



# Healthy Eating For Busy Families



## No Time to Cook "Healthy"? Then serve up these KidSmart tips!

- Keep your pantry stocked with healthy, fast ingredients like whole wheat pasta, canned tomatoes, beans, brown rice and frozen vegetables.
- To avoid making multiple trips to the grocery store in one week, plan for several meals and add the ingredients to your "bulk" grocery-shopping list.
- Make double batches of your favorite dishes on weekends and freeze. Also, try freezing single servings for quick, healthy lunches.
- Prep ahead of time. Chop extra vegetables for your salad and put them in the fridge so they are ready when you need them.
- Cook stews, soups and other meals in a crock pot. Just 10 extra minutes in the morning means you come home to a meal that is ready to eat!



## Keep Health IN When You Eat OUT

*Eating out does not mean you have to overeat or make poor choices. Look for these key words to keep health in when you eat out!*

### When you see the words...

Baked, barbecued, broiled, charbroiled, roasted, steamed, stir fried

Alfredo, au gratin or in a cheese sauce, battered, breaded, buttered, creamed, crispy, deep fried, en croute, fried, hollandaise, pan fried, pastry, prime, rich, sautéed, scalloped, with gravy, with mayonnaise, with thick sauce

Pickled, smoked, soy sauce

### It means the food is probably...

Cooked with little or no added fat

High in fat and calories

High in sodium

**SmartBite**  
When eating out, encourage your children to drink fat-free milk or water. If they are drinking juice or soda, be sure that the wait staff does not refill their glass!

# You CAN Cut Calories & Costs

***It is possible to eat healthy and stay within your budget.  
Here are some tips!***

- Buy produce that is in season, or shop at a local farmers' market.
- To avoid throwing away unused produce, plan several recipes that use the same vegetables. For example, the broccoli and tomatoes you bought tonight for a chicken dish may be used the next night for a salad or veggie pizza.
- Try store brand products rather than name brands.
- Try meatless meals such as baked beans, lentil soup, tofu and vegetarian chili.
- Canned and frozen fruits and vegetables are often a healthy, quick and inexpensive substitute for fresh produce. Be sure canned items are canned in water and rinse them off before you use them!
- Plan ahead. Shopping from a list can save money. Also, avoid shopping when you're hungry!



## Parenting **P**icky Eaters

***Here are a few tips to help with your picky eaters.***

- ***Do your best to respect your children's appetites.*** When children are hungry, they will eat. However, if your child has special nutrition needs or is losing weight, talk to your health care provider.
- ***Let your children browse through a cookbook, pick a meal to try and help prepare it.*** When children have a role in selection and preparation, they are more likely to eat!
- ***Offer healthy snacks every couple of hours.*** Let children choose between two or three different healthy options.
- ***Kids love dips!*** Try a reduced fat salad dressing for fresh vegetables or vanilla yogurt for fruit.
- ***Be patient!*** On average, children have to be introduced to a new food 10 times before they will accept it.
- ***Be creative!*** If your child loves pizza, add vegetables to it. Hide them under the cheese or make faces on the pizza.



***For more information call 718-3288 and visit our Web site KidSmartKid.org.***