

10 HEALTHY SNACK IDEAS FOR KIDS

1. **Fruit and Yogurt Smoothies:** Blend $\frac{1}{2}$ cup low fat yogurt, $\frac{1}{2}$ cup frozen or fresh fruit (ex: strawberries or blueberries), $\frac{1}{2}$ medium banana, & 2 ice cubes. Blend until smooth.

2. Popcorn sprinkled with 2 teaspoons parmesan cheese or a pinch of salt



3. **Turkey Lettuce Roll Ups:** Roll three slices of turkey with 1 tablespoon mustard or low fat mayo and 2 large romaine lettuce leaves. Hold together with toothpicks.

4. Baked Tortilla chips or Pita Chips with Salsa

5. **Trail Mix:** Combine an assortment of nuts/seeds, dried fruit, pretzels, or popcorn. Ex: Mix $\frac{1}{4}$ cup dried cranberries, 10 almonds, 1 teaspoon sunflower seeds, & 1 cup popcorn.



6. Fruit Slices (ex: apples, melon, strawberries, kiwi, or oranges)

7. **Ants on a Log:** Cut 1 medium celery stalk into 4 pieces. Add 2 tablespoons of peanut butter to the indented side of the celery. Stick 5 raisins into the peanut butter on each piece.

8. Low-fat string cheese

9. **English Muffin Pizza:** Toast an English muffin. Spread with $\frac{1}{4}$ cup tomato sauce and sprinkle with low-fat mozzarella or parmesan cheese. Bake at 350° until cheese melts.

10. Veggies like carrots, cauliflower, or celery with low-fat ranch dressing or hummus



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Breakfast Guide

- Eating a good breakfast sets the tone for the rest of the day.
- A good breakfast should include protein and fiber to keep you full longer.
- Let your kids know why breakfast is important and how it will make a difference in the way they perform at school.
- Get kids involved in the planning: prepare a shopping list, go shopping, set the table, make the breakfast and learn the nutrition facts of the foods used while preparing the meal.
- Avoid sugary cereal, syrups, sweet pastries and white bread. They will leave your child tired and hungry for most of the morning.
- Use the information in this guide to help you create quick, healthy breakfasts for your family.

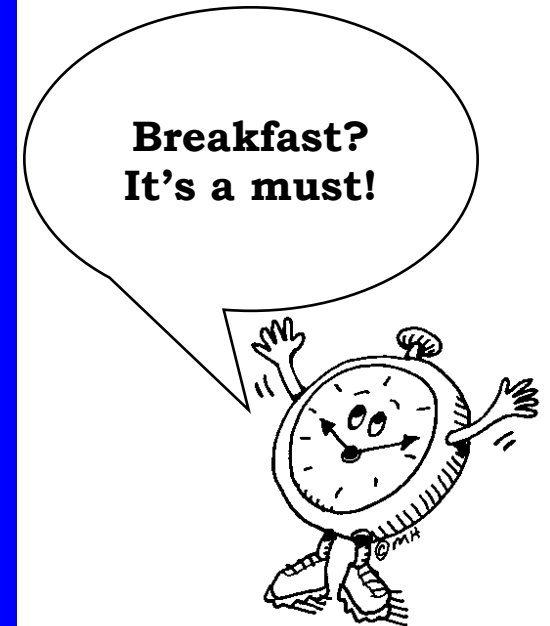


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GREAT BREAKFAST IDEAS

**Breakfast?
It's a must!**



1 Milk is protein and calcium rich & builds strong bones and teeth.

Add milk to: Hot or cold cereals, pancakes or waffles, or eat yogurt or cheese. Drink a glass of low-fat milk.



8 oz = 20% of your child's daily calcium needs

2 Raisins are a good source of fiber and iron.

Add raisins to: Hot or cold cereal, cookies, pancakes, or yogurt.

Eat it as a snack.

4 oz = 21% of your child's daily fiber and 1.2 % of daily iron recommendations

3 Oatmeal is a good source of whole grain.



Make oatmeal as a hot cereal or add it to your favorite baked products.

3/4 cup = 30% of your child's daily fiber recommendation

4 Yogurt.



Add yogurt to: Dry cereal for a crunchy taste. It can also be used as a healthy breakfast item.

6 oz = 1 serving

5 Fruits are a healthy part of our diet. Eat them any time of the day for extra vitamins, minerals, and fiber.



Add fruit to: Pancakes, oatmeal, yogurt, or cereal.

Use them to make fruit ices or smoothies, or serve them in small pieces.

1 serving = 1 small fruit or 1/2 cup

6 Fruit smoothies.

Mix yogurt, milk, blueberries, and a banana (or other fruits) in a blender until liquefied.



7 Peanut butter: smooth or crunchy.



Add peanut butter to toasted bread, bagels, or English muffins to create a quick and healthy breakfast.

1 serving = 2 tablespoons

8 Waffles and pancakes.



Add maple syrup and fruit.

Keeping the batter in the refrigerator makes it easy to pour on the griddle.

9 Cheese.



Cheese is a protein rich food and is perfect with fruit or crackers.

1 serving = 1 Ounce

10 Have a complete breakfast.

Include one serving from each group:

- a whole grain carbohydrate
- calcium containing food
- fruit
- a protein such as meat, eggs, cheese, or peanut butter

HELP YOUR KIDS GET ENOUGH WATER & FLUIDS



SOME FOODS ARE ALSO GOOD SOURCES WATER!

- Watermelon
- Grapes
- Oranges
- Melons
- Cabbage
- Cucumber
- Tomatoes
- Yogurt
- Popsicles



Dehydration occurs when the body doesn't have enough water to perform its daily tasks. Since water makes up more than half a person's body weight, it's critical to make sure you are drinking enough water.

Water has many important functions including cooling the body when you sweat, which is especially helpful during the summer when it's hot outside.

It is especially important to offer children water frequently because they may not remember to drink water, or may not pick up on thirst cues.

It's possible to be hydrated by sources other than water itself, as any fluid you drink will contain water. But, milk and water are the best choices.

HOW MUCH WATER SHOULD YOUR CHILD DRINK?

Children aged 1-3yrs:

4 cups

Children aged 4-8yrs:

6 cups

Children aged 9-13yrs:

8 cups

If your child is active or participates in sports, you should increase daily fluids.

TIPS TO GET KIDS TO DRINK MORE WATER ON HOT SUMMER DAYS

- Dilute their favorite juices with 50% water and gradually increase to 75% water.
- Mix their favorite juices with seltzer water...or try giving them plain seltzer water.
- Make jello with your kids favorite fruits.
- Give kids their own BPA- free plastic water bottle. Fill it with water and freeze so that it stays cold.
- Add lime, lemon, orange, or cucumber slices to the water pitcher for a flavorful thirst quencher.



SYMPTOMS OF DEHYDRATION IN CHILDREN

- No tears when they cry
- Sunken eyes
- Decreased urination
- Lethargy (less energetic than usual)
- Irritability (more crying than usual)

