ flour
_____ olive oil
_____ chili powder
_____ Old Bay seasoning
_____ maple syrup (real)
_____ rosemary
_____ cumin
_____ vinegar

**Recipes are included in this cookbook.* ***Substitute fruit that is in season as desired.*

BREAKFAST RECIPES

BREAKFAST BURRITOS

SERVINGS:
4 BURRITOS

PREPARE TIME:
15 MINUTES

COOKING TIME:
20-25 MINUTES

Wrap up your eggs in a burrito for a quick on-the-go breakfast! Let children choose what they would like to add.

INGREDIENTS:
4 large eggs
1 tablespoon low-fat milk
1/2 cup vegetables of your choice: green bell peppers, onions, tomatoes, black beans
4 8-inch flour tortillas
1/4 cup salsa

DIRECTIONS:
Preheat oven to 350 degrees. In a large mixing bowl, whisk together the eggs and milk. Stir in the vegetables. Pour the egg mixture into a lightly oiled 9x9x2 inch baking dish and cover with foil. Bake for 20-25 minutes until the eggs are set and thoroughly cooked.

Wrap the tortillas in plastic wrap and microwave for 20 seconds until warm. *Be careful when unwrapping the tortillas. The steam can be hot!* Cut baked egg mixture into 4 equal pieces and roll 1 piece of cooked egg in each tortilla. Serve each burrito topped with 2 tablespoons of salsa.

Recipe Source: www.IncredibleEgg.org

BROCCOLI and CHEESE EGG MUFFINS

SERVINGS:
12 MUFFINS

PREPARE TIME:
10-15 MINUTES

COOKING TIME:
20-25 MINUTES

INGREDIENTS:
6 large eggs
1/4 cup low-fat milk
1/4 teaspoon salt
3/4 cup cheddar cheese, shredded
3/4 cup broccoli, cooked and finely chopped

DIRECTIONS:
Preheat the oven to 350 degrees. Spray a regular muffin pan (12-muffin cups) with non-stick cooking spray (or use paper muffin cups) and set aside.

In a large mixing bowl, whisk eggs, milk, and salt to combine. Stir in the cheddar cheese and broccoli. Fill the muffin cups about 2/3 full with the egg mixture.

Bake for 20-25 minutes. Remove from the oven. Let the muffins cool for 10 minutes before removing them from the pan.

Recipe Source: www.SkinnyTaste.com

BREAKFAST RECIPES

SERVINGS:
18 MUFFINS

PREPARE TIME:
10-15 MINUTES

COOKING TIME:
18-20 MINUTES

HAM and CHEESE MUFFINS

INGREDIENTS:
1 1/2 cups all-purpose flour
1 cup whole wheat flour
2 teaspoons baking powder
1 teaspoon baking soda
1/2 teaspoon salt
1 1/4 cups buttermilk*
2 large eggs
1/4 cup vegetable or canola oil
2 tablespoons maple syrup or honey
1 cup cheddar cheese, shredded
1 cup ham, chopped fine
Cooking spray

Tip:
Try using **white whole wheat flour**. This flour is now available in many grocery stores. It has all the nutrition of traditional whole wheat flour but with a lighter color and texture!

DIRECTIONS:
Preheat the oven to 350 degrees. Spray a regular muffin pan (12-muffin cups) with non-stick cooking spray (or use paper muffin cups) and set aside.

In a medium mixing bowl, whisk the first 5 dry ingredients to combine. Set aside.

In a separate bowl, whisk the eggs, oil, maple syrup, and buttermilk to combine. Add the buttermilk mixture to the flour mixture and stir until just combined. Fold in the cheese and ham.

Spoon batter into prepared muffin cups and fill each 2/3 full. Bake for 18-20 minutes or until a toothpick inserted in the center comes out clean. Let cool for 5 minutes before removing the muffins from the muffin cups.

Recipe Source: www.IncredibleEgg.org

***If you do not have butter milk on hand you can make a substitute!**
Stir together 1 cup low-fat milk with 1 tablespoon of white vinegar. Let stand 5 to 10 minutes and then use in your recipes.

BREAKFAST RECIPES

SERVINGS:
12 MUFFINS

PREPARE TIME:
15 MINUTES

COOKING TIME:
18-20 MINUTES

OATMEAL PUMPKIN MUFFINS

INGREDIENTS:
2 cups old fashioned oats
3/4 cup whole wheat flour
1/2 cup sugar
2 teaspoons pumpkin pie spice
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1 cup canned pumpkin
3/4 cup buttermilk
2 large eggs, lightly beaten
2 tablespoons canola oil

DIRECTIONS:
Preheat the oven to 375 degrees. Spray a regular muffin pan (12-muffin cups) with non-stick cooking spray (or use paper muffin cups) and set aside.

Place 2 cups of oats in a food processor; cover and process until fine. Transfer ground oats to a large bowl; stir in flour, sugar, pumpkin pie spice, baking powder, baking soda, and salt. Make a well in the center of oat mixture; set aside.

Whisk together pumpkin, buttermilk, eggs, and oil in a medium bowl. Add pumpkin mixture all at once to oat mixture. Stir just until moistened (batter will be lumpy and thick).

Spoon batter into prepared muffin cups, and fill each 2/3 full. Bake for 18-20 minutes or until a toothpick inserted in the center comes out clean. Let cool for 5 minutes before removing the muffins from the muffin cups.

Recipe Source: www.CookingLight.com

Providing a nutritious breakfast for your children can be challenging on busy mornings. Prepare for a nutritious breakfast the night before!

- Fruit can be washed and be ready to cut and put in a baggie or container for eating on the go.
- Layout your breakfast ingredients. In the morning, combine the ingredients and/or put them in the toaster, a pan, or a to-go container.
- Many of these breakfast recipes allow you to prepare the food in advance, so your family can grab and go!

BREAKFAST RECIPES

SERVINGS:
2

PREPARE TIME:
5 MINUTES

COOKING TIME:
10 MINUTES

OATMEAL

Oatmeal is a simple whole grain food. Each family member can add their favorite toppings!

INGREDIENTS:
1 cup of old fashioned oats
1 cup of water
1 cup of low-fat milk
Pinch of salt (optional)

Oatmeal Topping Ideas:
- Honey and bananas
- Berries and mixed nuts
- Raisins and chopped apple
- Peanut Butter

DIRECTIONS:
In a small saucepan, heat all of the ingredients over medium heat. Once the mixture begin to boil, turn the heat to low. Cover and let simmer for 5 minutes or until the oatmeal is the desired consistency. For thicker oatmeal, use less water and for thinner oatmeal, use more water.

Recipe Source: Quaker Oats Company

BAKED OATMEAL WITH BANANAS AND BLUEBERRIES

INGREDIENTS:
1 cup of old fashioned oats
1/2 teaspoon baking powder
3/4 teaspoon ground cinnamon
Pinch of salt
1/4 cup maple syrup
1 cup low-fat milk
1 large egg, lightly beaten
2 tablespoons unsalted butter, melted and cooled slightly
1 teaspoon vanilla extract
2-3 ripe bananas, sliced into 1/2-inch thick pieces
1 cup fresh or frozen blueberries

DIRECTIONS:
Preheat the oven to 375 degrees. Lightly grease a 2-quart baking dish. Combine the oats, baking powder, cinnamon, and salt in a medium bowl. Toss together with a fork. In a small bowl or liquid measuring cup, whisk together the syrup, milk, egg, butter, and vanilla. Place the bananas in a single layer over the bottom of the baking dish and top with half the blueberries. Evenly sprinkle the oat mixture over the fruit and then pour the liquid evenly over the oats. Sprinkle with remaining blueberries.

Bake for 35-40 minutes, until the top has browned and the oats are set. Allow to cool for 10 minutes before serving.

Recipe Source: Adapted from Super Natural Every Day by Heidi Swanson

BREAKFAST RECIPES

SERVINGS:
2 SMOOTHIES

PREPARE TIME:
10 MINUTES

COOKING TIME:

GREEN MONSTER SMOOTHIE

INGREDIENTS:
1 cup of low-fat vanilla yogurt
2 cups fresh spinach
1 frozen banana or 1 cup frozen mango chunks
1 cup low-fat milk
2-3 teaspoons honey (optional)
Squeeze of orange or lime (optional)

DIRECTIONS:
Combine all of the ingredients in a blender or food processor and puree them until completely smooth. Taste and adjust the sweetness with additional honey, if desired.
Serve immediately.

ADDITIONAL SMOOTHIE IDEAS:
Experiment by using different fresh and frozen fruits, using coconut water or almond milk in place of the regular low-fat milk, using kale in place of the spinach, adding 1-2 tablespoons of peanut or almond butter, or adding 2 tablespoons of rolled oats or flaxseed.

OTHER BREAKFAST IDEAS

FRUIT AND YOGURT
At the store, you will find a variety of yogurt options. The most cost effective way to eat yogurt is to buy the large tub of plain or vanilla low-fat yogurt and add your own mix-ins. When picking the large tub, look at the ingredient list and pick the yogurt with the least amount of added sugars. It is better to buy plain yogurt and sweeten it with honey or jam.

COLD CEREAL
Add chopped fruit to boxed cereal to increase fruit consumption. When picking a cold cereal to eat, find cereals that have a whole grain listed as the first ingredient and have a minimal amount of added sugar (fewer than 10 grams of sugar). Serve with 1% or skim milk.

WHOLE-GRAIN TOAST WITH PEANUT BUTTER
Choose bread that has a whole-grain listed as the first ingredient. Try spreading different nut butters on it such as almond butter. Add sliced banana on top too!

LUNCH AND SNACK RECIPES

SERVINGS:
6

PREPARE TIME:
10-15 MINUTES

COOKING TIME:

HURRY UP HUMMUS

INGREDIENTS:
1 can (15-ounces) garbanzo beans, drained and rinsed
2 tablespoons olive oil
2 tablespoons water
2 teaspoons lemon juice
1/2 teaspoon garlic powder
1/8 teaspoon salt
1/8 teaspoon paprika

DIRECTIONS:
Purée the beans in a food processor until smooth. In a bowl, stir together the puréed beans with the remaining ingredients. Serve with cut raw vegetables, crackers, or pita bread for dipping.

Recipe Source: Canned Food Alliance

SERVINGS:
8

PREPARE TIME:
10 MINUTES

COOKING TIME:

MANGO TANGO BLACK BEAN SALSA

INGREDIENTS:
1 can (15 ounces) black beans, drained and rinsed
1 can (15 ounces) mango slices, drained, cut into 3/4-inch cubes
1 can (7 ounces) corn with peppers, drained
1/4 cup finely chopped onion
1/4 cup coarsely chopped fresh cilantro
2 tablespoons lime juice
1 teaspoon garlic powder
1/4 teaspoon ground cumin

DIRECTIONS:
Combine beans, mango, corn, onion, and cilantro in a medium bowl. Stir in the lime juice, garlic powder, and cumin. Serve.

Recipe Source: Canned Food Alliance

LUNCH AND SNACK RECIPES

SERVINGS:
5

PREPARE TIME:
10 MINUTES

COOKING TIME:

CRUNCHY CHICKEN SALAD

INGREDIENTS:
2 cups cooked chicken breast, shredded or chopped
1/2 cup celery , chopped
1/4 cup green bell pepper, chopped
1/4 onion, chopped
1/2 cucumber, chopped
1/2 cup grapes, sliced in half
1 small apple, chopped (leave the peel on)
1/4 cup low-fat plain yogurt

DIRECTIONS:
Put all the ingredients in a large bowl. Stir together. Serve on lettuce, crackers, or bread.

Recipe Source: www.recipefinder.nal.usda.gov

SERVINGS:
8

PREPARE TIME:
15 MINUTES

COOKING TIME:
15 MINUTES

EASY RED BEANS and RICE

INGREDIENTS:
1 large onion, peeled and chopped
1 medium green bell pepper, chopped
1 teaspoon garlic powder
2 (14.5-ounce) cans diced tomatoes
1 (15.5-ounce) can kidney beans, drained and rinsed
6 cups cooked brown rice
Cooking spray or olive oil

DIRECTIONS:
Spray a skillet with cooking spray. Cook onion and pepper over medium heat for 5 minutes or until tender. Add garlic powder, tomatoes, and kidney beans. Bring mixture to a boil. Reduce heat to low and simmer for 5 minutes. Serve over rice.

Recipe Source: www.recipefinder.nal.usda.gov

Lunch is a great opportunity to use leftovers. Use last night's dinner for lunch and add a healthy side for variety!

LUNCH AND SNACK RECIPES

SERVINGS:
6

PREPARE TIME:
5 MINUTES

COOKING TIME:

PEANUT BUTTER HONEY YOGURT DIP

INGREDIENTS:
1 container (6-ounces) plain, fat-free Greek yogurt
3 tablespoons creamy peanut butter
3 teaspoons honey

DIRECTIONS:
In a small bowl, combine the Greek yogurt, peanut butter, and honey. Stir until combined and smooth. Serve with graham crackers or cut-up fruit such as apple slices.

Recipe Source: www.CookingLight.com

SERVINGS:
4

PREPARE TIME:
10 MINUTES

COOKING TIME:
20-30 MINUTES

GREEK ISRAELI COUSCOUS SALAD

INGREDIENTS:
1 1/2 cups Israeli couscous (or small pasta such as orzo)
3 tablespoons olive oil, divided
2 cups water
1/2 teaspoon salt
1/2 cup crumbled feta cheese
1 large cucumber, seeded and diced
1 medium tomato, diced
1 tablespoon parsley, chopped

DIRECTIONS:
Place the couscous and 1 tablespoon of olive oil in a pot and toast for 5 minutes over medium heat. Add water and bring to a boil then simmer for 12 minutes. Remove to a bowl and cool. Pour in the remaining ingredients and add the 2 remaining tablespoons of olive oil. Stir to combine and serve.

Recipe Source: www.CookingLight.com

DINNER RECIPES

SERVINGS:
4

PREPARE TIME:
20 MINUTES

COOKING TIME:
20 MINUTES

PECAN CRUSTED TILAPIA

INGREDIENTS:
1/2 cup dry breadcrumbs
2 tablespoons, pecans, finely chopped
1/2 teaspoon salt
1/4 teaspoon garlic powder
1/4 teaspoon black pepper
1/2 cup low-fat buttermilk
1/2 teaspoon hot sauce (optional)
3 tablespoons all-purpose flour
4 (6-ounce) tilapia or snapper fillets
1 tablespoon extra-virgin olive oil, divided
4 lemon wedges (optional)

DIRECTIONS:
Combine first 5 ingredients in a shallow dish. Combine buttermilk and hot sauce in a medium bowl; place flour in a shallow dish. Dredge 1 fish fillet in flour. Dip in buttermilk mixture; dredge in breadcrumb mixture. Repeat procedure with remaining fillets.

Heat 1 1/2 teaspoons oil in a large non-stick skillet over medium-high heat. Add 2 fillets; cook 3 minutes on each side or until fish flakes easily when tested with a fork. Repeat procedure with remaining oil and fillets. Serve with lemon wedges.

Tip: Use Parmesan cheese in place of the pecans for those who cannot eat nuts.

Recipe Source: www.CookingLight.com

SIDE DISH: EASY ROASTED VEGGIES

Roasting vegetables is quick and easy!

Veggies that are best for roasting include the following: carrots, broccoli, cauliflower, beets, parsnips, potatoes, yams, onions, and Brussel sprouts.

DIRECTIONS: Place raw veggies on a baking sheet lined with aluminum foil. Drizzle a few teaspoons of extra-virgin olive oil over the vegetables and toss. Bake in the oven at 400 degrees for 20-25 minutes or until you are able to pierce vegetables with a fork.

DINNER RECIPES

SERVINGS:
4

PREPARE TIME:
15-20 MINUTES

COOKING TIME:
40-45 MINUTES

BUTTERNUT SQUASH SOUP

INGREDIENTS:
3 ½ cups butternut squash, peeled and cubed
1 tablespoon butter
¾ cup carrot, chopped
½ cup sweet onion, chopped
2 ½ cups low-sodium chicken broth
¼ cup half-and-half or whole milk
¼ teaspoon salt

DIRECTIONS:
Melt the butter in a large saucepan over medium-high heat. Add the squash, carrot, and onion; sauté for 12 minutes. Add chicken broth and bring to a boil. Cover, reduce heat, and simmer for 30 minutes. Remove from heat; stir in the half-and-half and salt.

Place the squash mixture in a blender. Remove the center piece of the blender lid (to allow steam to escape) and secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth.

Recipe Source: CookingLight.com

SERVINGS:
4

PREPARE TIME:
10-15 MINUTES

COOKING TIME:
10-15 MINUTES

PIZZA NIGHT

You can make one large pizza or several personal pizzas, so each person can choose their own toppings!

INGREDIENTS:
1 whole grain pizza crust (12 inches)
2 cups mozzarella cheese, shredded
1 cup pizza sauce
1 cup of chopped veggies (such as tomato, mushrooms, onions, green peppers)
Fresh or dried herbs such as basil and oregano

DIRECTIONS:
Follow oven directions listed on the pizza crust. Spread tomato sauce on the crust. Top with cheese and the remaining toppings. Add the basil and oregano or any other favorite seasonings!

DINNER RECIPES

SERVINGS:
4

PREPARE TIME:
20 MINUTES

COOKING TIME:
10-20 MINUTES

CHICKEN SALAD with STRAWBERRIES and FETA

This refreshing salad helps color your plate and is easy to serve to your family.

INGREDIENTS:
3 tablespoons extra-virgin olive oil, divided
3 tablespoons white balsamic vinegar*, divided
4 (6-ounce) skinless, boneless chicken breast halves
1/2 teaspoon kosher salt, divided
1/2 teaspoon freshly ground black pepper, divided
Cooking spray
1/8 teaspoon sugar
2 cups halved strawberries
4 cups baby arugula
1/2 small red onion, very thinly sliced
1.5 ounces feta cheese, crumbled (about 1/3 cup)

DIRECTIONS:
Combine 2 tablespoons oil and 2 tablespoons vinegar in a large zip-top plastic bag. Add chicken to bag; seal. Let stand 10 minutes, turning occasionally.

Heat a grill pan or skillet over medium-high heat. Remove chicken from marinade; discard marinade. Sprinkle chicken with 1/4 teaspoon salt and 1/4 teaspoon pepper. Coat pan with cooking spray. Add chicken to pan; cook 5 minutes on each side or until done (an instant-read thermometer registers at least 165 degrees). Cut into slices.

Combine 1 tablespoon oil, 1 tablespoon vinegar, 1/4 teaspoon salt, 1/4 teaspoon pepper, and sugar in a large bowl; stir with a whisk. Add strawberries; toss to coat. Add arugula and onion to strawberry mixture; toss gently to combine. Sprinkle feta over salad. Divide salad among 4 plates; top evenly with sliced chicken.

*Tip: Try using any type of vinegar you have on hand, such as regular balsamic or apple cider vinegar.

Recipe Source: www.CookingLight.com

GET CREATIVE WITH YOUR SALADS!

Set out different salad toppings, such as shredded carrots, blueberries, orange segments, or sweet peas and let your child choose his or her favorites for a fun and tasty salad!

DINNER RECIPES

SERVINGS:
4

PREPARE TIME:
15 MINUTES

COOKING TIME:
15 MINUTES

FISH TACOS with MANGO SALSA

INGREDIENTS:

Mango Salsa:
½ cup mango, peeled and cubed
½ cup green pepper, chopped
2 tablespoons red onion, chopped
4 teaspoons fresh cilantro, chopped
1 teaspoon fresh lemon juice
¼ teaspoon black pepper
¼ teaspoon chili powder

Tacos:
2 (6-ounce) tilapia fillets
Cooking spray
½ teaspoon Old Bay seasoning

4 (8-inch) whole wheat flour tortillas
1 cup mixed salad greens

DIRECTIONS:
Prepare salsa by combining the salsa ingredients listed above in a small bowl. Toss well and set aside.

Place the fish on a broiling pan coated with cooking spray. Sprinkle seasoning evenly over the fish. Broil it for 6 minutes or until desired degree of doneness.

Heat a non-stick skillet over medium heat. Lightly coat tortillas with cooking spray and toss into the skillet one at a time. Cook for one minute on each side.

Divide the fish evenly among the tortillas and top with salsa and salad greens.

Recipe Source: www.EatingWell.com

DINNER RECIPES

SERVINGS:
4

PREPARE TIME:
15 MINUTES

COOKING TIME:
15-20 MINUTES

CHICKEN PARMESAN BURGERS

INGREDIENTS:
1 pound ground chicken
1 cup breadcrumbs
1 large egg, lightly beaten
1/4 cup spaghetti sauce
1/2 cup part-skim mozzarella cheese, shredded
1 tablespoon grated onion
Hamburger rolls (whole wheat)

DIRECTIONS:
In a medium bowl, mix all of the ingredients together except for the hamburger rolls. Shape the mixture into four patties. Cook each patty in a skillet over medium heat; cook each side for 5-7 minutes until cooked through (instant read thermometer should register at least 165 degrees).

Serve the patties on hamburger rolls. Top with additional mozzarella and tomato sauce.

Recipe Source: Adapted from www. Epicurious.com

SERVINGS:
6

PREPARE TIME:
10 MINUTES

COOKING TIME:
30 MINUTES

SKILLET LASAGNA

INGREDIENTS:
1 pound lean ground beef (or ground turkey)
2 cloves garlic, minced
8 lasagna noodles, broken into 2-inch pieces
1 (26-ounce) jar spaghetti sauce (about 3 cups)
2 cups water
1/3 cup part-skim mozzarella cheese, shredded
¼ cup Parmesan cheese, grated
¾ cup part-skim ricotta cheese

DIRECTIONS:
Cook beef in a 12-inch non-stick skillet over medium-high heat until no longer pink. Drain meat and return it to skillet. Stir in garlic and cook for about 30 seconds.

Add broken noodles into skillet, then pour in tomato sauce and water. Cover and cook at a simmer, stirring often, for about 20 minutes or until noodles are tender.

Remove from heat. Stir in half of the mozzarella, half of the Parmesan, and the ricotta. Season with salt and pepper. Sprinkle with the remaining mozzarella and Parmesan. Cover and let stand until the cheeses melt (3 to 5 minutes).

Recipe Source: www.AmericasTestKitchen.com

DINNER RECIPES

SERVINGS:
6

PREPARE TIME:
10 MINUTES

COOKING TIME:
30 MINUTES

CHICKEN and MIXED VEGETABLES WITH GRAVY

INGREDIENTS:
3 cups of low-sodium chicken broth
1 1/2 pounds of boneless, skinless chicken breasts
3 tablespoons of margarine or unsalted butter
1/2 cup all-purpose flour
1 cup low-fat milk
3 cups frozen mixed vegetables

DIRECTIONS:
Place the chicken in a large pot or skillet and cover with the chicken broth. Bring to a simmer over medium-high heat and let cook, about 8-10 minutes, until the chicken is cooked through (instant read thermometer should register at least 165 degrees). Remove the cooked chicken pieces to a bowl and set aside to cool. Pour the broth into a liquid measuring cup and set aside. Once the chicken is cool, shred into bite-sized pieces.

Melt the margarine or butter over medium heat. When it is melted, whisk in the flour until smooth. Slowly whisk in the chicken broth and the milk. Bring the mixture to a simmer, stirring often, and cook until the sauce thickens. Stir in the frozen mixed vegetables and shredded chicken. Continue to simmer, stirring frequently, about 5-10 minutes or until the vegetables are heated through.

Try serving over mashed potatoes, quinoa, or brown rice.

Recipe Source: The Cook's Illustrated Cookbook

How to make healthier choices more appetizing to children:

Introducing new healthier choices to your child can be fun when you let your creative side takeover! Cut pineapple slices into a flower shape and scoop melon into balls to make flowers. Serve a piece of peanut butter toast and use banana and apple slices to make funny faces on each slice of bread. If trying a new fruit or vegetable, serve it with a small amount of a favorite yogurt or vinaigrette dressing. If your child does not like it at first, that is ok! It can take a couple tries for your child to like a new fruit or vegetable. Continue to serve it in different ways and at different meals, so your child can keep trying it.

DINNER RECIPES

SERVINGS:
4

PREPARE TIME:
15 MINUTES

COOKING TIME:
25 MINUTES

QUICK SHEPHERD'S PIE

INGREDIENTS:
1 pound Yukon Gold potatoes, cut into 1-inch chunks (peel potatoes if desired)
1/4 cup low-fat milk
2 tablespoons butter
1/2 teaspoon salt and pepper, divided
1 tablespoon extra-virgin olive oil
1 pound lean ground beef or lamb
1 medium onion, finely chopped
2 cups chopped carrots
3 tablespoons all-purpose flour
1 tablespoon chopped fresh oregano (or 1 teaspoon of dried oregano)
1 14-ounce can reduced sodium chicken broth
1 cup frozen corn, thawed

DIRECTIONS:
Bring 2 inches of water to a boil in a large pot fitted with a steamer basket. Add potatoes and steam until tender, 10 to 12 minutes. Drain and return the potatoes to the pot. Add milk, butter, and 1/4 teaspoon each of salt and pepper. Mash together to create a chunky consistency. Cover to keep warm.

Meanwhile, heat oil in a large nonstick skillet over medium-high heat. Add beef, onion, carrots, and the remaining 1/4 teaspoon each of salt and pepper; cook and stir, until the beef is no longer pink, 6 to 8 minutes. Sprinkle flour and oregano over the mix; cook and stir for 1 minute. Add the broth and corn; bring to a simmer and cook, stirring, until thickened, 3 to 5 minutes more. Ladle the beef stew into 4 bowls and top with the potatoes.

Recipe Source: www.EatingWell.com

DINNER RECIPES

SERVINGS:
4

PREPARE TIME:
15 MINUTES

COOKING TIME:
25 MINUTES

MAPLE MUSTARD PORK TENDERLOIN with APPLES

INGREDIENTS:
2 (1/2-pound) pork tenderloins
Cooking spray
¼ cup Dijon mustard
6 tablespoons maple syrup, divided
1 tablespoon chopped fresh or 1 teaspoon dried rosemary
½ teaspoon salt
¼ teaspoon pepper
4 medium Granny Smith apples, each peeled and cut into 16 wedges

DIRECTIONS:
Preheat oven to 425 degrees. Trim fat from pork. Place pork on a broiler pan coated with cooking spray. Combine the mustard, 2 tablespoons of maple syrup, rosemary, salt, and pepper in a small bowl; brush over pork. Insert a meat thermometer into thickest part of the pork. Bake for 25 minutes or until an instant read thermometer registers 145 degrees (slightly pink).

While the pork is baking, heat a non-stick skillet over medium-high heat until hot. Add the apples, and sauté for 5 minutes or until lightly browned. Reduce the heat to low and add the 4 remaining tablespoons of the maple syrup. Simmer 10 minutes or until the apples are tender, stirring occasionally. Cut the cooked pork crosswise into slices; spoon the cooked apples over pork.

Recipe Source: www.CookingLight.com

SIDE DISH: BAKED POTATOES

Baked potatoes are an easy side dish, and children can add their favorite toppings!

INGREDIENTS: Idaho or Russet potatoes, cooked broccoli or cauliflower florets*, and shredded cheese

DIRECTIONS: Preheat the oven to 425 degrees. Scrub and wash the potatoes. Poke two holes in each potato. For added taste, lightly coat each potato with olive oil and a bit of salt. Wrap the potatoes in foil and place directly on an oven rack or on a rimmed baking sheet and bake for about one hour. Potatoes are ready when you can pierce the potato with slight or no resistance with a fork. **CAUTION:** The cooked potato will be very hot so use caution when handling the potato.

Slice the potato lengthwise and top with vegetables and shredded cheese. Season with your favorite spices. Additional topping ideas: black beans, corn, salsa, low-fat sour cream and chives, tofu, and avocados. Additional Suggestion: Try using sweet potatoes in place of white potatoes!

DINNER RECIPES

SERVINGS:
8

PREPARE TIME:
15 MINUTES

COOKING TIME:
30 MINUTES

QUINOA ENCHILADA BAKE with BLACK BEANS and SQUASH

INGREDIENTS:
2 tablespoons extra-virgin olive oil
1 yellow onion, chopped
1 red bell pepper, diced
3 cloves garlic, minced
1 lime, juiced
1 teaspoon cumin
2 teaspoons chili powder
1/4 cup fresh cilantro, chopped
2 1/2 cups quinoa, cooked
2 (15 –ounce) cans black beans, drained and rinsed
2 1/2 cups butternut squash, cubed and roasted
2 cups shredded Mexican or cheddar cheese
1 (12-ounce) jar red enchilada sauce
1 medium avocado, sliced

DIRECTIONS:
Preheat oven to 350 degrees. In a large skillet over medium heat, sauté onion until softened. Add the bell pepper and continue to sauté until the pepper has softened. Add the garlic, lime juice, cumin, and chili powder. Cook and stir another minute. Remove from heat.

Transfer vegetable mixture to a large bowl. Add cilantro, quinoa, black beans, butternut squash, and 1/2 cup of the cheese; and toss with the enchilada sauce to coat.

Smooth quinoa mixture into a 9 x 13-inch baking dish with a rubber spatula and cover the top with the remaining cheese. Bake covered for 20 minutes, then bake uncovered for 10 minutes until bubbling. Serve warm with avocado on top.

How to roast butternut squash: Preheat oven to 400 degrees. Place cubed butternut squash in a baking pan and toss with 2 tablespoons olive oil. Roast for 15 minutes or until tender.

How to cook quinoa: Rinse 1 cup of quinoa in cold water. In a saucepan, bring quinoa to a simmer in 2 cups of water. Cover and reduce heat to low. Simmer until the water has been absorbed, and quinoa is cooked.

Recipe Source: www.YummyMummy.com

DINNER RECIPES

SERVINGS:
4

PREPARE TIME:
15 MINUTES

COOKING TIME:
20 MINUTES

BROWN RICE with CHICKEN and VEGETABLES

INGREDIENTS:
3 tablespoons low-sodium soy sauce
1/4 cup water
1 tablespoon honey
1 tablespoon cornstarch
1 1/2 tablespoons canola or corn oil
1 pound boneless chicken breast, cut into 1-inch cubes
2 cloves garlic, minced
1 small white onion, cut into small wedges (about 1/8-inch thick wedges)
3 medium carrots, peeled and thinly sliced diagonally (1 cup total)
1 1/2 cup small broccoli florets
1 medium red bell pepper, cut into 1-inch pieces
3 cups hot cooked brown rice

DIRECTIONS:
Mix soy sauce, water, honey, and cornstarch in a small bowl; set aside.

Heat the oil in a wok or large skillet. Add minced garlic; sauté about one minute until the garlic is golden. Add the chicken; cook about 5-6 minutes then push the chicken to the side. Add the onions to the center of skillet; cook until slightly tender and push to the side. Continue this process with the carrots, broccoli, and peppers; place each in the center of the pan, cook until slightly tender, and push to the side.

Pour soy sauce mixture into the center of skillet. Leaving other ingredients at the sides of the pan, stir the sauce until it thickens. Mix in with vegetables and chicken. Serve immediately over cooked brown rice.

Recipe Source: www.USARice.com

Make two meals out of one!

Using leftovers is an easy way to spend less time cooking and to make more time to spend as a family. When cooking, double the servings to make leftovers. For example, you can double the whole grain and add in different vegetables, fruits, proteins, or dairy for lunch or dinner the next day.

DINNER RECIPES

SERVINGS:
4

PREPARE TIME:
20 MINUTES

COOKING TIME:
20 MINUTES

ESCAROLE and ORZO SOUP with TURKEY MEATBALLS

INGREDIENTS:

For the meatballs:
1 large egg, lightly beaten
2 tablespoons low-fat milk
1/4 cup plain breadcrumbs
12 ounces lean ground turkey or chicken
1/4 cup Parmesan cheese, grated
2 tablespoons fresh Italian parsley, chopped
2 garlic cloves, minced
1/2 teaspoon salt
1/4 teaspoon pepper

For the soup:
8 cups low-sodium chicken broth
1 cup carrots, chopped
3/4 cup orzo or other small pasta
4 cups escarole, coarsely chopped

DIRECTIONS:
In a medium bowl, stir together the egg, milk, and breadcrumbs; let stand about 5 minutes so that the breadcrumbs become soft. Add the ground turkey, Parmesan cheese, parsley, garlic, salt, and pepper; gently stir to blend. Shape the mixture into 1-inch meatballs. Place the meatballs on a baking sheet and refrigerate.

Bring the chicken broth to a boil in a large pot. Add the carrots and orzo; reduce the heat to medium and simmer uncovered for about 5 minutes. Add the meatballs and simmer 10-15 minutes or until the meatballs and orzo are tender. Add the escarole and simmer until tender (about 3-5 minutes).

Tip: You can also use almost any other green in this soup - try using kale, spinach, or collard greens!

Recipe Source: www.Epicurious.com

DINNER RECIPES

SERVINGS:
4

PREPARE TIME:
15 MINUTES

COOKING TIME:
25 MINUTES

TEX-MEX SKILLET

INGREDIENTS:
1 pound lean ground beef, chicken, or turkey
1 medium green bell pepper, diced
2 cloves garlic, minced
1 (12-ounce) bag frozen corn
1 (15½-ounce) can black beans, drained and rinsed
½ cup water
¾ teaspoon chili powder
¼ teaspoon salt
¼ teaspoon ground cumin
Pinch ground black pepper

Salsa:
1 large tomato, chopped
1 small jalapeño pepper, diced
½ medium red onion, diced

2-ounces low-fat cheddar cheese, shredded
½ medium head of lettuce, chopped
8 (6-inch) whole wheat flour tortillas

DIRECTIONS:
In a large skillet over medium-high heat, cook the meat, bell pepper, and garlic until the meat is lightly browned. Drain it to remove the fat.

Return the meat mixture to the pan and stir in the frozen corn, beans, water, and spices. Bring the mixture to a boil. Lower the heat and cover the pan. Simmer for 10 minutes or until most of the liquid is gone.

While the meat mixture is simmering, make the salsa. In a small bowl, add the jalapeño, tomato, and onion. Stir and set aside.

Divide the meat mixture evenly among the 8 tortillas. Top each with grated cheese, salsa, and lettuce. Roll up and serve.

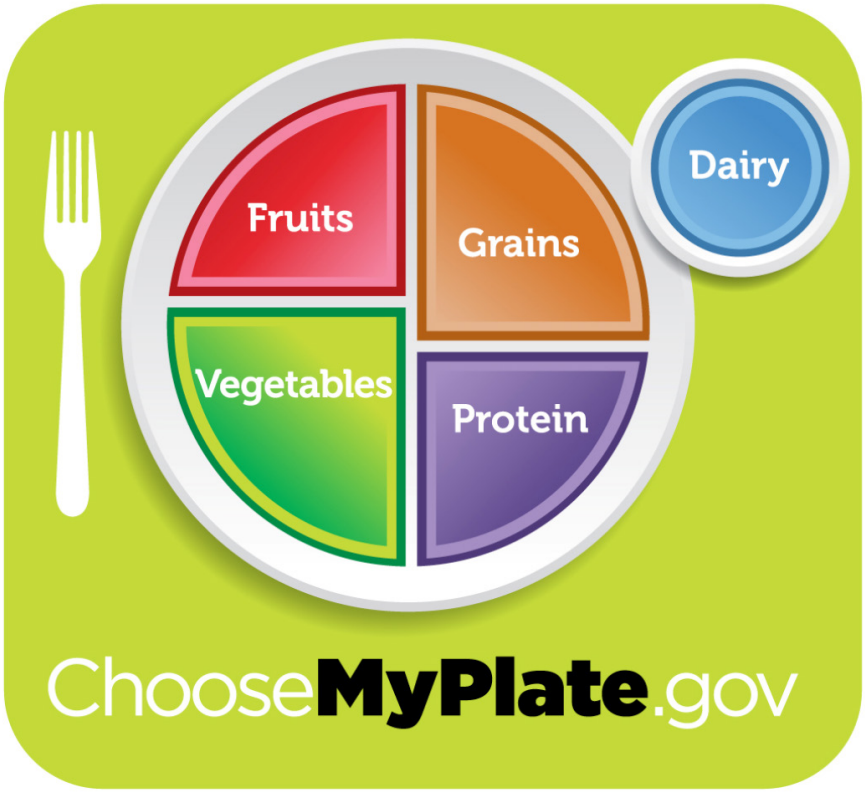
Recipe Source: www.ChooseMyPlate.gov

MYPLATE

MyPlate, which was created by the United States Department of Agriculture (USDA), explains how your plate should be filled with food from five categories to help you get all the nutrients your body needs to be healthy.

When reading and learning about each food group, you should remember variety! Variety means varying the types of foods you eat in each group so that you do not eat the same foods every day. Variety also means changing the ways in which you serve foods to your family, such as serving raw and cooked vegetables.

Each meal should have mainly fruits and vegetables, add whole grains and proteins, and then add a small portion of dairy. So, what foods are included in these categories? The next few pages review each part of the plate!



Source: www.choosemyplate.gov

HOW MANY SERVINGS DO YOU NEED?

The amount of food you need to eat from each food group depends on your age, sex, and level of physical activity. Recommended daily amounts are shown in the chart below.

RECOMMENDED DAILY ALLOWANCES*						
	AGE GROUP	FRUITS	VEGETABLES	GRAINS	PROTEIN	DAIRY
Children	2-3 years old	1 cup	1 cup	3 ounces	2 ounces	2 cups
	4-8 years old	1 - 1 1/2 cups	1 1/2 cups	5 ounces	4 ounces	2 1/2 cups
Girls	9-13 years old	1 1/2 cups	2 cups	5 ounces	5 ounces	3 cups
	14-18 years old	1 1/2 cups	2 1/2 cups	6 ounces	5 ounces	3 cups
Boys	9-13 years old	1 1/2 cups	2 1/2 cups	6 ounces	5 ounces	3 cups
	14-18 years old	2 cups	3 cups	8 ounces	6 1/2 ounces	3 cups
Women	19-30 years old	2 cups	2 1/2 cups	6 ounces	5 1/2 ounces	3 cups
	31-50 years old	1 1/2 cups	2 1/2 cups	6 ounces	5 ounces	3 cups
	51+ years old	1 1/2 cups	2 cups	5 ounces	5 ounces	3 cups
Men	19-30 years old	2 cups	3 cups	8 ounces	6 1/2 ounces	3 cups
	31-50 years old	2 cups	3 cups	7 ounces	6 ounces	3 cups
	51+ years old	2 cups	2 1/2 cups	6 ounces	5 1/2 ounces	3 cups

*These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

Source: www.choosemyplate.gov

VEGETABLES: VARY YOUR VEGGIES

What is included?

- Any vegetable or 100% vegetable juice counts!
- Vegetables may be whole, cut-up, mashed, raw, cooked, fresh, frozen, canned, or dried/dehydrated.
- Vegetables are organized into five subgroups based on the nutrients they contain: dark green vegetables, red and orange vegetables, starchy vegetables, beans and peas*, and other vegetables.
- *Beans and peas are included in the Vegetables Group and in the Protein Foods Group because they contain nutrients from both groups. You can count beans and peas as either group!

VEGETABLE SUB-GROUPS - CHOOSE A VARIETY OF VEGGIES FROM EACH GROUP!	
Dark Green	Bok choy, Broccoli, Dark green leafy lettuce (e.g., Romaine), Spinach, Collard/ mustard/ turnip greens
Red and Orange	Carrots, Pumpkin, Sweet potatoes and yams, Tomatoes, Acorn squash, Butternut squash
Starchy	Cassava, Corn, Lima Beans, Green peas, Potatoes
Beans and Peas	Black beans, Black-eyed peas (mature, dry), Garbanzo beans (chickpeas), Kidney beans, Lentils, Navy beans, Pinto beans, Soy beans, Split peas, White beans
Other	Asparagus, Avocado, Beets, Green bell peppers, Brussels sprouts, Cabbage, Cauliflower, Cucumbers, Eggplant, Green beans, Iceberg lettuce, Mushrooms, Okra, Onions/leeks, Summer squash/zucchini, Turnips

What counts as a 1 cup serving?

- 2 cups of raw, leafy greens (e.g., lettuce and spinach)
- 1 cup of raw or cooked vegetables
- 1 cup of vegetable juice

Tips:

- Provide your child with a variety of vegetables, especially dark-green and red and orange vegetables.
- When choosing canned vegetables, choose those that are low in sodium (salt).
- When choosing frozen vegetables, choose those without added butter or sauces.

FRUITS: FOCUS ON FRUITS

What is included?

- Any fruit or 100% fruit juice counts!
- Fruits may be fresh, canned, frozen, dried, whole, cut-up, or pureed.

What counts as a 1 cup serving?

- 1 medium whole fresh fruit (e.g., apple, pear, orange)
- 1 cup of chopped, canned, or cooked fruit
- 1/2 cup of dried fruit

Tips:

- When choosing canned fruits, choose those canned in juice instead of heavy syrup.
- Offer children a choice of fruit for dessert instead of a sugary dessert.
- Decorate plates or serving dishes with fruit slices.
- Offer raisins or other dried fruits instead of candy.
- Choose fruit options, such as sliced apples, mixed fruit cup, or 100% fruit juice in fast food restaurants.

Why is it important to eat FRUITS and VEGETABLES?

- Eating a diet rich in vegetables and fruits, as part of an overall healthy diet, may reduce the risk for heart disease, obesity, and type 2 diabetes and may also protect against certain types of cancers.
- Vegetables and fruits are rich in potassium, which may lower blood pressure, reduce the risk of developing kidney stones, and help to reduce bone loss.
- Most fruits and vegetables are low in fat and calories and, therefore, may help lower calorie intake.
- Fruits and vegetables do not have cholesterol.

Color your child's plate with fruits and vegetables!

- An easy way to make sure your child is eating a variety of fruits and vegetables is to **ensure their plate is full of color**!
- Remember to **provide all of the colors**: Red, Yellow/Orange, Green, Blue/Purple, White.
- Children should have **five or more servings** of vegetables and fruits every day.
- Fill **half of your child's plate** with vegetables and fruits.
- Be sure to **wash all fruits and vegetables** before eating!

PROTEIN: GO LEAN WITH PROTEIN

What is included?

You can add a lot of variety to this corner of your plate!

- Poultry (chicken and turkey)
- Beef
- Pork
- Seafood (including fish and shellfish)
- Eggs and egg substitutes
- Nuts and seeds
- Beans, lentils and peas
- Tofu

What counts as a 1-ounce serving?

- 1 ounce of meat, poultry, or fish
- 1 egg
- 1/4 cup cooked beans
- 1 tablespoon of peanut butter
- 1/2 ounce of nuts or seeds

Why is it important to eat PROTEIN foods?

- Protein foods supply nutrients that are important for your child's growth and help the body recover from activity. These nutrients include the following: protein, B vitamins (niacin, thiamin, riboflavin, and B6), iron, zinc, magnesium, and Vitamin E.
- Eating 8 ounces per week of seafood may help reduce the risk for heart disease. Seafood contains omega-3 fatty acids, such as EPA and DHA.
- Eating peanuts and certain tree nuts (i.e., walnuts, almonds, and pistachios) may reduce the risk of heart disease when consumed as part of a healthy diet. Because nuts and seeds are high in calories, eat them in small portions. You could use them to replace other protein foods, like some meat or poultry, rather than adding them to what you already eat. Choose unsalted nuts and seeds to help reduce sodium intake.

Tips:

- Twice a week, make seafood the protein on your plate.
- Choose beans, peas, or soy products as a main dish or part of a meal often. Beans are a natural source of fiber and protein.
- Choose unsalted nuts as a snack or put them on salads or in main dishes.

PROTEIN: GO LEAN WITH PROTEIN

Why choose lean proteins?

- Foods in the protein group provide nutrients that are important for your health, but some of the foods are high in saturated fat. Diets that are high in saturated fats raise *bad* cholesterol levels in the blood, which increases the risk for heart disease.
- To help keep blood cholesterol levels healthy, choose leaner cuts of meat and choose a variety of protein foods.

How to choose lean proteins:

Lean cuts include the following:

- Beef: round steaks and roasts (eye of round, top round, bottom round, round tip), top loin, top sirloin, and chuck shoulder and arm roasts.
- Ground beef: Choose extra lean ground beef that says at least "90% lean" on the label.
- Pork: pork loin, tenderloin, center loin, and ham.
- Chicken: Boneless skinless chicken breasts and turkey cutlets are the leanest poultry choices. Buy skinless chicken parts or take off the skin before cooking.
- Deli meats: Choose lean turkey, roast beef, ham, or low-fat meats instead of deli meats with more fat, such as regular bologna or salami.
- Trim away all of the visible fat from meats and poultry before cooking.
- Broil, grill, roast, or poach meat, poultry, or fish instead of frying.
- Drain off any fat that appears during cooking.
- Skip or limit the breading. Breading adds calories and soaks up more fat during frying.
- Choose and prepare meat without high fat sauces or gravies.

What if you do not eat meat?

Protein sources for vegetarians include the following:

- Eggs (for ovo-vegetarians)
- Beans and peas
- Nuts and nut butters
- Soy products (tofu, tempeh, veggie burgers)

Tips for vegetarians:

- Build meals around protein sources that are naturally low in fat, such as beans, lentils, and rice.
- Do not overload meals with high-fat cheeses to replace the meat.

GRAINS: EAT WHOLE GRAINS

What is included?

- Grain foods are foods made from wheat, rice, oats, cornmeal, barley, or another cereal grain and include the following:
  - Bread
  - Pasta
  - Oatmeal
  - Grits
  - Tortillas
  - Breakfast cereals

What counts as a 1-ounce serving?

- 1 slice bread
- 1 cup of ready-to-eat cereal
- 1/2 cup cooked rice, cooked pasta, or cooked cereal

Why is it important to eat GRAINS?

- Whole grains are important sources of nutrients that may reduce the risk of heart disease and help with weight management.
- These nutrients include the following: dietary fiber, B vitamins (including thiamin, riboflavin, niacin, and folate), and minerals (including iron, magnesium, and selenium).

Tips:

- Pair whole grains with fruits and vegetables! When paired together, whole grains can help introduce vegetables and fruits to children. Placing bananas on whole wheat toast or adding vegetables into brown rice are examples of ways to introduce new fruits and vegetables. It also adds variety to your meals!
- Add variety by choosing a different whole grain every day! When choosing whole grains for your meals or replacing items in your pantry, add variety. If you have brown rice one day, choose quinoa, bulgur, or soba noodles another day. This keeps things interesting and helps your child try new grains!
- Set a good example for children by eating whole grains with meals or as snacks.
- Let children select and help prepare a whole grain side dish.
- Substitute a whole grain product for a refined-grain product.
- Eat 100% whole wheat bread or bagels instead of white bread or bagels; eat brown rice instead of white rice.
- Use whole grains in mixed dishes, such as barley in vegetable soups or stews; try bulgur wheat in casseroles or stir-fry recipes.

GRAINS: EAT WHOLE GRAINS

Why should you choose WHOLE grains instead of REFINED grains?

Grains are divided into 2 sub-groups:

- **Whole grains** include foods, such as whole wheat pastas, breads, crackers, brown rice, popcorn, quinoa, oatmeal, bulgur, and buckwheat.
- **Refined grains** have been milled to produce a finer texture and longer shelf-life, but this process also removes important nutrients, such as fiber, iron, and many B vitamins. This is why at least half of all grains eaten should be whole grain foods!

How to choose whole grain foods:

To identify whole grain foods, check the Ingredient List on the package. Choose foods that name one of the following whole grain ingredients first on the list:

- Brown rice
- Quinoa
- Whole grain sorghum
- Buckwheat
- Rolled oats
- Whole grain triticale
- Bulgur
- Wild rice
- Whole oats
- Millet
- Whole grain barley
- Whole rye
- Popcorn
- Oatmeal
- Whole grain corn
- Whole wheat

Choose Grain Products Smartly!

- Look for the word "whole" in the ingredient list. For example, "whole grain" or "whole wheat."
- Foods labeled with the words "multi-grain," "stone-ground," "100% wheat," "cracked wheat," "seven-grain," or "bran" are usually not 100% whole grain products and may not contain any whole grain.
- Color is not an indication of a whole grain. Bread can be brown because of molasses or other added ingredients.
- Fiber is also not an indication of a whole grain. High fiber foods can have added fiber without actually having much, if any, whole grain, so checking the fiber on a label is not a reliable way to determine whether a product is truly whole grain.
- Many whole grain foods have the Whole Grain stamp created by The Whole Grains Council. However, not all whole grain foods will have this stamp because it is voluntary for food manufacturers to use it. Always check the ingredient list to see if a whole grain is listed as the first ingredient.

DAIRY: CONSUME CALCIUM RICH FOODS

What is included?

- Milk, cheese, and yogurt
- Some foods made with milk can also be part of this group depending on their calcium content, such as ice cream and pudding.
- Foods made from milk that have little or no calcium, such as cream cheese, cream, and butter, are not part of this group.

What counts as a 1-cup serving?

- 1 cup milk, yogurt, or soymilk
- 1 1/2 ounces of natural cheese or 2 ounces of processed cheese

Why is it important to eat DAIRY foods?

- Dairy products include important nutrients, such as calcium, vitamin D, potassium, and protein.
- Intake of dairy products is important to bone health during childhood and adolescence when bone mass is being built. Calcium-rich foods may reduce the risk of osteoporosis later in life.
- Intake of dairy products is associated with a reduced risk of cardiovascular disease and type 2 diabetes and could lower blood pressure in adults.
- The smallest portion of your plate should be dairy because it is high in saturated fats (sometimes called "bad" fat). However, dairy can provide essential nutrients and is, therefore, good in small amounts.

Tips:

- Kids like to dip! Try giving your child low-fat vanilla yogurt or plain yogurt sweetened with a bit of honey, so they can dip their fruit in it!
- Try combining your child's favorite dairy with new fruits, vegetables, whole grains, or proteins to help encourage variety!
- Melt low-fat cheese on broccoli or add vegetables to a cheese quesadilla.
- Add a bit of shredded cheese to your child's whole grain pasta or veggies.
- Switch to skim or 1% milk. They have the same amount of calcium and other essential nutrients as whole milk but less fat and calories.
- Choose low-fat, low-sugar foods from the dairy group. For example, instead of buying flavored yogurt, purchase low-fat plain yogurt and sweeten it yourself with fruit, honey, or jam.

WHAT IF SOMEONE IN MY FAMILY HAS DAIRY ALLERGIES?

For individuals with dairy allergies, there are several **non-dairy substitutes with the same nutrients**. **Various cheeses and milks (soy and almond)** are lactose-free. You can also get similar nutrients through **soybeans and dark leafy greens,** like kale and bok choy. Try **calcium-fortified soy products** as an alternative to dairy foods.

WHAT'S IN SEASON?

Use the following table to know when some common fruits and vegetables are in season.

SEASON	FRUITS AND VEGETABLES		
Winter	Bananas	Onions and Leeks	Sweet Potatoes / Yams
	Grapefruit	Oranges	Turnips
	Lemons	Pears	Winter Squash
	Mushrooms	Potatoes	
Spring	Apricots	Honeydew Melon	Peas
	Bananas	Lettuce	Pineapple
	Broccoli	Mangos	Rhubarb
	Cabbage	Mushrooms	Spinach
	Green Beans	Onions and Leeks	Strawberries
Summer	Apricots	Eggplant	Peas
	Bananas	Garlic	Plums
	Beets	Grapefruits	Radishes
	Bell Peppers	Grapes	Raspberries
	Blackberries	Green Beans	Strawberries
	Blueberries	Honeydew Melon	Summer Squash / Zucchini
	Cantaloupe	Kiwifruit	Tomatoes
	Cherries	Lima Beans	Watermelon
	Corn	Mushrooms	
	Cucumbers	Peaches	
Fall	Apples	Cauliflower	Parsnips
	Bananas	Cranberries	Pears
	Beets	Garlic	Pineapple
	Broccoli	Ginger	Pumpkins
	Brussels Sprouts	Grapes	Sweet Potatoes / Yams
	Carrots	Mushrooms	Winter Squash

Source: http://healthymeals.nal.usda.gov/features-month/whats-season

OILS

Oils are NOT a food group but they provide essential nutrients, such as fatty acids and Vitamin E. Therefore, oils are included in recommendations for what to eat; however, only small amounts of oils are recommended.

About oils:

- Oils are fats that are liquid at room temperature.
- Some commonly eaten oils include the following: canola oil, corn oil, cottonseed oil, olive oil, safflower oil, soybean oil, sunflower oil, walnut oil, and sesame oil.
- Some foods are naturally high in oils, like nuts, olives, some fish, and avocados.
- Most oils are high in monounsaturated fats (MUFA) and polyunsaturated fats (PUFA). Most of the fats you eat should be MUFAs or PUFAs.
- The MUFAs and PUFAs found in fish, nuts, and vegetable oils do not raise LDL (*bad*) cholesterol levels in the blood.

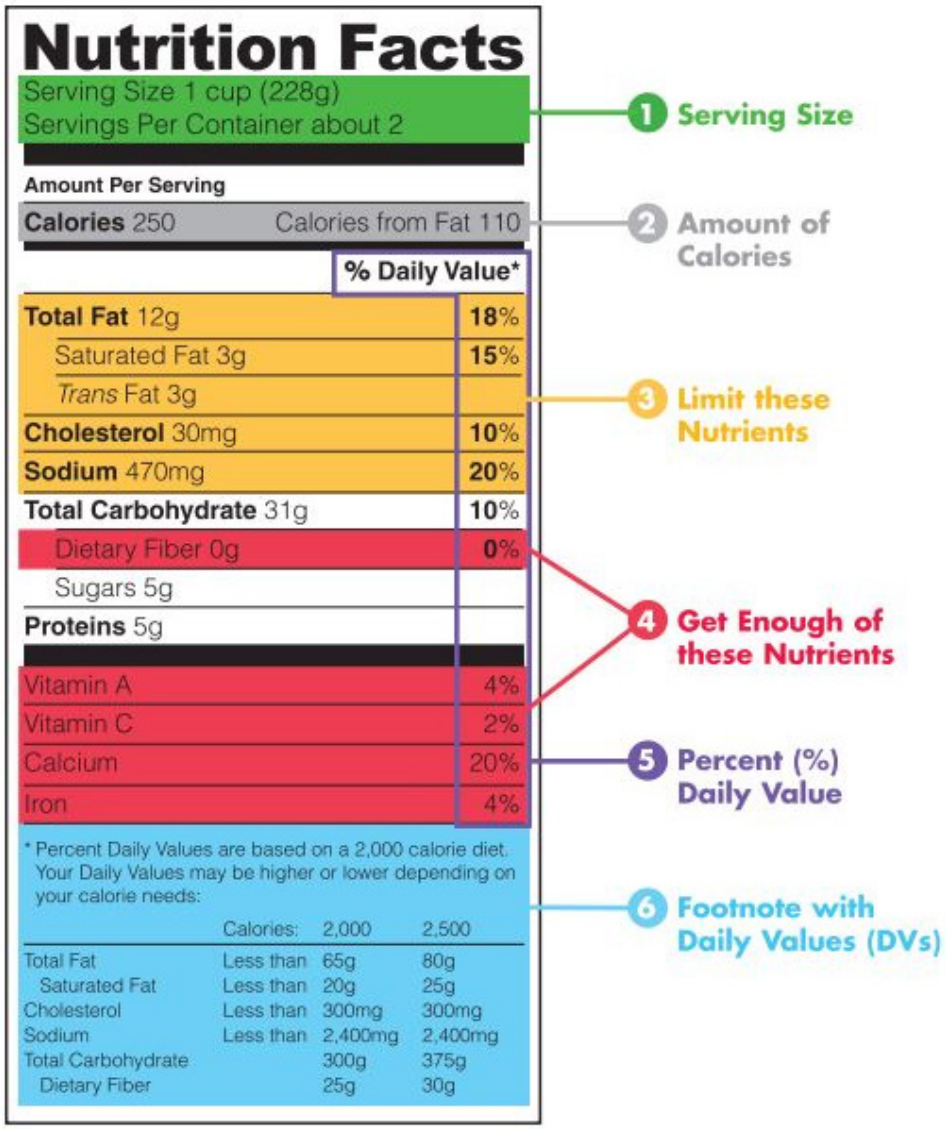
How are OILS different from SOLID FATS?

- Solid fats are fats that are solid at room temperature, like butter and shortening.
- Solid fats can come from animal foods and can be made from vegetable oils through a process called hydrogenation.
- Examples of solid fats include the following: butter, milk fat, beef fat (tallow, suet), chicken fat, pork fat (lard), stick margarine, shortening, and partially hydrogenated oil.
- Solid fats contain more saturated fats and/or trans fats than oils. Saturated fats and trans fats tend to raise LDL cholesterol levels in the blood, which can increase the risk for heart disease.

Tips:

- Eat fewer foods that are high in solid fats to help lower the risk for heart disease.
- Switch from solid fats to oils when preparing food. For example, instead of cooking with butter try using olive oil or canola oil.

READING FOOD LABELS



1. Start with the serving size. In this label, one serving equals one cup. If you ate the whole package you would eat two cups. That would double the calories and other nutrients.

2. Check the calories. This part of the Nutrition Facts tells us how many calories are in one serving of this food and how many of those calories are from fat.

3. Limit these nutrients. Eating too much fat, cholesterol, or sodium may increase the risk of certain chronic diseases.

4. Get enough of these nutrients. Eating enough of these nutrients can improve overall health.

5. Quick guide to the % of Daily Value (DV). If the Daily Value is **5% or less** that means this food is **low** in that nutrient. If the value is **20% or more** than the food is a **high** source of that nutrient.

6. Footnote. This guide shows recommendations for a 2,000 calorie diet and a 2,500 calorie diet. This guide or footnote will always be the same. It does not change from product to product, because it shows recommended dietary advice for all Americans. It is not about a specific food product.

MAKING GOOD BEVERAGE CHOICES

What you drink is as important as what you eat. Many beverages have added sugars and few nutrients and can add calories to your diet.

- Watch out for drinks with the following ingredients: sugar, honey, sweetener, syrup (e.g., corn syrup, brown rice syrup), and/or ingredients ending in "ose" (e.g., glucose, dextrose).
- Water is the most important beverage to include for optimal nutrition. Along with hydration, water provides many health benefits.
- Make water the norm for quenching thirst! Drink water when you are thirsty and offer water to thirsty children.
- Add flavor to water with slices of cucumber, lemon, or other fruits. Add crushed ice and a fun straw!

- For a bubbly beverage, try sparkling water instead of sugary soft drinks. Add a splash of 100% juice or a squeeze of lemon or lime.
- For a quick, easy, and inexpensive thirst-quencher, carry a water bottle and refill it throughout the day.
- Avoid stocking the fridge with sugar-sweetened beverages. Instead, keep a jug or bottles of cold water in the fridge.
- Choose 100% fruit juice instead of fruit-flavored drinks. Be aware! Many marketed juice beverages are juice drinks and contain only very small amounts of juice and have added sweeteners.
- Watch your serving size! Many bottled drinks contain 2 or more servings.
- Nonfat and 1% milk and 100% fruit and vegetables juices contain beneficial nutrients and also calories so think of them as foods contributing towards your family's diet.
- Be a role model for your family by choosing water!

SMART SNACKING TIPS

The keys to healthy snacking include visibility, easy to grab and go, and great taste! Follow these tips for smart snacking:

Offer a variety of fresh fruits and vegetables and other healthy foods at planned times throughout the day. Let children choose whether and how much they eat.

Keep fresh fruit on the counter where children can see it.

Wash and cut up veggies, so they are ready to eat. Have your child help you place the veggies into containers or bags, so they are easy to grab and go!

Keep sometimes foods, such as cookies and chips, away in cabinets where they are less convenient to reach, especially for impulse eaters.

Walk your children through the kitchen, so they know where these foods are kept.

Buy food in single-serve containers for grab-and-go eating, for example milk, raisins, juice, fruit cups, and baby carrots.

Put healthy foods where children can reach them, such as the lower shelves in your refrigerator, pantry, or cabinet.

Avoid filling the refrigerator with sweetened beverages. Keep a pitcher of water in the front.

Ask your child what foods in each food group he or she would like to have on hand. Buy them!

Use see-through containers, clear plastic bags, or containers covered with plastic wrap, so children can see what is inside.

SNACK IDEAS

- Hummus* with vegetables
- Peanut Butter Yogurt Dip* with fruit
- Popcorn (with little or no butter)
- Whole-grain crackers with a nut butter
- Graham crackers and milk
- Banana or apple with peanut butter
- Fruit smoothie
- Low-fat plain yogurt sweetened with honey or jam
- Mango Tango Black Bean Salsa* with whole corn tortilla chips
- Whole-wheat English muffin with honey or jelly
- Hard-boiled egg
- Cheese and Fruit Kabobs: Assemble chunks of fruits, such as melon, apple, orange, strawberries, grapes, and kiwi on skewers or toothpicks. Add cubes of low-fat cheese too!
- Personalized Pizza: Use a whole wheat English muffin, bagel, tortilla, or pita bread as the crust. Add tomato sauce, a sprinkle of low-fat cheese and cut-up veggies or fruit (like pineapple) for toppings. Let children choose their favorites. Then pop the pizzas into the oven until warm.
- Bugs on a Log: Use celery or carrots sticks as the log and add peanut butter. Top with dried fruit, such as raisins, cranberries, or cherries.
- Homemade Trail Mix: Children will love creating their own mix! Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole grain, unsweetened cereal.
- Veggie-cheese Quesadillas: Sprinkle shredded cheese and veggies of your child's choosing on one half of a corn or flour tortilla. Fold the tortilla in half over the filling. Melt 1/2 teaspoon butter in a 10-inch non-stick skillet over medium heat. Add the quesadilla and cook on each side until the tortilla is golden brown, and the cheese is melted.
- Apple-cheese Quesadillas: Sprinkle shredded cheddar cheese and thinly sliced apple on one half of a corn or flour tortilla. Fold the tortilla in half over the filling. Melt 1/2 teaspoon butter in a 10-inch non-stick skillet over medium heat. Add the quesadilla and cook on each side until the tortilla is golden brown, and the cheese is melted.

*Recipe is included in this cookbook.

GROCERY SHOPPING TIPS

Create a list and stick with it!

- Grocery shop with a plan and a shopping list. Make a list of healthy foods in the order in which they are placed in the grocery store. This will speed up shopping and help you resist buying foods that are less healthy or unnecessary.

Avoid shopping when hungry!

- Healthy eating choices start with the groceries you have in your home. If you shop when you are hungry, you may be surprised at the significant number of impulse buys in your cart.

Shop the perimeter!

- Shop the perimeter (i.e., the outside aisles) of the grocery store. Fresh, whole foods are typically located in the outside aisles. Whole foods are foods, like fruits and vegetables, that are fresh and less processed. Whole foods have little or no artificial ingredients. Foods, like fruits, vegetables, dairy, meat, and fish are usually located in these outside aisles of the grocery store. Try to purchase most of your groceries as whole foods; this will provide natural nutrition for your family.

Buy fresh fruits and vegetables in season!

- Fruits and vegetables that are in season usually cost less. In addition, they are less likely to have travelled long distances, which means they are fresher and may retain more nutrients. See the chart on page 6 to see what fruits and vegetables are in season.

Try canned or frozen fruits and vegetables!

- Canned fruits and vegetables can be just as nutritious as fresh and frozen. Canned and frozen foods are always available and are usually less expensive. Stock up when they go on sale.

Visit a farmer's market!

- Visit http://search.ams.usda.gov/farmersmarkets to find a farmer's market in your area. This can be a great way to introduce your child to new foods. Take your child and let him or her pick out a new food he or she would like to try. This opportunity is also a great way to help your child learn where his or her food comes from.

FEEDING YOUR INFANT

WHAT SHOULD I FEED MY BABY?

Breast milk

Breast milk is the best milk for your baby. If you breast feed, your baby will have less chance of...

- » Getting asthma or allergies
- » Getting sick with diarrhea or ear infections
- » Becoming overweight
- » Breastfeeding also helps your baby's brain development

Breastfeeding is also good for mothers! It helps you...

- » Lose the weight you gained in pregnancy
- » Lowers your chance of getting breast cancer

Formula

If you are unable or choose not to breastfeed, you should give your baby iron-fortified infant formula. Try mixing small amounts of formula at a time; you can make more if your baby is still hungry.

Whatever you choose - breastfeeding or formula feeding - your baby will enjoy the closeness and comfort of feeding time!

Infants are not yet ready for the following:

- ► Cow's milk (until 12 months of age)
- ► Juice (until at least 6 months of age)
- ► Additional water (unless directed by a doctor)
- ► Solid foods (until around 6 months of age or unless directed by a doctor) or cereal in a bottle
  - » From 0 to 6 months old, babies get all the nutrients they need from breastmilk or formula.
  - » Infant tummies are not mature enough for other foods and beverages.
  - » Unless directed by a doctor, you should wait until your infant is 6 months old before feeding him or her solid foods.

FEEDING YOUR INFANT

HOW SHOULD I FEED MY BABY?

- Pay attention to your baby's cues and feed him or her when he or she shows signs of being hungry.
- Feed your baby when he or she is calm and awake and before he or she gets upset and starts crying.
- Let your baby eat as much as he or she wants - a little or a lot, fast or slow, steady or start-and-stop.
- Stop feeding when your baby shows signs of being full.
- Talk or play awhile after feeding. Put him or her to bed when he or she is calm and drowsy and let him or her put himself or herself to sleep.

Signs your baby may be hungry:

- Putting fists in mouth
- Sucking or smacking lips
- Rooting (when an infant opens his or her mouth and turns toward the breast or bottle)

Signs your baby may be full:

- Slows down or stops sucking
- Clamping lips together
- Turning head away
- Spitting out nipple
- Pushing away from the breast or bottle
- Dribbling out of the corner of mouth
- Falls asleep while feeding

Remember that crying does not always mean your baby is hungry!
Try to calm your baby before feeding.

These tips can help your infant grow up to be a healthy eater!

- Learn how your baby shows you he or she is hungry or full, so you give the right amount of food.
- Never restrict infants to a meal schedule! Instead, feed them when they show hunger cues.
- Let infants eat their way. Fast, slow, steady, start-and-stop, much or little.
- Never force an infant to keep eating after he or she is full! Instead, stop feeding your baby when he or she show signs of being full.

- Babies do not need to eat for a certain amount of time nor do they always need to finish their bottle.

STARTING SOLID FOODS

Starting around 6 months of age, watch for signs that your baby may be ready to start solid foods. These signs can include that your baby...

- can hold up his or her head
- can sit in a feeding chair with some support
- seems interested in what you are eating, such as trying to grab food off of your plate
- can move food from a spoon into his or her throat
- makes chewing and biting movements

WHAT SHOULD I FEED BY BABY?

6-9 months

The American Academy of Pediatrics (AAP) recommends starting with the following:

- Iron fortified cereal - start with rice cereal and then try oat or barley cereal. Wait until your baby is older before you introduce wheat cereal.
- Single-ingredient meats (pureed), such as chicken or beef

Then begin offering other single-ingredient foods:

- Vegetables (pureed) - try cooked and pureed green beans, carrots, and squash.
- Fruits (pureed) - try cooked peaches, pears, apples, and mashed bananas.
- Protein rich foods such as other meats, egg yolk, and legumes.

9-12 months

- When your baby is 9 months of age you can begin offering your baby finely chopped or mashed food mixtures. At this age, your child can also begin feeding himself or herself by trying finger foods.
- Finger foods should be small enough for babies to pick up and soft enough for them to chew on.
- Appropriate finger foods include the following: cooked macaroni or noodles; small pieces of bread; small pieces of soft; ripe peeled fruit; soft cooked vegetables; and small pieces of cheese.

STARTING SOLID FOODS

HOW SHOULD I FEED BY BABY?

- When starting solid foods, you can thin them with a little breast milk or formula.
- Start with one new food at a time. Wait 3 to 4 days before trying another new food. This allows you to watch for signs of an allergic reaction such as a rash, wheezing, or diarrhea after feeding a new food. If your baby has an allergic reaction, stop feeding that food and check with your pediatrician.
- You can make your own pureed baby food in a baby food grinder, blender, or food processor - it is easy and saves money.
- Help your baby like the real taste of food. There is no need to add any salt, sugar, or butter.
- Remember to look for signs your baby is full. Babies do not need to finish all their food.
- Start with small amounts and then provide more if your baby is still hungry. This helps avoid waste while honoring your baby's hunger and fullness cues.
- Give your child time and chances to learn to like new food. It may take up to 10-15 exposures to a new food before your baby accepts it - so keep trying!

WHAT SHOULD MY BABY DRINK?

- Babies should continue to drink breast milk or formula until they are 12 months old.
- Small amounts of water.
- It is best not to give your baby juice until after he or she is 12 months old; however, recommendations do allow for 4-6 ounces of 100% juice starting at 6 months of age. There is a lot of sugar in juice. Too much sugar can make babies gain too much weight and can be bad for their developing teeth. If you do give juice, give it in a sippy cup - never in a bottle!.

Wait until your baby is 12 months old to give:

- Cow's milk - Cow's milk does not provide the proper nutrients for your baby.
- Honey - Avoid honey in an any form in your child's first year.

GENERAL FEEDING GUIDELINES: 0-12 MONTHS

The following table is an overview of the types of foods, textures, and feeding styles that are appropriate for feeding infants 0-12 months; however, the table is only a guideline. It is important to follow your baby's cues and make sure he or she has mastered each stage of eating before moving on to the next stage.

<table>
<tr><th>Age Group</th><th>Birth - 6 months</th><th>6-8 months</th><th>8-10 months</th><th>10-12 months</th></tr>
<tr><td>Types of Foods</td><td>Breast milk or Infant Formula</td><td colspan="3">Complementary foods, such as infant cereals, vegetables, fruits, meats, and other protein-rich foods</td></tr>
<tr><td rowspan="3">Texture of Foods</td><td></td><td colspan="3">Mushy foods from a spoon

- Iron fortified cereal mixed with breastmilk or formula
- Pureed or finely mashed fruits and vegetables and meats</td></tr>
<tr><td rowspan="2"></td><td colspan="3">Thicker, lumpier food

- Gradually cut down on the amount of breastmilk or formula mixed with the cereal so the texture becomes thicker
- Coarsely mashed soft fruits and vegetables, such as bananas, peaches, pears, mango, or melon
- Cook tough fruits and vegetables or use canned or frozen fruits and vegetables
- Other soft foods, such as mashed potatoes and refried beans</td></tr>
<tr><td colspan="2"></td><td colspan="2">Finely chopped foods / Finger foods

- Cut up raw soft fruit, vegetables, casseroles
- Cheese, tender chopped meats
- Breakfast cereal, such as Cheerios, Corn Chex, Rice Chex, or Kix</td></tr>
<tr><td rowspan="3">Feeding Style</td><td>Breastfeeding/ Bottle feeding</td><td>- Breastfeeding/ Bottle feeding</td><td colspan="2">- Begin offering breastmilk or formula in a sippy cup and only nipple/bottle feed during snacks or set times between meals</td></tr>
<tr><td></td><td colspan="3">- Spoon feed
- Water in a sippy cup</td></tr>
<tr><td colspan="2"></td><td colspan="2">Self feed/ Finger foods</td></tr>
</table>

FOODS THAT MAY CAUSE CHOKING

Avoid feeding babies the following foods because of the high risk of choking:

Grain Foods

- Cookies or granola bars
- Potato/corn chips, pretzels, and similar snack foods
- Crackers or breads with seeds, nut pieces, or whole grain kernels, such as wheat berries
- Whole kernels of cooked rice, barley, wheat, or other grains

Protein Foods

- Tough or large chunks of meat
- Hot dogs, meat sticks, or sausages
- Fish with bones
- Large chunks of cheese, especially string cheese
- Peanuts or other nuts and seeds
- Peanut and other nut/seed butters
- Whole beans

Fruits and Vegetables

- Raw vegetables (including green peas, string beans, celery, carrot, etc.)
- Cooked or raw whole corn kernels
- Whole, uncut cherry or grape tomatoes
- Hard pieces of raw fruits
- Whole pieces of canned fruit
- Whole, uncut grapes, berries, cherries, or melon balls (these fruits should be cut into quarters, with pits removed, before feeding)
- Uncooked dried fruit (including raisins)

TRYING NEW FOODS

Many children dislike a new food when it is first introduced; this is normal.

- Children tend to like foods that are already familiar to them and dislike foods that are unfamiliar to them.
- Although it may seem like your child is a picky eater, her or she may just need to become more familiar with the food before he or she decides to try it. This is a normal part of development.
- Children are born with a preference for sweet and salty foods and to reject bitter and sour foods.

Introduce new foods to children when they are young.

- Childen are more likely to accept new foods when they are younger.
- It is more difficult to get children to try and accept new foods beyond toddlerhood.

Introduce a variety of foods.

- Children are more likely to have a varied and balanced diet later in life if they are introduced to a variety of foods, tastes, and textures during weaning and in early childhood.

What you eat during pregnancy can influence what your child eats!

- Research has shown that the flavors you eat when you are pregnant are transmitted to breastmilk and amniotic fluid.
- Since infants consume more foods that are familiar to them, mothers should eat a variety of foods during pregnancy and while breastfeeding. This helps babies become familiar with a variety of flavors before they begin eating solid food, and they may be more accepting of new foods when they are introduced.

TRYING NEW FOODS

Tips to encourage children to try a new food:

Try pairing the new food with a food they already like or with which they are familiar. For example:

For babies:
Add breastmilk or formula to pureed foods.
Add a new food to an already familiar pureed food.

For older children:
Pair a new vegetable with a dip they already like.

Role modeling
Children are more likely to try a new food if they see an adult eating the same food rather than just putting the food out for the child to see.

Encourage your child to describe the food
This carrot is crunchy; this strawberry is sweet; this pear is juicy; this broccoli is colorful.

Don't give up too soon!
It can take 8-10 tries before your child accepts a new food. Although your child might make facial expressions that show dislike for the food he or she may still be willing to eat it. Continue to provide opportunities for him or her to taste the food and other foods within that food group.

Provide a variety
Your child should eat a variety of foods because he or she gets different nutrients from different foods. Fruits and vegetables are particularly important because children's diets are usually low in these foods.

Try introducing new foods at snack time.
This may be a good time to introduce other foods from the same food group or similar foods. For instance, provide a snack of 2-3 different fruits or vegetables that your child can choose from and try.

THE DIVISION OF RESPONSIBILITY IN FEEDING

The best way to feed your child is to follow the Division of Responsibility. The division of responsibility in feeding encourages you to take leadership with feeding and give your child autonomy with eating.

- ◇ As a parent, you provide **structure, support, and opportunities to learn**.
- ◇ Your child chooses **how much and whether to eat** from what you provide.

The Division of Responsibility for Infants

- ◇ You are responsible for **what** to feed your child.
- ◇ Your child is responsible for **how much** to eat (and everything else).

The Division of Responsibility for Older Babies

- ◇ You are still responsible for **what** to feed your child.
- ◇ You are becoming responsible for **when and where** to feed your child.
- ◇ Your child is responsible for **how much and whether** to eat the foods you offer.

The Division of Responsibility for Toddlers through Adolescents

- ◇ You are responsible for **what, when and where** to feed your child.
- ◇ Your child is responsible for **how much and whether** to eat the foods you offer.

Do your feeding jobs:	Trust your child to eat:
◇ Choose and serve the food. ◇ Make eating times pleasant. ◇ Show your child how to behave at meals. ◇ Maintain structure: • Provide regular meals and snacks. • Offer your child water between regular meal- and snack-times but not other drinks or food. ◇ Let your child grow in her own way.	◇ She will eat. ◇ She will eat the amount she needs. ◇ She will learn to eat the food you eat. ◇ She will learn to behave well at family meals. ◇ She will grow up to have the body that is right for her.

Structure is essential!

- ◇ Your child will eat and grow well if you maintain structure. Have a schedule for sit-down family meals and sit-down snacks and stick with it.
- ◇ Structure lets your child know he or she will be fed and it helps him or her eat what and how much his or her body needs.

Following the Division of Responsibility will help your child be a good eater!

TROUBLESHOOTING THE DIVISION OF RESPONSIBILITY

Have family friendly meals.

- **Have food you enjoy.** Put together what you enjoy and ordinarily eat and provide it for the family mealtime. Family meals need to be rewarding to plan, prepare, and eat.
- **Lighten up your definition.** A family meal is when you all sit down together, share the same food, and pay attention to each other. You do not need a table (even a blanket on the floor will do!), and the food does not have to be fancy.
- **Start by getting in the meal habit.** Make meals your idea, based on food you usually eat. Do not just offer meals when somebody asks for food.
- **Remember whose meal it is.** It is your meal, and you are inviting your child to join you. You know more about food than your child does. Sooner or later your child will eat many foods that you like to eat.
- **Make mealtimes pleasant.** Talk with and enjoy each other. Now is not the time to scold or fight. Your child wants to be at family meals because you are there.
- **Turn all electronics off.**
- **Let everyone decide what and how much to eat from what you provide for the meal.**
- **Make only one meal, but include easy-to-eat foods. Include one or two foods that each person generally likes to eat** and can fill up on, such as bread, pasta, rice, fruit, etc. Do not worry if your child eats only that one food meal after meal, day after day. Eventually he or she will eat something different.

Have structured, sit-down snack times.

- Regularly scheduled, sit down snacks are an essential part of feeding and eating. If your child complains about being hungry in between meals, you can tell him "Snack-time is coming soon."
- Offer several types of food at snack time.
- Allow your child to eat as much of the snack as he or she wants.
- Manage amounts by managing time. Have a snack long enough after the last meal so your child is hungry and long enough before the next meal so your child can be hungry again.

Once you start providing regular meals and snacks at set times, make sure you stick with your schedule. Help your child understand the following:

- Food will be available at mealtime and snack time. Other than that, the kitchen is closed.
- You do not have to eat anything you do not want to eat.
- You do have to say "yes, please," and "no, thank you."
- You will not say "yuck."
- There will always be bread** on the table and you can eat as much of it as you want (even if your child does not eat anything else).
- When I make something new, I will also make something you usually enjoy.
- Some nights, I will make one person's favorite meal, and sometimes I will make your favorite meal.

**bread or another food that generally everyone likes and can fill up on such as rice, pasta, fruit, etc.

TROUBLESHOOTING THE DIVISION OF RESPONSIBILITY

Try not to make a big deal about eating and avoid pressuring your child to eat.

- Ask yourself why you are doing something with feeding. Is it to get your child to eat more, less, or different foods that he or she does eat on his or her own? If so, it is pressure.
- Make mealtimes pleasant and talk about things other than food.

Food waste is part of learning to eat.

- Avoiding food waste is important but it is to be expected while your child is learning to eat. At first, your child may serve himself or herself more than he or she can eat. Encourage him or her to take small servings but reassure him or her that he or she can always have more.
- Do not make your child eat all of his or her food even if he or she takes a little. If you pressure your child to clean his or her plate, it could teach him or her to ignore hunger and fullness cues.
- Eventually, your child will learn to take more appropriate portion sizes and waste less food!

Make wise use of "forbidden" foods.

- Children who regularly get to have *forbidden* foods during meals and snacks eat as much as they are hungry for and then stop. Children who are not allowed regular access to these foods eat a lot of these foods when they get the chance and tend to overeat. The trick is to include *forbidden* foods regularly enough so these foods do not feel like *forbidden* foods. Provide your children with these foods at certain times.
    - **Include chips or fries at mealtimes.** How often you do this is up to you. Arrange to have enough so everyone can eat as much as they want. Unlike sweets, fatty foods do not compete as much with other mealtime foods.
    - **Have sweets for dessert, but limit everyone to one serving.** Put that serving at each person's place. Let your child - or yourself - eat it before, during, or after the meal. Do not provide seconds of dessert.
    - **Offer unlimited sweets at occasional snack-times.** How often is up to you. Offer milk and a plate of cookies. Have your child sit down and eat as many cookies and drink as much milk as he or she wants. At first, your child may eat a lot, but, later, he or she will not have as many.
    - **Have soda occasionally for snack time or with a particular meal** so that it does not become a *forbidden food*.

TROUBLESHOOTING THE DIVISION OF RESPONSIBILITY

Your child will experiment to be sure the rules are really the rules. Your reactions are important. This table gives some ideas for how to stick to the Division of Responsibility in response to your child's experiments.

Your child's move	Your move
He says, "I am not hungry."	You say, "You do not have to eat; just sit with us for a while.
She is too worked up and busy to eat.	Spend a few minutes with her just before the meal reading a book or washing hands. Set a 5-minute timer.
He cannot take time to eat.	Arrange for him to be hungry by not letting him eat between mealtimes.
She is too hungry to wait for meals.	Have sit-down snacks between meals.
He is messy on purpose (he drops, throws, or smears food) for fun or to get a rise out of you.	Give him one warning, then have him leave the meal. Do not let him come back.
She does not want to stay at the meal until you finish eating.	Let her leave when she gets full. She will stay at the meal longer as she gets older and enjoys conversation.
He is naughty or otherwise disruptive at the meal.	Have him leave. He is full or he would eat—and behave!
She comes back right after the meal, and begs for a food handout.	Do not give her food until snack-time. Ignore her tantrums.
He gets down from the table but wants your attention, to sit on your lap, or to eat off your plate.	Pat him on the head and send him away. Teach him to play quietly while you eat.
She does not eat *enough* at mealtime.	Only she knows how much is enough. Do not let her eat or drink between mealtimes, except for water. Plan a snack for a set time between meals and stick to it.
He says, "Can I get the peanut butter? I can put peanut butter on my bread."	You say, "No, that is like making a separate meal. You do not have to eat anything if you do not want to, but you do have to settle for this meal."
She wants to make something different: "Why isn't that all right?"	"Because part of family meals is sharing the same food. You do not have to eat anything if you do not want to. . ."
"Why?" or "Why not?"	"Because those are the rules."

COOK TOGETHER AS A FAMILY

Family time can be spent in the kitchen and children will learn about food and cooking!

Most children enjoy helping in the kitchen. While they help you cook, you can talk to them about healthy foods. Children like to eat the food they make. Cooking with your children is a good way to help them develop healthy eating habits and build food preparation skills!

Babies and Young Toddlers

The best way to involve little ones at this age is to set your baby someplace safe so he or she can watch you cook! Although babies cannot yet help you cook, just being with you in the kitchen is still beneficial in the following ways:

- **Communication Development** - Talk and explain to babies what you are doing.
- **Visual Tracking** - Babies will watch you move around in the kitchen.
- **Sensory Experiences** - Babies will hear the sounds of the electric mixer or food being added to a hot pan. They also experience new smells while food is cooking.

Older babies can play with kitchen items like plastic bowls and measuring cups. Set some pots and pans upside down and let older babies bang on them with a wooden spoon. Put dried pasta in a sealed container so they can shake it. Let older babies smell and touch the ingredients you are using.

As children get older, they learn the following when they help in the kitchen:

- **Fine Motor Skills** - Measure, pour, and stirr ingredients
- **Reading and Vocabulary** - Read, follow, and prepare recipes
- **Math** - Count, measure, and follow step-by-step directions
- **Science** - Food changes during cooking, and children learn about hot and cold, dissolving, melting, and freezing
- **Thinking** - Children compare and make relationships in food preparation. For example, they learn about proportion when they double the ingredients in a recipe and get double the cookies!
- **Social** - Children work together, take turns, and solve problems. They also learn about other cultures as they prepare foods from various cultural groups.
- **Nutrition** - Children see what goes into the food they eat and learn to make better decisions about nutrition.

COOK TOGETHER AS A FAMILY

Around two years of age, children are ready to start helping with a few simple tasks. They will still need a lot of instruction and supervision, but they are likely to be very enthusiastic about helping! They also love eating their *art* projects!

Listed here are some appropriate tasks for children. Remember that children develop at their own rate. Children always need very close adult supervision. You must determine what is appropriate for your child.

Always remember to have children wash their hands with warm water and soap before and after handling food!

Older Toddlers

- Pour dry and liquid ingredients into a bowl
- Stir ingredients
- Tear lettuce or greens
- Knead and shape pizza and bread dough
- Use a rolling pin
- Shake liquids in a sealed container to mix
- Apply soft spreads like peanut butter
- Rinse fruits and vegetables
- Scrub potatoes
- Carry ingredients from one place to another
- Brushing oil or butter with a pastry brush

Preschoolers

- Peel fruits like oranges and bananas
- Pull apart pieces of broccoli and cauliflower
- Peel hard-boiled eggs
- Mash soft foods with a fork
- Cut herbs with kid-safe scissors
- Cut soft fruits with a plastic knife
- Measure dry ingredients
- Measure liquid ingredients with help
- Use a whisk
- Set the table
- Help put groceries away

Elementary

- Read recipes out loud together
- Use a small paring knife
- Cook with you at the stove
- Use a can opener, garlic press, or Microplane
- Grate cheese with a box grater
- Form patties
- Whip cream with a hand mixer
- Grease a baking pan
- Scoop batter into muffin cups.
- Thread food onto skewers
- Load and unload the dishwasher

Be patient with spills and mistakes. Remember that the goal is to help your children learn about healthy eating.

Adolescents

- Safely use a chef's knife
- Learn how to operate kitchen appliances
- Learn safety skills such as tucking pan handles
- Follow recipes on their own
- Learn how to cook basic things such as eggs

Did you know...

- Research has shown that children who help in the kitchen choose to eat more fruits and vegetables.
- Participating in cooking can help with picky eaters. Encourage your child to try some of the ingredients but do not force it. Being around and becoming more familiar with new ingredients will eventually help your child want to try new things.

EAT TOGETHER AS A FAMILY

It takes a little work to get everyone together, but it is worth it, and the whole family eats better!

Start eating meals together when your children are young. This way, it becomes a habit.
If you are not able to eat a meal together every day, set a goal. For instance, you could try having meals together as a family four times a week.

Plan when you will eat together as a family. Write it on your calendar.
Family meals do not have to be held at the same time every day or even be the same meal every day. Time can be spent together at breakfast, lunch, dinner or even snack time! Most importantly, you are spending quality time together, and healthy food is part of it.

Family meals are a great time to introduce new fruits, vegetables, and whole grains.
As a family, you can all try something different! By providing healthy options and trying new foods, you will serve as a role model for your family.

Focus on the meal and each other.
Turn off the TV, video games, and mobile phones.

Make family meals happy.
Try to make meals a stress-free time. Get children talking! Talk about fun and happy things. See the conversation starters below.

Offer a variety of healthy foods at family meal times.
Do not lecture or force your child to eat. Let your child choose how much of each food to eat. Avoid power struggles over what gets eaten and remember that mealtime is not a time for discipline.

Conversation starters:

"What was the best thing that happened today?"
"What made you feel really happy today?"
"What's your favorite veggie. Why?"
"Tell me one thing you learned today."
"What made you laugh today?"
"If you were invisible, where would you go and what would you do?"

Did you know…
Frequent family meals are linked with being successful in school, including getting better grades and scoring higher on achievement tests.

10 TIPS FOR PICKY EATERS

If you don not want your child to eat it, do not bring it home.
You decide what foods are available in your home and what foods are offered, when, and where.

Stick to the *one-meal rule*.
Let your family know that you will prepare one meal instead of making separate meals. However, be sure to include at least one thing that each family member likes so everyone has something he or she can eat. Provide ways to personalize your meals. For instance, if you serve tacos have all the fillings in bowls so everyone can choose what to add.

Shop and cook together.
Involve your children in every step as much as possible. Take them to the grocery store and ask them to pick any fruit or vegetable they want. Have your children help you cook or set the table. Have your child pick out a new fruit or vegetable that the entire family can try together. Make it fun to be an adventurous eater and pick out a new food for the family to try.

Do not force your children to eat anything.
Do not insist they must try a food or "take a little bite." Instead, as you eat it say things like "this broccoli is really good."

Talk about how food is grown and cooked.
Talk to your kids about how someone had to plant a seed, harvest the food, etc. so they appreciate what goes into making a meal. Talk about food, nutrition, farming, and cooking. Try planting a small garden.

Be consistent but not rigid.
Make sure your child knows the rules.

Be a good role model.
Children take their cues from parents. If you do not like something, do not pretend to like it but express your pleasure that someone went to the trouble to prepare it.

Play and experiment with food.
Try different food games outside of dinnertime. Snacks are a good time to play games and try new foods.
Vegetable Tasting Extravaganza - Try to many or new vegetables with different dips.
MyPlate Scavenger Hunt - Show children MyPlate and have them show you which food goes into each group.

Do not refer to anyone as a *picky eater* or make a big deal about it.
If your child does not eat carrots, do not stop serving them, or, when you child is a guest at someone else's home, do not say: "My child does not like carrots."

Use positive peer pressure.
Children are more likely to try and eat a food if they see other children eating it.

For more information, contact:
THRIVE@psu.edu or 1-877-382-9185

Access additional resources online:
www.THRIVE.psu.edu