




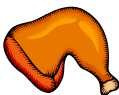


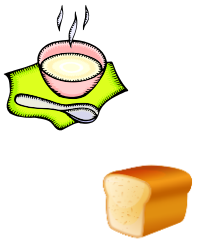





Healthy Food Choices for Kids

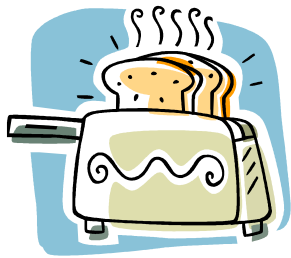
Shopping Guide

	Eat Almost Anytime Green Light Foods	Eat Sometimes Yellow Light Foods	Special Occasion Red Light Foods
	Nutrient-Dense ←————→		Calorie-Dense
Vegetables 	Raw, steamed, boiled, or grilled vegetables made with no added fat/sauces Artichoke Eggplant Asparagus Kale Beets Mushroom Broccoli Onion Carrots Radish Cabbage Spinach Cauliflower Tomato Celery Watercress Cucumber Zucchini	Avocado Oven-baked French fries or sweet potato fries Starchy veggies (e.g. corn, peas, winter squash, potatoes) Veggies cooked with butter, oil, or cream sauce	Deep-fried veggies (e.g. French fries, hash browns, tempura veggies, onion rings)
Fruits  	Fresh, frozen, or canned in juice/water: Apples Pear Banana Pineapple Blueberry Plum Grape Raspberry Kiwi Strawberry Orange Nectarine Peach Tangerine	Canned fruit in light syrup Dried fruit Fruit pouches Pureed fruit 100% fruit juice 	Canned fruit in heavy syrup Fruit in desserts (e.g. apple pie)
Meat/Protein   	Baked fish Canadian bacon Chili without meat Chicken or Turkey, no skin Cooked dry beans Edamame, soybeans Egg whites or egg substitute Extra lean ground beef <95% Extra lean pork Lentils Low-fat lunch-meat Split peas Black-eyed peas Tempeh Tofu Tuna, canned in water	Broiled hamburger Chicken or turkey, with skin Lean Pork, Ham Lean beef (loin, round, <90% ground beef) Low-fat hotdogs Meat substitute (< 3g fat per serving) Nuts Peanut butter Tuna, canned in oil Whole eggs , cooked with no added fats	Bacon Beef (prime cut, ribs, 80% ground beef) Chicken nuggets Fried chicken Fried fish Fried hamburger Hot dogs, lunch meat Pepperoni Ribs Sausage Whole eggs cooked with fat 

	Eat Almost Anytime Green Light Foods	Eat Sometimes Yellow Light Foods	Special Occasion Red Light Foods
	Nutrient-Dense ←		→ Calorie-Dense
Bread/Starch 	Brown rice Hot and cold unsweetened cereals Quinoa Whole-grain bread Whole-grain crackers Whole-grain pasta Whole-grain pita bread Whole-grain tortilla	White refined flour bread, rice, pasta Biscuits Cornbread Crepes French toast Granola Pancakes Waffles	Croissant Doughnut Crackers (made with trans fats) Muffin Sweet roll Sweetened cereal Taco shells Tortilla chips
Dairy/Milk Products 	Fat-free or low-fat cottage cheese Fat-free or 1% milk Fat-free or low-fat yogurt Part-skim, reduced-fat or fat-free cheese Unsweetened soy milk Unsweetened almond milk Unsweetened rice milk	2% low-fat milk Processed cheese spread Soy cheese Soy yogurt products Sweetened soy milk Sweetened almond milk Sweetened rice milk Sweetened coconut milk beverage	Flavored milk Full-fat cheese including American, Colby, Swiss and Cream cheese) Ice cream Whole milk Whole milk yogurt
Fats/Condiments 	Fat-free creamy salad dressing Fat-free mayonnaise Fat-free sour cream Hummus Ketchup Mustard Salsa Vinegar	Avocado or Guacamole Canola Oil Low-fat creamy salad dressings Low-fat mayonnaise Low-fat sour cream Oil based salad dressing Olive oil Olive tapenade Soft margarine Tzatziki sauce Vegetable oil	Butter Cheese sauce Cream sauce Lard Gravy Mayonnaise Regular creamy salad dressing Salted pork Sour cream Stick margarine Tartar sauce
Beverage 	Fat-free or 1% milk Fortified non-dairy milk beverages, unsweetened Unsweetened or diet iced tea Water	2% low-fat milk 100% fruit juice Coconut water Diet soda Sports drinks	Whole milk Regular soda Sugar-sweetened iced teas, juices, punch, and lemonade
Other Grocery Shopping Tips:			











For more tips and ideas on how to follow the Go, Slow and Whoa Plan visit:

<https://www.nhlbi.nih.gov/health/educational/wecan/eat-right/index.htm>



Fast and Healthy Breakfast Ideas






-  1 cup fresh or canned fruit (in juice)
-  Make a sandwich the night before and add 1 cup of milk (non-fat or 1%)
 - Limit added fats by choosing low-fat cheese and hummus or mustard instead of mayonnaise.
-  A breakfast or granola bar
 - Choose one with at least 3 grams of fiber and no more than 10 grams of sugar.
-  Sprinkle 1/2 cup of dry breakfast cereal over 1 cup of light or plain yogurt
 - Choose a cereal with at least 3 grams of fiber and no more than 10 grams of sugar.
-  A packet of unsweetened instant oatmeal made with milk and topped with fruit or chopped nuts
-  A container of “light” or plain yogurt topped with fresh fruit
 - Choose a yogurt with less than 12 grams of sugar.
-  A container of low-fat or nonfat cottage cheese topped with pineapple, peach, or apple slices
-  1 piece of fruit with 1 cup of unsweetened milk (non-fat or 1%)
-  1 piece of whole-grain bread with 1-2 Tablespoon of peanut or almond butter
-  Make a smoothie by blending fresh or frozen fruit (example: banana and berries), vegetables (example: spinach or kale), and milk or yogurt



Other Breakfast Ideas:

Healthy Snack Options

-  Snacks can be part of a healthy diet. Snacks can help you avoid becoming too hungry and over-eating at meals.
-  Snacks can be a great way to eat more fruits and vegetables!
-  Having healthy pre-made snacks that are easy to grab may help you avoid eating high-fat and high-sugar foods.

Fruits and vegetables are some of the best snack foods.
Make a list here of some of your favorites:

Fruits:	
Vegetables:	

Snack Ideas:

Eat Almost Anytime Green Light Foods	Eat Sometimes Yellow Light Foods	Special Occasion Red Light Foods
Nutrient-Dense ←		→ Calorie-Dense
Unsalted plain popcorn	Baked Chips Low-fat microwave popcorn Pretzels or Rice cakes Whole-grain crackers	Buttered Popcorn Potato or corn chips, Cheetos®, cheese crackers, Goldfish®, or Ritz® crackers Graham crackers
Light or plain yogurt	Sugar-free pudding or Jello® Fruit sorbet or frozen yogurt	Ice cream or whole milk yogurt Fruit pies
High-fiber, low-sugar granola or cereal bar	Chocolate chip granola bar	Candy or energy bar
Fresh fruit	Dried or canned fruit	Juice
Frozen grapes or berries	Fruit or vegetable squeezer or pouch	Fruit-flavored candy or gummies
Berries with low-calorie whip topping	Angel food cake Ginger snaps or fig bars	Cookies, cakes, or pies
Vegetables, such as baby carrots, cucumbers, or cherry tomatoes, with hummus	Vegetables with tuna salad	Vegetables with ranch dressing
Low-fat string cheese	Whole milk string cheese	More than 1 oz of whole milk cheese