

# TEN TIPS



1. You may not realize, but what you eat around your children affects what they want to eat. You are a critical role model and have the power to affect life long habits in your child. **Be aware of what you are eating when you are around them.** <sup>3,4,7</sup>

2. Nutrient dense food is KEY. Shop with your food checklist, prepare food using your food poster & allow these nutrient dense foods to be available to your child. <sup>4,5,6,7</sup>

3. Keep fresh fruit out on the counter. <sup>3</sup>

4. Don't ban sweets, but keep them in cabinets and only eat them as special treats. <sup>3,8</sup>

5. Avoid keeping sugary drinks, like soda, at home – try flavored water or seltzer. <sup>7,8</sup>

6. Even if your child does not like fruits or veggies now, offer them with every meal. Children tend to eat more fruits and veggies when they are exposed to them more often. Both can be fresh, frozen, or canned. <sup>3,4,8</sup>

7. Limit packaged and overly processed foods. When possible, make your child a litter free lunch (No packages to throw away after eating)! <sup>8</sup>

8. Make mealtime a priority and try to eat meals together whenever possible. <sup>2,3,7,8</sup>

9. Do not force your child to finish their meal – left overs can make good meals or snacks for tomorrow. <sup>6,8</sup>

10. Get your kids involved. Take them on the trip to the grocery store or farmer's market, and allow them to make choices. <sup>3,6,7,8</sup>





# Protein

Helps to build your child’s **muscles & tissues**.  
It also helps build up your child’s **immune system**!

Fish (Tuna, Salmon, Halibut, Snapper, Tilapia)	Nuts (Almonds, Peanuts, Walnuts, Pecans, Pistachios)	Quinoa Lentils Greek Yogurt Cottage Cheese Edamame	Kale Spinach
Chicken Turkey Eggs	PeanutButter Almond Butter Oatmeal	Broccoli BrusselSprouts Peas	



# Iron

Helps make **Red Blood Cells**, which carry Oxygen and help your child **grow**!

Green Leafy Vegetables (Spinach, Kale, Silver Beat, Chard)	Tofu Eggs RedMeat (Beef, veal)	Chicken Tuna Soybeans Beans	Dark Chocolate Prunes Iron Fortified Cereal
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# Healthy Fats

Helps your child’s **brain** grow, promotes healthy **metabolism** and vitamin absorption!

Salmon Tuna Eggs Avocado	Tofu Almonds Walnuts Peanuts	Peanut Butter Olive Oil Coconut Oil Flaxseed	Sunflower Seed Chia Seed
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# Calcium

Helps strengthen your child’s **bones** and increase **nutrient storage**!

Broccoli Kale Bok Choy Cabbage	Collard Greens Spinach Seaweed Green Beans	Peas White Beans Figs Oranges	Almonds Sesame Seeds
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# Vitamin D

Also helps to build strong **bones**!

Salmon Tuna	Tofu Eggs	Almond Milk Orange Juice
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# Vitamin C

Helps your child’s **brain** grow and keeps your child’s **immune system** strong!  
It also promotes healing from scrapes and bruises!

Kale Broccoli Cauliflower	Brussel Sprouts Bell Peppers	Papaya Pineapple Strawberries	Mango Oranges Kiwi
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# Let's eat together







Eat  
fruits  
& veggies  
with  
every  
meal.

