Dear Parent or Guardian,

I would like to take this opportunity to talk about an important issue in your child’s life, their nutrition. Your child’s nutrition is an essential part of their overall health and good nutrition can play a role in the prevention of health conditions such as overweight/obesity, the development of weak bones, and the development of diabetes.

In order to maintain optimal nutrition, growing children should be encouraged to:

• Eat a variety of foods
• Choose a diet with plenty of whole grains, fruits, and vegetables
• Choose a diet low in fat, saturated fat, and cholesterol
• Choose a diet that is moderate in sugars and salt
• Choose a diet that provides enough calcium and iron to meet their growing body’s requirements
• Get at least 60 minutes of physical activity each day

It is important that your child is eating from each of the food groups at every meal and from at least two foods groups at each snack. Foods that should be limited (not eliminated) in a child’s diet are soft drinks, flavored fruit drinks, sugary cereals, chips, cookies, and candy. These items are high in sugar and/or fat and little or no nutritional value.

The best thing you can do to promote good nutrition for your child is to set a good example. Healthy eating habits and physical activity should be a regular part of your family’s life. This book contains recipes for wholesome meals and snacks for your child at school or at home. If children are introduced to these healthy habits at a young age, the hope is that these behaviors will stick with them for the rest of their lives. Feel free to make copies of this cookbook and have fun in the kitchen! Thank you for this opportunity to share with you.

Erin Petrey
UNF MSH Student and Dietetic Intern
USDA Food Guide Pyramid for Kids

MyPyramid Recommendations

<table>
<thead>
<tr>
<th></th>
<th>Ages 2 to 8 years old</th>
<th>Ages 9 years and older</th>
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</thead>
<tbody>
<tr>
<td>Grains</td>
<td>4 to 5 oz per day</td>
<td>6 oz per day</td>
</tr>
<tr>
<td>Vegetables</td>
<td>1 ½ to 2 cups per day</td>
<td>2 ½ cups per day</td>
</tr>
<tr>
<td>Fruits</td>
<td>1 to 1 ½ cups per day</td>
<td>2 cups per day</td>
</tr>
<tr>
<td>Milk</td>
<td>2 to 3 cups per day</td>
<td>3 cups per day</td>
</tr>
<tr>
<td>Meats &amp; Beans</td>
<td>3 to 5 oz per day</td>
<td>5 ½ oz per day</td>
</tr>
<tr>
<td>Oils</td>
<td>3 to 4 tsp per day</td>
<td>6 tsp per day</td>
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</tbody>
</table>

For more information, visit [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)
The Florida Department of Health recommends that children consume **5 fruits and vegetables each day**. They should be eating at least 3 vegetables and 2 fruits.

It is important that you encourage healthy eating behaviors in your children. This book contains many great ideas for lunches and snacks that incorporate a variety of fruits and vegetables. Feel free to use some of these ideas to help your child reach their goal of 5 fruits and veggies a day!
That’s a Wrap!

Wrap

1 whole wheat tortilla, 7” diameter
2 tbsp reduced fat cream cheese
1 oz low sodium turkey slice
1 slice swiss cheese
3 tomato slices
1 small apple

How does this meal measure up?

2 servings grains
½ serving vegetables
1 serving fruit
1 serving protein
1 serving dairy
1 serving fats

| Total Calories: 456 kcals |
| Total Carbohydrates: 55 g |
| Total Protein: 25 g |
| Total Fiber: 7 g |
| Total Fat: 17 g |
**Chunky Monkey**

Peanut Butter and Banana Sandwich

2 slices whole wheat bread

1 small banana

1 tbsp peanut butter

½ cup celery sticks

How does this meal measure up?

2 servings grains

1 serving vegetables

1 serving fruit

1 serving protein

<table>
<thead>
<tr>
<th>Total Calories: 392 kcals</th>
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<tbody>
<tr>
<td>Total Carbohydrates: 48 g</td>
</tr>
<tr>
<td>Total Protein: 15 g</td>
</tr>
<tr>
<td>Total Fiber: 7 g</td>
</tr>
<tr>
<td>Total Fat: 21 g</td>
</tr>
</tbody>
</table>
Egg-cellent!

1 hardboiled egg

Garden salad

  1 cup lettuce
  ¼ cup sliced strawberries
  ¼ cup mandarin oranges
  2 tbsp reduced fat dressing

1 oz mozzarella cheese stick
1 granola bar

How does this meal measure up?

  1 serving grains
  1 serving vegetables
  1 serving fruit
  1 serving protein
  1 serving dairy
  1 serving fats

Total Calories: 378 kcals
Total Carbohydrates: 33 g
Total Protein: 19 g
Total Fiber: 5 g
Total Fat: 18 g
Classic PB&J

Peanut butter and jelly sandwich

2 slices whole wheat bread

2 tbsp peanut butter

1 tbsp fruit jelly

½ cup baby carrots

How does this meal measure up?

2 servings grains

1 serving vegetables

1 serving protein

1 serving sweets

Total Calories: 406 kcals
Total Carbohydrates: 51 g
Total Protein: 15 g
Total Fiber: 6 g
Total Fat: 21 g
Terrific Tuna Sandwich

Tuna sandwich

- 2 slices whole wheat bread
- 2 oz canned tuna in water
- 1 oz American cheese
- 2 lettuce leaves
- 2 slices tomato
- 1 tbsp reduced fat mayonnaise
- ½ cup applesauce

How does this meal measure up?

- 2 servings grains
- ½ serving vegetables
- 1 serving fruit
- 2 servings protein
- 1 serving dairy
- 1 serving fats

Total Calories: 406 kcals
Total Carbohydrates: 51 g
Total Protein: 15 g
Total Fiber: 6 g
Total Fat: 21 g
Pocketful of Sunshine

Pita pocket

1 whole wheat pita pocket
1 oz turkey
1 cup of favorite veggies (carrots, cucumbers, bell peppers, sprouts)
1 oz shredded cheese
Mild salsa
1 small apple

How does this meal measure up?

2 servings grains
1 serving vegetables
1 serving fruit
1 serving protein
1 serving dairy

Total Calories: 355 kcals
Total Carbohydrates: 50 g
Total Protein: 22 g
Total Fat: 16 g
Build-A-Pizza

Pizza creation

1 English muffin
2 tbsp spaghetti sauce
2 oz low fat mozzarella cheese, shredded
1 cup of favorite veggies (tomatoes, bell peppers, broccoli)
1 small apple

How does this meal measure up?

2 servings grains
1 ½ servings vegetables
1 serving fruit
2 servings dairy

Total Calories: 397 kcals
Total Carbohydrates: 53 g
Total Protein: 23 g
Total Fat: 16 g
Ants on a Log

Celery
Cream cheese or peanut butter
Raisins

1. Wash off celery and cut into sticks
2. Spread cream cheese/peanut butter into middle of celery stick
3. Place raisins on top of cream cheese/peanut butter

Coconut Covered Banana Chunks

Bananas
Orange juice
Shredded coconut

1. Peel bananas and slice in half
2. Pour at least 4 oz orange juice into cup or bowl
3. Place at least 2 tbsp shredded coconut on plate
4. Dip banana chunks into orange juice so entire banana is covered
5. Take out banana and roll in shredded coconut until completely covered
Cat Eyes

2 whole grain crackers
2 tbsp peanut butter or honey
Banana
Raisins

1. Peel and slice banana
2. Spread peanut butter or honey on both crackers
3. Place banana slice on both crackers
4. Add raisin in the middle of each banana
5. Don’t forget to “MEOW” when eating this fun snack!

Banana in a Blanket

1 whole wheat 6” tortilla
1 tbsp peanut butter
1 medium banana, peeled and sliced
1 tsp maple syrup or honey
1 tbsp crunchy, nutty cereal or granola

1. Lay tortilla flat, spread peanut butter evenly
2. Sprinkle cereal or granola on top
3. Place banana pieces on top
4. Drizzle maple syrup or honey and enjoy!
Smiling Sandwich

1 slice whole grain bread
2 tbsp peanut butter or honey
Banana
Raisins

1. Peel bananas and cut into chunks
2. Spread peanut butter or honey on bread
3. Place two banana slices on top half of bread to make eyes
4. Place raisins in curved line to form a smile under the banana slices
5. Don’t forget to say hello to your smiling sandwich before snacking!

Crunchy Yogurt

1 cup of your favorite low-fat yogurt
½ cup granola
1 tbsp raisins
1 tbsp chopped walnuts, pecans, or sunflower seeds

1. Sprinkle granola, raisins, and nuts on top of yogurt
2. Mix together and enjoy!