

The background of the slide is a vibrant lime green, decorated with several circular slices of kiwi fruit. Each slice shows the characteristic green flesh, black seeds, and white core. A large, white, irregularly shaped graphic element, resembling a torn piece of paper or a splash, is centered on the slide, framing the text.

Every Kid Healthy

Nutrition for Kids

Part II

Every Kid Healthy Part I Recap



- **Balanced diet**
 - Healthy carbohydrates
 - Healthy proteins
 - Healthy fats
 - Limiting processed foods
 - Providing an abundance of whole foods
- **Healthy portions**
 - Kids are great intuitive eaters.
 - Continue to offer a wide variety of different foods, textures, and flavors.

How to Encourage Healthier Eating

Include your kids when meal planning.

- Talk it out and brainstorm foods they enjoy.

Include your kids when you cook.

- Stirring, shredding cheese, mixing, etc.

Include your kids in the grocery shopping.

- If they are old enough, make it a game.





How to Encourage Healthier Eating

Set a good example.

- Kids learn from watching, encourage healthy meals, activity, proper hydration, good habits, prioritizing sleep, and valuing well-being.

Eat out less, prepare more meals at home.

- Restaurants serve highly palatable foods. Typically, restaurants or convenience foods have unhealthy fats and/or excess sugar these foods become addictive and will become the standard for the palate.

How to Encourage Healthier Eating

Prepare recipes the family enjoys.

- Build your own pizza night
- Smoothies
- Burger night, build your own
- Taco night, build your own
- Breakfast toasts
- Recipes covered in the April Cooking demonstration;
 - Double chocolate spinach muffins
 - Veggie packed meat sauce (Ragu) with pasta
 - Veggie quesadillas



Make the Healthy Option the Convenient Option

Healthy snacks (Aiming for lower sugar, less processed items)

- Greek whole fat yogurt + berries + granola
- Smoothies (Refer to smoothie table, upcoming slide)
- Meat sticks
- Whole fruits; cuties, banana, apples
- Veggies (cucumber, carrots, peppers), pretzels, hummus
- Cheese and olives
- Boiled eggs
- Celery + peanut butter + raisins
- Trail mix
- Cottage cheese + berries + drizzle honey
- Guacamole and peppers/crackers
- Energy bites (January Cooking Demonstration)
- Cherry tomatoes with fresh mozzarella
- Egg cups (March Cooking Demonstration)
- Veggie, hummus, turkey roll-ups
- Egg salad, tuna salad roll-up or with crackers





Build Your Own Smoothie

Vegetables: 1/2-1 cup Fresh/Frozen	Fruit: ~1/2-1 cup Fresh/Frozen	Liquid: As needed ~1-2 cups	Protein: 1-2 scoops	Healthy Fats: 1-2 tablespoons	Extras: As desired
Spinach	Pineapple	Almond milk	Protein powder	Almond butter	Cinnamon
Riced cauliflower	Cherries	Water	Collagen powder	Peanut butter	Cocoa powder
Kale	Apples	Coconut water	Powder PB	Coconut oil	Creatine
Beet greens	Banana	Milk	Plant protein	Flax seeds	Rolled oats
Sweet potato	Any berries	Cashew milk		Pumpkin seeds	Goji berries
Arugula	Peaches	Bone broth		Avocado	Salt
Beets	Mango	Coffee		Walnuts	



Make the Healthy Option the Convenient Option



Make the healthy snacks easy to reach for the kids.

- A drawer in the fridge, a basket in the pantry, water bottles in the bottom of the fridge etc..
- Snack Ideas:
 - **Fruits:** Washed grapes, apple slices with lemon, bananas, mandarin oranges.
 - **Veggies:** Baby carrots, snap peas, cucumber slices with hummus in small containers.
 - **Proteins:** Boiled eggs, cheese sticks, Greek yogurt tubes, nut butter packets.
 - **Whole Grains:** Whole grain crackers, homemade muffins, air-popped popcorn.

Healthy Meals Fast

- **Batch cook** and freeze healthy meals: burritos, pasta with veggie sauce, mini meatballs.
- **Use shortcuts** like pre-chopped veggies, rotisserie chicken, or frozen fruit and veg.
- **Assemble stations:** Let kids DIY from healthy ingredients (like taco bowls or sandwich bars).

Including Balanced Macronutrients at Meals



Balancing macronutrients in meals will better regulate blood sugar levels, support growth, energy, and satiety.

Turkey & Cheese Wrap

- **Protein:** Sliced turkey + cheese
- **Carbs:** Whole wheat tortilla + apple slices
- **Fats:** Avocado or hummus spread inside wrap

Mini Chicken Quesadillas with Veggies

- **Protein:** Grilled chicken
- **Carbs:** Small whole wheat tortillas + corn or bell peppers
- **Fats:** Shredded cheese + side of guacamole

Egg Muffins + Toast + Berries

- **Protein:** Egg muffins with cheese and chopped veggies
- **Carbs:** Whole grain toast + blueberries or strawberries
- **Fats:** Olive oil in muffin prep or sliced avocado on toast

Including Balanced Macronutrients at Meals

Oatmeal with Nut Butter + Banana

- **Protein:** Milk and nut butter
- **Carbs:** Oats + banana
- **Fats:** Nut butter (peanut, almond, or sunflower seed)

Salmon & Roasted Sweet Potatoes

- **Protein:** Baked salmon (or use canned if needed)
- **Carbs:** sweet potatoes
- **Fats:** Omega-3s from salmon + olive oil used in cooking

Balanced Smoothie

- **Protein:** Greek yogurt or protein powder
- **Carbs:** Banana + berries
- **Fats:** Chia seeds or peanut butter



Eating Healthy on a Budget

- **Meal plan and shop with a list**
 - Make a weekly meal plan with budget-friendly ingredients.
 - Stick to your shopping list to avoid impulse buys.
- **Buy in bulk**
 - Purchase staples like oats, rice, beans, and frozen vegetables in bulk.
 - Look for sales and stock up on non-perishables when possible.
- **Cook at home**
 - Homemade meals are generally cheaper and healthier than processed or restaurant foods.
- **Use whole foods**
 - Whole fruits, vegetables, grains, and proteins are often less expensive and more nutritious than processed foods.
 - Frozen or canned (low-sodium or no-sugar-added) veggies and fruits are great alternatives when fresh isn't affordable.



Eating Healthy on a Budget

- **Limit packaged snacks and foods**
 - Skip individually wrapped snacks. Make homemade versions like trail mix, popcorn, or yogurt with fruit.
- **Prep ahead**
 - Wash and cut fruits/veggies ahead of time so they're easy to grab for snacks.
 - Prep meals in batches and freeze portions to reduce food waste.
- **Cross utilize ingredients when cooking**
 - Doing so will cut down on food waste and save time in the kitchen.



Example Meal Plan

Day 1:

Breakfast: Oatmeal with banana slices, walnuts, and a sprinkle of cinnamon

Lunch: Veggie and chicken quesadilla side of sliced avocado

Snack: Apple slices with peanut butter

Dinner: Baked chicken drumsticks, roasted potatoes, and steamed broccoli

Day 2:

Breakfast: Scrambled eggs with toast and orange slices

Lunch: Hummus with whole wheat pita, cucumber slices, and cherry tomatoes

Snack: Yogurt with frozen berries

Dinner: Spaghetti + spiral zucchini with marinara sauce and ground beef, side salad with olive oil & vinegar

Day 3:

Breakfast: Yogurt parfait with granola, fruit, and honey

Lunch: Chicken salad wraps (use leftover chicken), with spinach and shredded carrots

Snack: Popcorn or homemade trail mix

Dinner: Veggie stir-fry (use frozen stir-fry mix or chopped fresh) with rice and soy sauce

