

It's All About Balance: Eat Smart, Move More, Rest Well

Back to School with Smart Foods for Successful Kids

Whole-grain foods

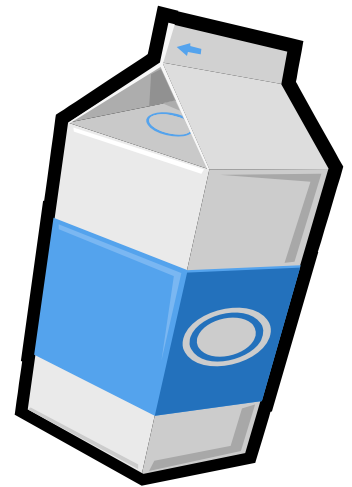
The 2005 *Dietary Guidelines for Americans* focused on the benefits of whole grains. Since then, we are seeing lots of new options. The key is to pick foods that list whole grains as the first or second ingredient on the label. There are whole-grain cereals for breakfast. Try the kid-friendly, white whole-wheat bread for sandwiches at lunch. Offer crunchy whole-grain crackers for snacks. And, serve whole-grain pastas or brown rice for dinner.

Fruits and vegetables

You can't go wrong with produce. All types of fruits and vegetables count—fresh, frozen, canned, dried and 100% juice. Eating more of them matters for kids and adults. At breakfast, try fresh or frozen berries on cereal, slices of melon or a glass of 100% juice. At lunch, go with baby carrots or sliced apples. For dinner, make brightly-colored veggies such as broccoli, corn, sliced peppers or frozen peas the center of every plate.

Low-fat dairy foods

The nutrients in this group are biggies for kids. Most young people in America are not getting enough calcium or potassium. Luckily, it's easy to get the 3-A-Day dairy servings that children and teens need. It's as easy as an 8-ounce glass of low-fat milk with breakfast, lunch and dinner. It's as easy as yogurt parfaits for breakfast or after-school snacks. It's as easy as string cheese for on-the-go energy anytime of day.



Lean meat, poultry, fish, eggs, beans and

When you talk about growing muscles or active brains, the nutrients in this group are at the top the list for children. Getting enough protein at meals and snacks helps keep you feeling full after eating. Most kids get plenty of protein foods at lunch and dinner. But, breakfasts and snacks can be a bit skimpy on protein. At breakfast, try eggs, sliced deli meats, bean burritos or leftovers. Great snack proteins include nuts, jerky and more leftovers.

Want information about getting children to eat more nutrient rich foods? Check out www.mypyramid.gov/ for ideas. You can listen to podcasts about simple steps for healthier eating. Explore inside *MyPyramid* to find out how to get more nutrition for your calories. Go to *MyPyramid for Kids* for games, coloring sheets and lots of helpful family tips.



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