

Nutrition Guide For Kids

Main Food Groups

- **Fruits and Vegetables**
 - Should take up half of your child's plate at each meal
 - Contains necessary vitamins, minerals, and fiber
 - Let your child try new fruits and vegetables to get a wider variety of benefits
- **Grains**
 - At least half if not more of your child's daily intake of grains should be whole grains
 - Whole grains are different from refined grains since they have not been processed to take out important nutrients
 - Whole grains can help reduce constipation, heart disease, diabetes and help your child stay full longer
- **Protein**
 - Helps your child's body build, maintain, and repair muscle tissue
 - Also provides other important nutrients such as iron and vitamins
 - When buying proteins, try to buy low fat and low sodium products
- **Dairy**
 - Helps provide calcium, vitamin D, and protein
 - Calcium can be found in milk, yogurt, and calcium-fortified products

Healthy Eating Tips

- **Snack Ideas**
 - Smoothies: blend up your child's favorite fruits with low fat yogurt, you can even add in some vegetables for some added nutrition
 - Kabobs: use cookie cutters to cut out pieces of fruit and cheese, then place them on kabob sticks for a fun snack
- **Fun and Healthy School Lunch Ideas**
 - Add vegetables (broccoli or peppers) to pasta dishes to add extra nutritional value
 - Cut up fruit into small pieces to make it an easy snack for your kid to munch on
 - Swap out sandwich bread for whole grain tortillas or wraps to mix up your child's lunch

Other Helpful Resources

- Nutrition.gov
- Choosemyplate.gov/kids
- Mayoclinic.org/healthy-lifestyle/childrens-health