

# The Fittest Foods

*Nutritious foods give your family the most vitamins, minerals and other nutrients for the fewest calories.*

## **Naturally nutritious foods make your child's calories count:**

- Brightly colored fruits
- Vibrant-colored vegetables
- Lean meat, skinless poultry, fish, eggs, beans, and nuts  
TIP: Choose cuts of meat that end in "loin" or "round"
- Fat-free and low-fat milk, cheese, and yogurt
- Whole, fortified, and fiber-rich grain foods

## **Tips to Help Your Kids Eat Healthier:**

*Picky eaters? Remember, experts say that parents and caregivers, not children, should decide what foods to buy and serve. New foods may have to be offered many times before they are accepted. Here are some easy ways to get your child to accept unfamiliar nutritious foods:*

## **These nutritious foods are inexpensive and convenient:**

- ▶ Canned beans (rinse well)
- ▶ Frozen vegetables
- ▶ Fresh fruit in season
- ▶ Whole grains in bulk
- ▶ Store brand whole-grain breakfast cereals

- Combine whole grain/high-fiber cereals with your child's favorite cereal.
- Make your own pizza with prepared whole wheat dough, a few veggies, and part-skim mozzarella cheese.
- Children age 2 and older: slowly step down from whole milk to low-fat to fat-free milk.
- Clean and cut up fresh veggies in advance. Kids love dips, so serve them with salsa or hummus!
- On-the-go options: dried fruits, nuts, hard boiled eggs, low-fat cheese sticks, yogurt cups, and single-serve fruits canned in water or 100% juice.

