



## Nutritious Food For Cool Kids

As parents, it is our responsibility to help our young children make healthy food choices each day. Remind children that the purpose of food is to help their bodies grow and to be healthy. Food should never be used as a reward or punishment for behavior or as a distraction.

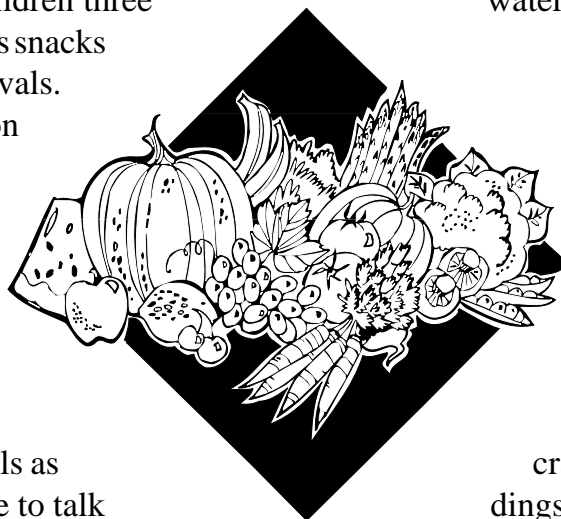
Be sure to offer your children three balanced meals and nutritious snacks each day at regular time intervals. This helps children to stay on a schedule and keeps them from becoming hungry. Provide your children with small servings of food. You can always offer seconds if they are still hungry.

It is important to eat meals as a family. This provides time to talk about the positive things that are happening in the family. Avoid arguing or negative topics of discussions during mealtime. Children will be able to eat and digest their food better in a positive environment.

Offer a variety of foods each day to your children and set a good example by choosing and eating a healthy diet yourself. More than likely

your children will follow your example and develop healthy eating habits.

Water is the best thirst quencher for children! Pop, fruit flavored drinks, and Kool-aid are high in sugar and can spoil a child's appetite. A better choice would be milk, fruit juice or water.



Snacks are very important for little ones. Their tummies are very small and cannot hold enough food to last from one meal to the next. Be sure to provide your children with two to three healthy snacks per day.

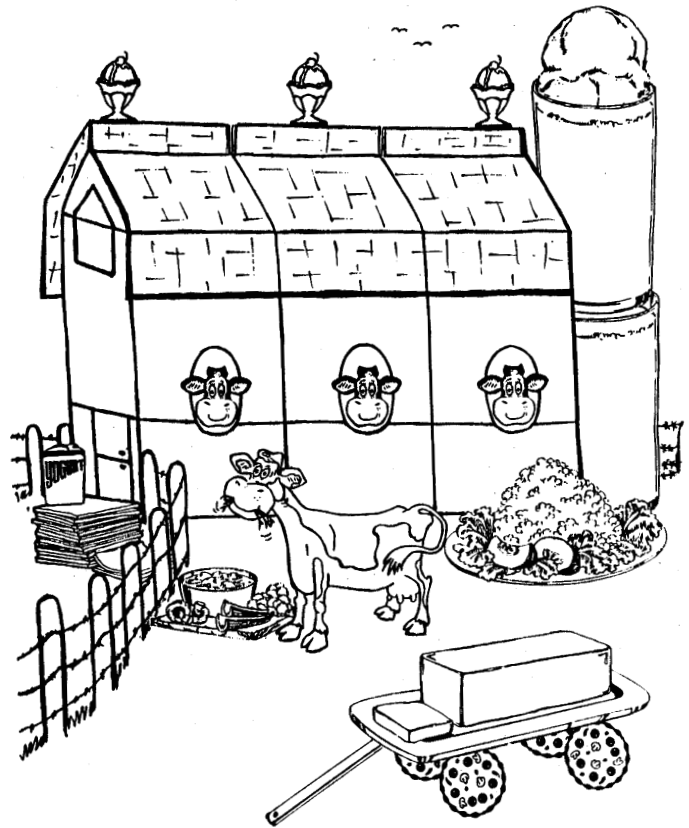
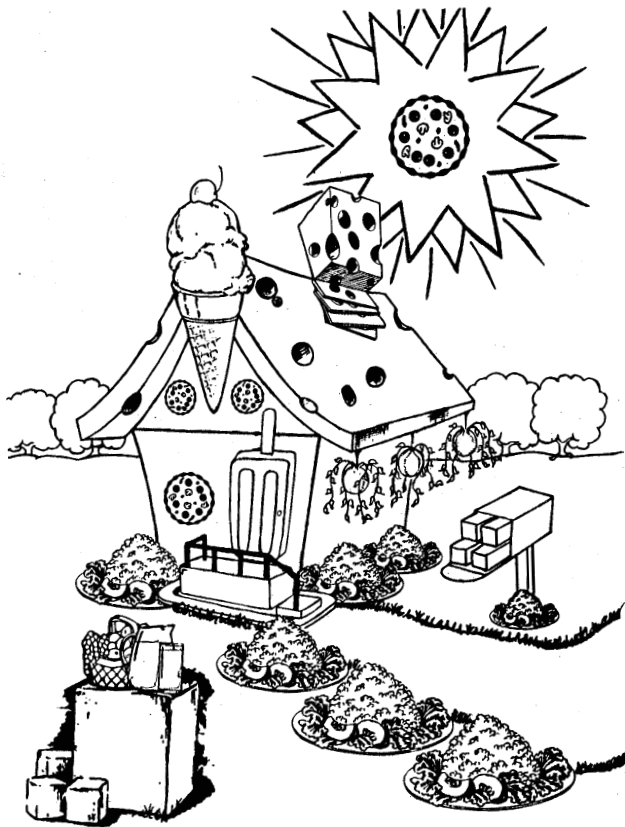
Some good examples of healthy snacks include: cheese, crackers, fruits, vegetables, puddings, cereal, yogurt, and milk.

Providing children with nutritious meals and snacks is a very important task for parents. Complete the activity on the back of this newsletter and talk with your children about healthy food choices.

Children are very precious. Let's keep them as healthy as possible by providing them with good food choices.

Source: Lopes, Gayle L., R.D., L.D. NCES 1994

## On this dairy farm, can you find?



3 Cartons of Milk

2 Glasses of Milk

1 Block of Swiss Cheese

3 Ice Cream Sundaes

1 Ice Cream Float

1 Ice Cream Cone

1 Ice Cream on a Stick

5 Sticks of Butter

6 Pizzas

7 Dishes of Cottage Cheese

Adapted from materials provided by the Mid East United Dairy Industry Assn.

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