

# NUTRITION quick tips

## Healthy and Fun

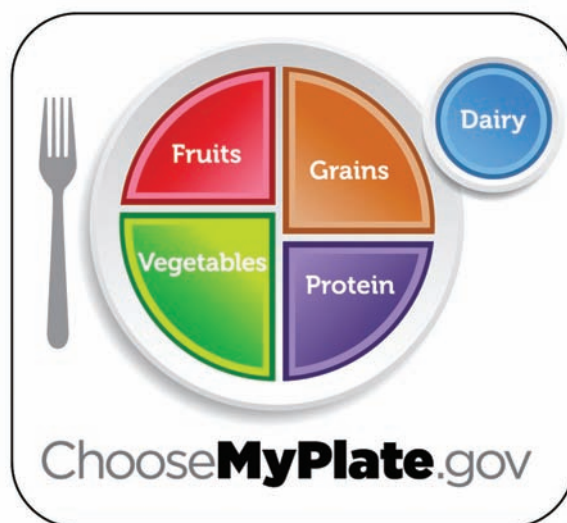
### Did You Know?

Kids love healthy foods! Fruits, whole grains, dairy, protein – kids will even eat their vegetables...*if* you know how to make it fun!

Finding ways to combine Healthy AND Fun is one of the best ways to get kids to actually *enjoy* eating a healthier diet.

### Build a healthy plate!

- The colorful **MyPlate** is a reminder to choose enough healthy foods at each meal. Remember to make your children's plates healthy AND fun!



*Since everyone's health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about the diet and exercise plan that's right for you.*

healthy **LIFE**  
for

Our dietitians receive hundreds of questions each year about a wide range of nutrition topics. Their timely and trustworthy insights and ideas can help you and your family lead healthier lives.



# healthy chef QUICK TIPS

## Healthy and Fun

Our chefs bring health and flavor together by combining wholesome ingredients, the right touch of herbs and spices and simple cooking techniques. Try some of their quick tips in your kitchen.

### Roll It!

Roll it up to make it fun! Try whole wheat tortilla roll-ups with cheese or peanut butter. Create fun 'kids sushi' by adding thinly sliced fruit or veggies and then cutting your roll-ups into sushi size pieces. Make a pizza roll with mozzarella and your child's favorite sauce. Or try peanut butter & banana roll-ups for breakfast on the run.

### Blend It!

It's amazing what you can do with fresh fruit and a blender! Kids love smoothies, so just pick their favorite fruit –peaches, bananas, strawberries, blueberries, pineapple or even watermelon. Blend with ice, low fat milk, yogurt or natural fruit juice. Try different combinations until you find the perfect recipe for you.

### Shape It!

Kids love fun shapes! Try using cookie cutters to turn whole wheat bread into a fun shaped sandwich surprise. Hearts, animals, flowers or stars can all add fun to lunch. Transform slices of apple, watermelon, pineapple or pear into fun shapes too! Involve the kids and find other creative ways to bring fun shapes to life.

### Dip It!

With so many healthy dip ideas you're sure to find some your kids love. Yogurt, pureed fruit or apple butter, salsa, hummus, guacamole, or plain old apple sauce or peanut butter all make great dips. Go for a dip to make sliced fruit, veggies, whole wheat crackers, tortillas or pita healthy AND fun.

### Build It!

Help your kids construct their own healthy creations. Turn fruits & veggies into race cars or flying fish (use peanut butter or honey for 'glue'). Build a mini fruit topped pizza with yogurt on graham cracker crust. Create edible critters on whole grain crackers or bagels (with fruit and veggie toppings for eyes, mouth, nose and crazy hair).

### Layer It!

The parfait has never been this healthy, or fun! Use tall glasses or clear cups and layer spoonfuls of yogurts, fruit and granola (use lower sugar yogurt and add layers of mashed banana or blended fruit for sweetness). Add crunch with layers of slivered almonds or peanuts. Layer it on to turn snack time into fun time with the whole family.