



Healthy Choices for Kids

What are some good snacks for my child?

Children have small stomachs so they need to eat often.

Snacks should be planned. Here are some good snack ideas:

- soft fruits
- cooked vegetables
- peanut butter on crackers
- small sandwich
- WIC cereal and milk
- quesadilla (cheese melted in a tortilla)
- cheese
- yogurt
- bagel
- fruit juice popsicle



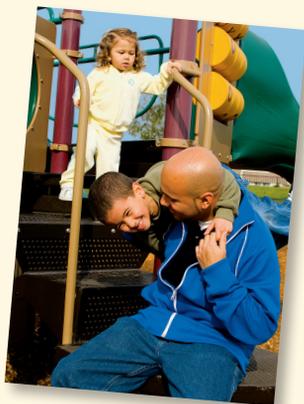
How can I help my child have a healthy weight?

Play with your child every day. Active play helps your child be healthy and grow well. Limit TV time to 1 or 2 hours per day.

Here are a few ideas:

- take a walk with your child
 - play ball
 - run and skip
 - pretend to be different animals
 - play in the park together
 - dance to music
 - jump and hop
 - have a “family play time”
- Do not use food as a reward. Give your child hugs and attention instead.

Only serve sweets **once in a while**. Limit cookies, cakes, candies, and sodas. Some good desserts are yogurt, custard, fruit, and fruit juice popsicles.



What about fast food and “junk food”?

Fast food

A fast food meal once in a while is fine. Here are some good choices:

- pizza with vegetable toppings
- broiled chicken sandwich
- plain hamburger with lettuce and tomato
- baked potato
- milk
- juice
- frozen yogurt

Limit sodas and sweet drinks.



Watch out for “junk food”

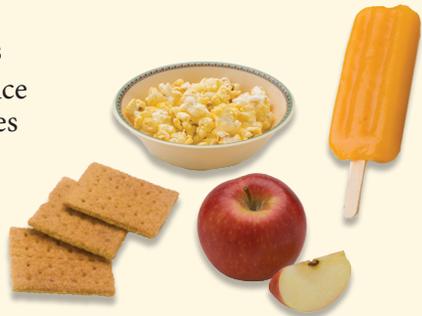
TV advertising can make your child ask for many foods, like sweet cereals, potato chips, cheese puffs, candy, sodas, snack cakes, and cookies. These foods are expensive and low in nutrition. They often are high in fat, sugar, or salt.

Eating too many of these foods can make your child overweight or spoil her appetite for meals. These foods can also cause tooth decay.

Be sure to read the labels and buy healthy snacks for your family.

Some good choices are:

- popcorn
- dry WIC cereals
- dried fruits
- yogurt
- nuts
- graham crackers
- pretzels
- fruit juice
- popsicles
- cheese
- fruits



Do not give popcorn, nuts or dried fruit to children under 4 years old.