



**Nutrition**

## **Family Nutrition**

Eating a variety of healthy food options will help you maintain a healthy weight and provide your body with the nutrients it needs. Choosing foods in the grains, fruits, vegetables, protein and dairy food groups will provide your body with the minerals, vitamins, fiber and other nutrients your body needs every day.

**Grains** - Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products. An average adult should eat 6-8 servings per day.

**Fruits** - Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed. An average adult should eat 2-3 servings per day.

**Vegetables** - Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked, fresh, frozen, canned, or dried/dehydrated and may be whole, cut-up, or mashed. An average adult should eat 2-3 servings per day.

**Protein** - All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Food Group. Beans and peas are also part of the Vegetable Group. An average adult should eat 3-4 servings per day.

**Dairy** - All fluid milk products and many foods made from milk are considered part of this food group. Most Dairy Group choices should be fat-free or low-fat. Foods made from milk that retain their calcium content are part of the group. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not. Calcium-fortified soymilk (soy beverage) is also part of the Dairy Group. An average adult should eat 3 servings per day.

<https://www.choosemyplate.gov>

## **15 ways to get kids involved in the kitchen!**

1. Planning- Invite your child to help plan a meal or pick a recipe, make a list of ingredients and find them in the kitchen or the store. This way, kids learn to organize, think ahead, and follow through. This also gives them a huge sense of control and accomplishment!
2. Wash hands together before cooking.
3. Create a safe place where kids can really get involved. Lower height of objects, or set up a stool for them to be able to reach better.
4. Set up clear rules about using the stove. Let them know that only adults are allowed to put things in or out of the oven but they can watch. Always keep pan and utensil handles turned towards the back of the stove.
5. Give preschoolers their own safe utensils. Wooden or plastic ones are great for this. Or, supervise closely with real equipment.
6. Ask your child to read and give you directions, if possible, or tell you the numbers in a measurement.
7. Children can practice measuring and counting ingredients. They can count everything! The number of stirs, number of ingredients, scoops, dishes in the sink, etc.
8. Let siblings or groups of kids take turns doing the same step in their own unique way.
9. It is easier for everyone to enjoy the cooking if you're not "starving". Give kids a small snack or something to eat before the process begins.

10. Introduce new foods and recipes and title them with your child's name. This is "Timmy's Super Duper Salad" or "Janes Amazing Apples".
11. Make ordinary foods special by cutting them into shapes with cookie cutters. Good for sandwiches!
12. Try to keep a variety of healthy options for kids to eat on hand so they are not bored quickly.
13. Children learn most by watching you. Children are likely to copy your table manners, your likes and dislikes, and your willingness to try new foods. If you are excited, they will get excited!
14. Let kids serve themselves. This, again, puts them in control and gives the opportunity to learn about portions.
15. Make sure kids help with set up and clean up as part of the routine to learn these skills.

### **Quick Healthy Snack Ideas!**

#### **Apple LadyBugs**

Ingredients: Apples, Pretzel Sticks, Peanut Butter, Raisins

Slice apples in half from top to bottom and scoop out the cores using a knife or melon baller. If you have an apple corer, core them first, then slice. Place each apple half flat side down on a small plate.

Dab peanut butter on to the back of the 'lady bug', then stick raisins onto the dabs for spots. Use this method to make eyes too. Stick one end of each pretzel stick into a raisin, then press the other end into the apples to make antennae.

#### **Ants on a Log**

Ingredients: Celery, Raisins, Peanut Butter

Cut the celery stalks in half. Spread with peanut butter. Sprinkle with raisins.

#### **Apple Cookies**

Ingredients: Sliced Apples, Peanut Butter, Chocolate chips

Spread peanut butter on top of the apple slice. Next, sprinkle with chocolate chips.

#### **Banana Popsicles**

Ingredients: Bananas, yogurt, granola, popsicle sticks

Peel the banana and place a popsicle stick in one end. Roll in yogurt and then granola. Freeze.

#### **Ham and Cheese Pretzel Bites**

Ingredients: Sliced Cheese, Sliced Ham, pretzels

Place a slice of ham, or other lunch meat, on top of a slice of cheese. Roll them up with the meat inside. Push a pretzel through the rolled up meat and cheese.

#### **Fruit Smoothies**

Ingredients: Fresh or frozen fruit, milk or non-dairy milk

Blend ingredients and serve!

# Resources

Choosemyplate.org

Food Sense Program: [extension.usu.edu/foodsense](http://extension.usu.edu/foodsense)

Recipes and other information as well as a calendar of upcoming community classes

Local Food Banks

Assistance with obtaining food

Women, Infants and Children (WIC)

WIC checks for assistance with obtaining food, education, access to a nutritionist, they also serve pregnant moms

**Father/Male Engagement Activity:** Create a new recipe with your children. Involve all the children in helping prepare the food. Enjoy your creation together!