



## ***Healthy Eating Guide for Kids***

### **Foods to Encourage**

- ❑ Vegetables: salads, all green vegetables
- ❑ Fruits: berries, melons, seasonal fruits
- ❑ Nuts: all kinds in moderation; limit peanuts
- ❑ Meats: chicken, pork, beef (grass-fed if possible)
- ❑ Fish: wild salmon, other low mercury types
- ❑ Dairy: cheese, eggs, whole milk in moderation
- ❑ Drinks: water, unsweetened teas, vegetable juices
- ❑ Fats: olive oil, fish oil, flaxseed oil -- in moderation

### **Foods to Limit**

- ❑ Sugars: candy, cookies, syrups, popsicles, sugary condiments
- ❑ Starches: pastas, breads, cakes, cereals, baked goods, pretzels, crackers
- ❑ Fats: trans (hydrogenated) oils (crisco, margarine, french fries, etc.)
- ❑ Drinks: sodas, punch, lemonade, Hi-C, fruit juice
- ❑ Vegetables: rice, potatoes, corn
- ❑ Fruits: bananas
- ❑ Meats: highly preserved (lunch meats), over-grilled
- ❑ Dairy: ice cream, sweetened yogurt, chocolate milk

### **Important Points**

- ❑ Don't skip breakfast; avoid eating anything after 7 PM
- ❑ Consider a multivitamin (e.g. Centrum for Kids) daily during flu season
- ❑ Water: drink at least four cups daily
- ❑ Activity: limit television, video games, etc. to one hour per day
- ❑ Consider calcium supplement (e.g. Tums)
- ❑ Avoid discouragement: don't make too many changes at once
- ❑ Limit artificial sweeteners, especially aspartame
- ❑ Check weight once a week