

# Building Healthy Meals Together



## Building Know-How



**Kids learn by watching you.** Teach your kids at a young age how to build healthy meals. It's a lesson they'll use for life!

The building blocks of a healthy meal are:

1. Vegetables and fruits, which are packed full of good nutrition that promotes good health. Let your children pick out the fruits and vegetables they want to eat.
2. Proteins to help you build and repair your body. They help you eat smart to play hard. Fuel up on less fatty cuts of meat, beans, or tofu.
3. 100% whole grains are great for digestion and protect your heart. They also help you to feel full since they are usually good sources of fiber. Look on the package for  
"100% whole grain;" **or**  
"100% whole wheat;" **or**  
"whole" listed before the first ingredient on the ingredient list.
4. Low-fat dairy products help your kids maintain strong bones and teeth. Serve low-fat milk at meals or snacks.

## Kitchen Ideas

- *Your kids love to help you. Give them small jobs to do, and praise their efforts. Their smiles will light up your kitchen!*
- *Relax during mealtimes. Remember to eat slowly and talk to one another. Ask your child what was the best part of their day.*
- *Use smaller plates. Smaller plates can help with portion control, and teach your kids at an early age about portions sizes.*



# Physical Fun

- **Walk together after meals.** Taking a walk after dinner is a great way to expend energy while spending quality time together.
- **Too cold outside or raining?** Play indoor games with your kids like “Simon Says,” “Red Light Green Light,” or “Hide and Go Seek.”

# Recipes Rule

**Satisfy that sweet tooth in a healthy way.** Fruit always makes a great dessert. Try this yummy fruit dessert to put a smile on everyone’s mouth.

## Peach Crumble (Makes 12 servings, 3/4 cup per serving)

### Ingredients

- Nonstick cooking spray
- 4 (15-ounce) cans juice-packed peach slices, drained (packed in their own juice)
- 2 tablespoons cornstarch
- 1 teaspoon vanilla
- 1 ¼ teaspoons ground cinnamon
- 2/3 cup old-fashioned oats
- ¼ cup brown sugar
- 1/3 cup flour
- 2 ½ tablespoons butter

### Preparation

1. Preheat oven to 400°F.
2. Spray a 9-inch, deep-dish pie pan with nonstick cooking spray, and pour peaches in the pan.
3. In a small bowl, stir together cornstarch, vanilla, and 1 teaspoon cinnamon; pour the mixture over peaches.
4. In a large bowl, mix the remaining cinnamon, oats, brown sugar, flour, and butter with a fork until crumbly; sprinkle over peaches.
5. Bake for 20 to 25 minutes or until juices are thickened and bubbly, and topping is lightly browned. Serve while hot.



| Nutrition Facts               |                      |
|-------------------------------|----------------------|
| Serving Size: 3/4 cup         |                      |
| Servings: 12                  |                      |
| <b>Amount Per Serving</b>     |                      |
| <b>Calories 130</b>           | Calories from Fat 27 |
| <b>Total Fat 3g</b>           | <b>%Daily Value*</b> |
| Saturated Fat 2g              | 4%                   |
| Cholesterol 6mg               | 8%                   |
| Sodium 32mg                   | 2%                   |
| Potassium 212mg               | 1%                   |
| <b>Total Carbohydrate 26g</b> | <b>6%</b>            |
| Dietary Fiber 2g              | 9%                   |
| <b>Protein 2g</b>             | <b>4%</b>            |
| Vitamin A 13%                 | Vitamin C 8%         |
| Iron 4%                       | Calcium 1%           |

\*Percent Daily Values are based on a 2,000 calorie diet.

## Remember to Start Early!

Even very young children can enjoy the goodness of whole grains. When starting finger foods (at about 9 to 12 months), offer whole-grain breads, dry cereals, well-cooked pasta, crackers, tortillas, or other whole-grain items that are easy to chew and swallow.

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