



Essential Nutrients for Kids



Children require specific nutrients (vitamins and minerals) in order to grow healthy and develop a strong immune system. They can get most of the nutrients through a balanced healthy diet made of fresh foods from each of the food groups. Recent studies have shown that most children are low in these essential nutrients:

- Vitamins: A, C, D and E
- Minerals: calcium, iron, magnesium, phosphorus, and potassium
- Fiber
- Water



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Tips For Increasing Your Child's Fiber During Meals And Snacks

Breakfast tips

- Choose 100% whole grain cereals for breakfast.
- Select cereals with at least 3 grams of fiber or more per serving.
- Have cut up fruit in the cereal or as a side dish.
- Eat whole fruits instead of drinking fruit juices. Whole fruit has more fiber, vitamins, and minerals. Plus an apple or a handful of berries will keep your child feeling full longer than a glass of fruit juice.

Lunch tips

- Use 100% whole grain bread, rolls, pita or bagels for sandwiches.
- Add fresh fruit and/or vegetables with low fat dipping sauces.
- Add a small bag of nuts or seeds in their lunch. (Be sure your child is old enough to eat these without choking.)

Dinner tips

- Replace white rice, white bread and white pastas with brown rice and whole grain products.
- If your kids resist the whole grain version at first, try mixing in half whole grain and half processed food.
- Cut back on refined foods.
- Include a fruit or vegetable salad with the skin on.
- Add seeds and nuts to liven up the salads.
- Replace meat once a week with legumes, a great source of fiber and protein.
- Replace a side dish with peas or beans.
- Have your child make their own trail mix using raisins, peanuts, and oat bran cereal.

Snack tips

- Give half a sandwich made of 100% whole grains.
- Have fresh fruit or vegetables washed and cut on table.
- Make a fruit smoothie.
- Serve up a cup of beans with 100% whole wheat crackers.
- Give them a handful of nuts or seeds.
- Give them a bag of dried fruits such as apricots, figs or raisins.
- Offer a bowl of low fat popcorn.
- Make a baggie of 100% whole grain pretzels or crackers.



Is there a health topic you want to know more about? For more information about fitness, education and nutrition, or other health programs, contact Grace Keith, Health Educator, 850.926.0400 x. 215 or Grace_Keith@doh.state.fl.us

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Nourish Interactive



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1
It's April Fools Day. You can play a fun trick on your kids; serve dessert for dinner.

2
Have your child hum the entire alphabet song while brushing to get clean teeth.

3
Try bowling, the batting cage or miniature golf for some family fun.

4
Avoid bacteria by buying foods that need to be refrigerated last

5
Celebrate your family's success. Even little ones add up

6
Avoid foods that are breaded and deep-fried. They are high in fat and calories.

7
Plan a meal around veggies, whole grains and beans instead of meat for one day.

8
If your 4 year old gets 4 tablespoons of protein, he has met his daily protein needs.

9
All movement counts. Teach the kids to take the stairs instead of an elevator today.

10
Take the kids to your local high school this weekend and run relay races around the track.

11
Pick a new fruit to try this week.

12
Doctors recommend a full 7 or 8 hours a night. Kids need more sleep.

13
Teach your kids to set up the remote and get up to change the channel.

14
Trying new foods will help your child become a good eater.

15
You are your child's best advertisement. Have fun with nutrition!

16
Try to include something from all the food groups.

17
Celebrate YMCA Healthy Kids Day! Be Active.

18
Make a shopping list of all the foods you need and have your kids help.

19
Set out a bowl of veggies with a low fat dip for healthy kid snacking.

20
Walk in the park, plant a tree, start your own garden.

21
Keep the total calories down by choosing baked chips instead of regular potato chips

22
It's Earth Day! Teach the kid to recycle!

23
If your child can't drink non-fat or 1% milk, try soy milk with calcium.

24
Play a simple game with the kids. Remember tag. Its fun and very active!

25
Introduce kids to games that teach them about being healthy.

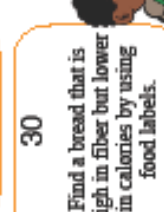
26
Build stronger muscles, bones and tendons with activities like jumping.

27
Teach your kids to love walking!

28
High fiber foods include beans, whole grain breads and fresh fruits and vegetables.

29
Kids are more likely to eat fruit that is already cut up.

30
Find a bread that is high in fiber but lower in calories by using food labels.



Visit www.ChefSulus.com for Free online nutrition games, healthy interactive tools, fun activities, and tips!
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