

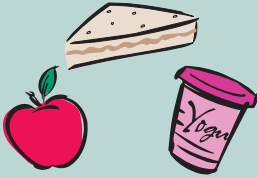
# Healthy Choices for Kids



Do not use food as a reward. Give your child hugs and attention instead. Only serve sweets once in a while. Limit cookies, cakes, candies, and sodas. Some good desserts are yogurt, custard, fruit, and fruit juice popsicles.

## What are some good snacks for my child?

Children have small stomachs so they need to eat often. Snacks should be planned.



## Here are some good snack ideas:

- ▲ soft fruits
- ▲ cooked vegetables
- ▲ peanut butter on crackers
- ▲ small sandwich
- ▲ cheese
- ▲ bagel
- ▲ yogurt
- ▲ fruit juice popsicle
- ▲ WIC cereal and milk
- ▲ quesadilla (cheese melted in a tortilla)

## How can I help my child have a healthy weight?

Play with your child every day. Active play helps your child be healthy and grow well. Limit TV time to 1 or 2 hours per day.

## Here are a few ideas:

- ▲ take a walk with your child
- ▲ play in the park together
- ▲ play ball
- ▲ dance to music
- ▲ run and skip
- ▲ jump and hop
- ▲ pretend to be different animals
- ▲ have a “family play time”



### What about fast food?

A fast food meal once in a while is fine. Limit sodas and sweet drinks.



### Here are some good choices:

- ▲ pizza with vegetable toppings
- ▲ broiled chicken sandwich
- ▲ plain hamburger with lettuce and tomato
- ▲ baked potato
- ▲ milk
- ▲ juice
- ▲ frozen yogurt

### What about junk food?

Junk food can cause obesity and tooth decay. Be sure to read labels and buy healthy snacks for your family.



### Some good choices are:

- ▲ popcorn
- ▲ pretzels
- ▲ graham crackers
- ▲ dry WIC cereals
- ▲ dried fruits
- ▲ fruit juice popsicles
- ▲ yogurt
- ▲ cheese
- ▲ nuts
- ▲ fruits

TV advertising can make your child ask for many foods, like sweet cereals, potato chips, cheese puffs, candy, sodas, snack cakes, and cookies. These foods are expensive and low in nutrition. They often are high in fat, sugar, or salt. Eating too many of these foods can spoil your child's appetite for meals.

**Warning:** Children under age 4 can choke on foods like hot dogs, popcorn, nuts, raw carrots, grapes, jelly beans, gum, and hard candy. Avoid these foods. Cut hot dogs into very small pieces.



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