

quick and easy foods for kids!

Choosing a variety of foods is the best way to get a well-balanced diet for both kids and adults!

Breads and Cereals

- Choose whole wheat/grains
- Most of what your child eats should be from this group
- Whole wheat pastas and brown rice are quick and easy
- Oatmeal is a good choice and can be mixed with raisins, apples, and cinnamon
- Muffins and cornbread are easy to make with practice. Get your kids to help
- Whole wheat bread and crackers can be topped with fruits, low fat cheeses, and peanut butter

Fruits

- One piece of fruit can be split between two children
- Apples, bananas, pears, and oranges are good choices
- Frozen fruits can be just as tasty as fresh but are less expensive. Choose prepackaged fruits that have no sugar added or are in their own juice

Dairy Products

- Children under 2 need whole milk
- After age 2 switch to skim milk unless your child needs the extra calories and fat
- Yogurt and cheese are sources of calcium and protein

Meat and Beans

- Tuna
- Peanut Butter
- Lean Hamburger
- Baked Chicken
- Hard boiled or scrambled eggs
- Keep hot dogs and lunch meat to a minimum (high fat and high salt)
- Soup beans (keep a few cans of pinto beans on the shelf for a quick meal)
- Offer two protein foods/day

Vegetables

- Whole baby carrots
- Frozen veggies are easy and not too expensive
- Plan ahead! Wash, cut and store veggies in the refrigerator for a quick and easy snack
- Most kids like potatoes
- Visit the local Farmer's market in spring, summer, and fall

Sweets and Stuff (Oils)

- Soda, candy, cookies, chips, donuts etc are expensive, high in calories and low in nutrients. Offer them only on occasion
- Most fast foods are high in fat and salt. Eat them on a limited basis

Don't use food as a reward OR punishment!

