

TIPS FOR A HEALTHIER DIET

Healthier foods are generally more “nutrient-dense.” This means they provide tons of vitamins and minerals along with the calories they contain.

These foods are nutrient-dense and easy to include in your diet:

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

By choosing nutrient-dense foods like these, you can make sure your child's calories count

- Vibrant, deeply-colored fruits and vegetables
- Lean meat, skinless poultry, fish, eggs, beans, and nuts

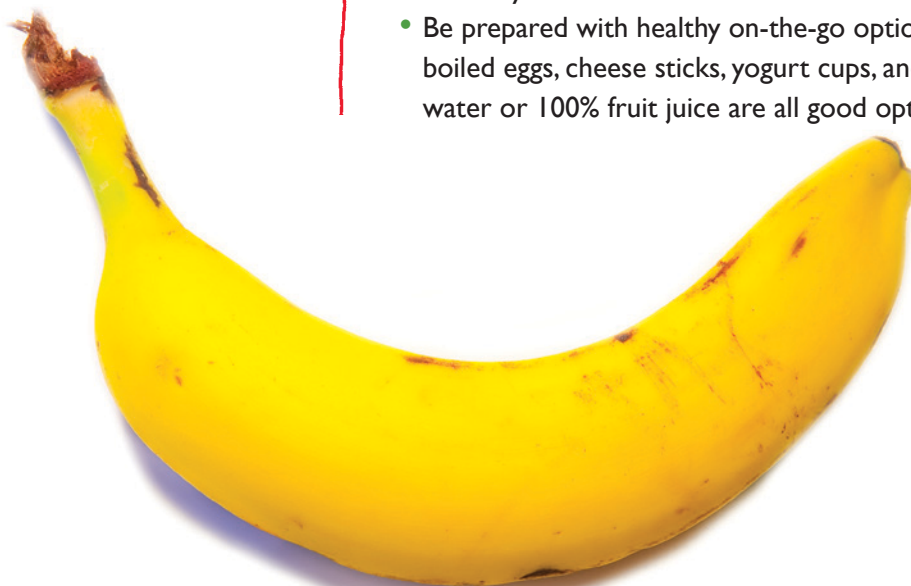
TIP: The leanest cuts of meat end in “loin” or “round”

- Fiber-rich whole grain foods
- Milk, cheese, and yogurt

Tips to help your family have a healthier diet

Are you looking to help everyone in your family eat healthier? Here are some ideas for how to successfully introduce new foods and improve the quality of your family's diet.

- Offer new foods over and over again. It can take many exposures to a food before a child is willing to try it.
- Offer less familiar foods alongside your child's favorite foods to increase the chances they'll try it.
- Mix more nutritious foods into less nutritious ones. For example, mix whole grain cereal into your child's favorite cereal, plain yogurt into sugar-sweetened yogurt, and whole grain flour into your pancake mix.
- Make your own versions of favorite foods (e.g. pizza with whole wheat dough and veggies on top, baked 'French fries' tossed in olive oil and salt).
- Let the kids help you cook! They are more likely to try something they helped make.
- Have fresh veggies available for kids to snack on while they wait for dinner to be ready.
- Be prepared with healthy on-the-go options: whole or dried fruit, nuts, hard boiled eggs, cheese sticks, yogurt cups, and single-serve fruit cups canned in water or 100% fruit juice are all good options.



Adapted from The Fittest Food by Nutrition Works, LLC © 2008