



Nutrition Tips for a Healthy Family

Remember these important guidelines when you shop and plan meals for your family.

- ✓ Every day, serve foods from all 5 food groups: grains, vegetables, fruits, milk, and meat & beans.
- ✓ Serve 5 fruits or vegetables each day. Try dark green vegetables (like broccoli, spinach, collards) and orange fruits and vegetables (like carrots, sweet potatoes, cantaloupe, apricots).
- ✓ Use whole grains, like brown rice, whole wheat bread, whole wheat noodles, whole grain cereal, and oatmeal.
- ✓ Use lean meats, like chicken, turkey and fish. Bake, broil, or grill instead of frying. Beans, lentils, nuts, and seeds are also great choices of protein.
- ✓ Offer lowfat or skim milk, water or 100% juice at meals and snacks.

Breakfast is the most important meal of the day!

A healthy breakfast gives children the energy and nutrients they need to pay attention and learn at school.

Healthy Snacks to Send to School

Young kids' stomachs are only as big as their fists. Preschoolers usually eat smaller amounts at meals than older children, and they need to eat more often. Young kids need a meal or snack every 2-3 hours to have enough energy to learn & play!

An Apple a Day Keeps the Doctor Away!

- ✓ Fresh fruit – apples, oranges, bananas, applesauce, or fruit cup
- ✓ Dried fruit – raisins, apricots, mango, pineapple, or figs
- ✓ Fresh veggies – carrot sticks, celery sticks, or broccoli
- ✓ Yogurt or cottage cheese
- ✓ Pretzels or crackers with cheese or peanut butter

For more information about the Harris Obesity Prevention Effort (HOPE), please visit our website at www.hopenyu.org