

Healthy Food Plan for Kids!

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Overall Goals:

- 🕒 **Focus on eating LOTS of vegetables!** Always include vegetables with your lunch and dinner and try to eat vegetables as part of your after-school snack too.
Your favorites:

- 🕒 **Choose LEAN protein with each meal;** skinless chicken breast, turkey breast, fish and seafood, turkey burger, veggie burgers, egg whites, soy sausages, low-fat dairy, beans, tofu, chicken and turkey sausages, lean ham and lean cuts of red meat.

- 🕒 **Include 2-4 fresh fruits each day.** Avoid fruit juice and fruit flavored beverages.
Your favorites:

- 🕒 **Incorporate 3-4 servings of calcium-rich food each day;** good sources include skim or 1% low-fat milk, low-fat cheese and nonfat/low-fat yogurts, fat free puddings, calcium fortified grains (cereal, frozen waffles and bars), tofu, beans and broccoli.

- 🕒 **Include MODERATE amounts of Grain and Starchy Carbs;** 1-2 servings with each meal, and aim for whole grains such as whole wheat bread, oatmeal, high fiber cereals, whole wheat couscous, brown rice, whole wheat pasta... and other high quality starchy carb sources like a baked sweet potato and baked white potato.

- 🕒 **Drink LOTS of water!** And try not to waste calories on liquid beverages, with the exception of skim milk, 1% low-fat milk, and low-fat soymilk.

- 🕒 **Eat slowly and ENJOY YOUR FOOD!**

Foods to LIMIT

- 🕒 **LIMIT sugar and white starch** (candy, soda, cookies, donuts, muffins, bagels, fruit juice, bread, rice, potatoes, chips, crackers, pretzels, white pasta, etc.)

- 🕒 **LIMIT fatty foods and spreads** (fried chicken and shrimp, french fries, creamy salad dressings, mayonnaise, butter, margarine, cream cheese, pizza, regular ice cream and chocolate)

BREAKFAST GUIDELINES

Choose one of each of the following for breakfast everyday (categories can overlap):

- ⌚ **One to two servings of a high-fiber grain** (1 serving = 1 cup cereal, 1/2 cup dry oatmeal, 1 slice whole wheat bread, 1/2 English Muffin, 1 whole grain frozen waffle)
- ⌚ **One serving of a calcium-rich food** (1 serving = 1 cup skim or low-fat milk, 1 cup non-fat or low-fat yogurt, 1 string cheese, 1-2 slices of low-fat cheese, 2 frozen calcium fortified waffles)
- ⌚ **One serving of fresh fruit, optional** (1 serving = 1 apple, 1/2 banana, 1 orange, 1 cup of strawberries, 3/4 cup blue or raspberries, 1 pear, 2 clementines, 1 large plum, 1 peach, 1/4 wedge melon, 1 cup watermelon, 1 kiwi, 2 tablespoons raisins – and try to avoid dried fruit.)
- ⌚ **One serving of protein** (Some examples: 1 egg + 2 egg whites, 1 cup non-fat yogurt, 2 strips turkey bacon, 2 soy sausages, 1 cup skim or low-fat milk, 2 level tablespoons peanut butter, 2 slices of low-fat cheese)

BREAKFAST EXAMPLES

1). Cereal with Milk and Fruit: 1 cup dry cereal with skim milk or 1% low-fat milk -- and any type of fruit (strawberries, banana, sliced peaches, blueberries).

*For cereal options: Select a variety that has at least 3 grams of fiber and 6 grams or less of sugar per serving: Try, Barbara's Puffins (cinnamon or the Lightly sweetened), Multi-Grain Cheerios, plain Cheerios, Complete Bran Flakes, Kashi Heart to Heart or Kashi Mighty Bites.

2). English Muffin with Cheese: Toasted English Muffin; (buy oat bran or whole wheat) with tomato slices and 2 slices of melted low-fat cheese -- plus a piece of fruit.

3). Toast with Peanut Butter: 1-2 slices whole wheat bread, toasted with 2 teaspoons of peanut butter and a glass of skim milk. Also, the option for one piece of fruit.

4). Frozen Waffles and Yogurt: 2 frozen waffles, toasted (*look for calcium-fortified – whole grain) with a container of non-fat, flavored yogurt topped with berries. Or, for the protein portion of this meal,you may want to skip the yogurt and instead spread peanut butter on your waffles – add a glass of skim milk.

5). Yogurt, Cereal and Fruit: 1/2 cup healthy cereal mixed with one cup non-fat, flavored yogurt– plus one serving of fruit (1 apple, 1 peach, 1 nectarine, 1 cup of strawberries, 3/4 cup blueberries, or 1 peach)

6). Eggs and Toast: Scrambled Eggs (1 whole egg plus 2-3 egg whites) – with the option for low-fat cheese – any veggies – plus 1-2 slices of whole wheat toast. Optional fruit.

7). Oatmeal with fruit: 1/2 cup dry oatmeal (or one instant packet – plain or any flavor 130 calories or less) – made with water or skim milk – plus fresh fruit.

8) Apple slices with peanut butter. Cut one apple into slices and top with 1-2 level tablespoons of peanut butter or almond butter. Include a glass of skim milk, or a part skim string cheese, or 6-ounce container non-fat flavored yogurt.

Your Additional Ideas:

AM Snack (only if you are hungry – choose ONE):

- ⌚ Unlimited vegetables (sliced cucumbers, baby carrots, red peppers, sugar snap peas, etc.)
 - ⌚ Fresh fruit (1 serving)
 - ⌚ 1 part skim, string cheese
 - ⌚ 1 nonfat, flavored yogurt
 - ⌚ Rice cake with a slice of low-fat cheese (or 1 teaspoon peanut butter)
 - ⌚ Small cup of natural, unsweetened applesauce
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LUNCH GUIDELINES:

Choose one of each of the following for lunch everyday:

- ⌚ Lean protein
- ⌚ Unlimited vegetables!
- ⌚ One to two servings of grain (opt for whole grains when possible)
- ⌚ One serving of fresh fruit, optional
- ⌚ Optional “Fun Food” for a lunchbox: anything 150 calories or less (baked chips, light pudding, granola bar, etc.)
- ⌚ Stick with water and try to drink 2 glasses with lunch

LUNCH EXAMPLES

1) Sandwiches: 3 ounces turkey breast, grilled chicken, lean roast beef, ham or low-fat cheese - on 2 slices of whole wheat bread or in a pita pocket -- with lettuce, tomato slices, ketchup, mustard, barbecue sauce or low-fat mayo -- with a bag of veggies (carrots, cucumbers, cherry tomatoes) – and optional fruit.

2) Salad with Protein – Large salad with unlimited raw vegetables – topped with 4 oz turkey breast or cut up chicken (or 1 hard boiled egg + 2 hard boiled egg whites) – with 2 teaspoons olive oil and lots of the vinegar (or 2 tablespoons of any desired dressing, BUT preferably low-fat) – with a small bag of baked chips or soy crisps.

3) Yogurt and Cereal – 6-8 ounce container of non-fat, flavored yogurt with bag of healthy cereal (one cup). Plus, a bag of vegetables (i.e., cherry tomatoes, sliced cucumbers, pepper sticks) and/or fresh fruit.

4). Soup and crackers – 2 cups of any vegetable based soup (chicken noodle, vegetable, minestrone, lentil, tomato rice, turkey chili, black bean, etc.). Plus, a handful of whole grain crackers (approximately 8) – and optional fruit.

5). Tuna Salad with crackers; Scoop low-fat tuna salad (use “light” canned tuna in water mixed with low-fat mayo) and 6-8 crackers for scooping. Plus a bag of vegetables and/or a fruit.

6). Peanut Butter and Apple slices: 2 level tablespoons of peanut butter or almond butter with a sliced apple – and celery sticks.

7) Hummus and Pita bread: 1/4 – 1/2 cup hummus with one whole-wheat pita bread cut into triangles – baby carrots and optional fruit.

8). Leftover Dinner: For example, Chicken Stir-fry with 1/2 - 1 cup rice – and a fruit.

9). English Muffin Pizza with vegetable soup – top a toasted whole grain English muffin or split pita pocket with tomato sauce and part skim mozzarella cheese. Serve with a bowl of vegetable soup or a salad with reduced fat dressing.

Your Additional Ideas:

Afternoon SNACK

ALWAYS eat unlimited vegetables and ONE piece of fruit (any type you like)!

***If you want something more, keep the additional snack to 150 calories or less.**

***Drink lots of water, or a sugar free beverage.**

Healthy Snacks (150 calories or less):

1. Fresh fruit + 1 part skim, string cheese
2. 1 frozen banana
3. 25 frozen grapes
4. 1 container non-fat, flavored yogurt
5. 1 cup healthy cereal with skim milk (or 1% low-fat milk)
6. 1/2 turkey sandwich on wheat bread (or in a pita)
7. Small bag of soy crisps
8. Small bag vegetable chips
9. 3 large rice cakes
10. 1 cup natural, unsweetened applesauce (2 small containers)
11. Lite fruit cocktail (2 small containers)

Your Additional Snacks Ideas:

DINNER GUIDELINES:

When organizing dinner, follow these guidelines:

- ⌚ **Vegetables:** ALWAYS start dinner with a vegetable -- then include *more* with the entrée! Anything goes (raw carrots, salad, sugar snap peas, string beans, pea pods, broccoli, celery, sliced cucumbers, corn on the cob, red peppers, vegetable soups, and more.). Keep them plain and simple, or use low-fat, low-calorie sauces and salad dressings.
- ⌚ **Protein:** Keep it lean and delicious! (skinless chicken breast, turkey breast, seafood, fish, tofu, pork tenderloin, turkey burger, veggie burgers, beans, lentils, lean steak, lean hamburger, vegetarian chili, egg white omelets, soy nuggets, and more).
- ⌚ **Starchy Carbohydrates and Grain:** Whenever possible, try to *avoid starch* with dinner to encourage eating more veggies and lean protein. When you do include starch with dinner, stick with the following portions: 1/2-1 cup cooked brown rice, wild rice, whole wheat pasta, whole grain couscous and barley; one small baked sweet potato or baked potato; one hamburger bun, or two hard/soft taco shells.
- ⌚ **Beverage:** Drink at least 2 glasses of water (or seltzer water).

VERY IMPORTANT: If you are still hungry after one dinner serving, pile your plate with a second helping of vegetables. If you're still hungry, enjoy another portion of lean protein. Try your best to avoid extra starch.

DINNER EXAMPLES

- 1). Salad to start with low-fat dressing -- piece of grilled chicken breast, lean steak or fish, -- with a large side of steamed broccoli (optional Parmesan cheese).
- 2) Turkey Burger topped with 1 slice low-fat cheese, tomato and ketchup (on an optional hamburger bun) – with bowl of vegetable soup or crunchy carrots, peppers and celery.
- 3) Bowl of Turkey Chili – with crunchy baby carrots or sugar snap peas (and a salad to start with low-calorie dressing)
- 4). Turkey Tacos (enjoy two tacos piled with chopped lettuce, tomatoes, reduced-fat shredded cheese and cooked lean ground turkey breast) – with salsa and “reduced fat” sour cream.

Your Additional Dinner Ideas:

Dessert/After Dinner Snack

Choose One ONLY if you're hungry (150 calories or less – check brand labels):

- ⌚ Piece of fruit
- ⌚ Scoop of low-fat ice cream
- ⌚ Low-fat ice cream pop or sandwich
- ⌚ Frozen fruit pop
- ⌚ Low-fat pudding, 1/2 cup
- ⌚ 2 small cookies
- ⌚ 100 calorie snack packs