



Nutrition Tips for Parents



Healthy Eating for Busy Families



Helping kids grow
healthy and strong

HealthyEating.org/Parents



Help your child learn to eat well and be active.



Let your child choose what to eat.

What parents do:

Put meals and snacks on the table that include food from the food groups. Sit with your child and eat from the foods you offer everyone. They learn from watching you eat.

What children do:

Decide what to eat and how much from what you offer.



Healthy Habits

- Be active every day**
 - Adults for 30 minutes
 - Kids for 60 minutes
- Eat mostly from food groups**



Your child really does want to grow up to be like you. If you think your child is too picky to eat what you serve, learn more at [HealthyEating.org/Picky](https://www.healthyeating.org/picky)



Eating a variety of foods helps children grow strong and be ready to learn.



Dairy

Milk, Yogurt, Cheese



Yogurt



Cottage Cheese



Cheese



Chocolate Milk



Milk



String Cheese



Pudding



Smoothie

Vegetables



Broccoli



Bell Peppers



Avocado



Tomatoes



Spinach



Corn



Sweet Potatoes



Carrots



Asparagus

Fruits



Mango



Apple



Strawberries



Grapes

Orange Juice



Banana



Pear



Watermelon



Blueberries

Grains

Breads, Cereals, Pasta



Oatmeal



Bread



Cereal



Popcorn



Pasta

Rice



Tortillas



Crackers



Bagel

Protein

Meat, Beans, Nuts



Tuna



Nuts



Eggs



Chicken

Pork Chops



Tofu



Hamburger



Beans



Salmon

Your family will eat better when you eat together.

No recipes needed. Start by cutting fruits and vegetables and pouring a glass of milk. Add a sandwich or pasta.



Include the 5 food groups in meals and snacks.

Get quick, healthy meals to the table.

Make healthy eating fun.

Let your child help shop, prepare and serve. Your child is more likely to try foods when they choose and help prepare them.

Serve family-style meals. You set out all the ingredients, and each person puts together a plate.

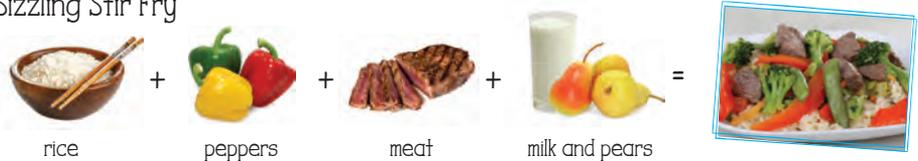
Rainbow Pizza



Black Bean Tacos



Sizzling Stir Fry



Looking for quick meal ideas?
Visit [HealthyEating.org/Quick](https://www.healthyeating.org/Quick)

Busy parents
can make
mealtimes
quick
and easy.

Planning meals
makes healthy
eating easier.



**Talk with your child at meals.
Turn off electronics when eating.**

1. Plan meals and snacks

Plan meals and snacks a day ahead or a week at a time. Serve food that is easy and quick to make.

2. Make a shopping list

Make a shopping list on paper, your phone or online. You'll make fewer trips to the store and waste less food. This saves money and time cooking at home.

3. Set meal and snack times

Have set times for meals and snacks. This gives children time to be hungry and more willing to eat a wider variety of foods.



Find a shopping list that works for you:
[HealthyEating.org/Shopping](https://www.healthyeating.org/shopping)

Breakfast provides big benefits.

-Children who eat breakfast learn better in school.

-Adults who eat breakfast manage their weight better.

You can make breakfast to eat at home or to take with you. You can also shop for foods that the family can grab on their way out the door.



Cereal

Dairy: Milk

Fruits: Banana

Grains: Cereal



Yogurt With Fruit

Dairy: Yogurt

Fruits: Berries

Grains: Granola



Egg Burrito

Dairy: Cheese

Vegetables: Red Pepper

Grains: Tortilla

Protein: Egg



Build a breakfast with 3 food groups:

HealthyEating.org/Breakfast



Quick, tasty snacks fuel your growing child.

Offer fewer empty-calorie foods. Cookies, candy, donuts, chips, french fries and bacon are often higher in empty calories from added fats or sugar.

Eat more nutritious foods. Children may be more open to trying new foods at snack times. Serve vegetables with a favorite food like cheese or a dip. Offer bite-sized portions to encourage trying a new food.

Choose fewer:



Choose more:



What are 1 to 2 snack trades you can make?

Three horizontal lines for writing answers.



Make quick, nutritious snacks.

Snacks are small meals. Plan snacks that include 2 to 3 food groups. For example, enjoy a smoothie by blending fruit, plain low-fat milk and ice.



Vegetables
With Dip
Dairy
Vegetables



Quesadilla
Dairy
Vegetables
Grains



Raisins,
Peanut Butter
and Celery
Vegetables
Fruits
Protein



Granola
Bar and
Vegetables
Vegetables
Grains



Dried Fruit
and Nuts
Fruits
Protein



Cottage
Cheese
and Peaches
Dairy
Fruits

How can you improve your family's snacks?

Let your child help pick 1 to 2 snack ideas.

1. _____

2. _____

This program aligns with the Dietary Guidelines for Americans. It is one of many nutrition education resources offered by Dairy Council of California for students and adults to improve eating habits. For more information and additional resources, visit HealthyEating.org.



Find fun after-school snack ideas: HealthyEating.org/Snacks