

Eat Right

Food, Nutrition and Health Tips from Kids Eat Right

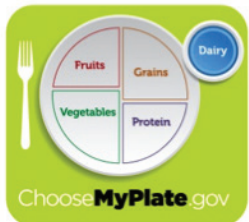
Creative Ways to Use Healthy Foods from the Food Bank



Mix-it up with Fruits and Veggies!

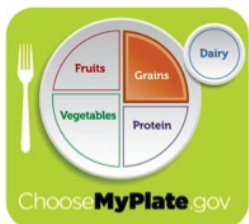
Fruits and veggies can help stretch meals and make you feel fuller longer.

- Mix in canned, frozen, or fresh veggies with rice, beans or pasta.
- Create a stir fry with whole grain rice and veggies.
- Add fresh, frozen, canned or dried fruit to salads.
- Add fresh, frozen or canned fruit to oatmeal or yogurt.
- Add fresh, frozen or canned vegetables to main dishes made with ground beef, shredded chicken, or tuna and casseroles.
- Add canned, frozen, or fresh vegetables to soups.



Calcium-rich Dairy!^{1,2}

- Enjoy low-fat milk, yogurt, and cheese to keep your bones and teeth strong and heart healthy!
- Make meat loaf or hamburgers with $\frac{1}{4}$ to $\frac{1}{2}$ cup dry milk per pound of meat.
- Cooked cereal: add $\frac{1}{4}$ to $\frac{1}{2}$ cup milk to each cup of cereal or oatmeal before cooking.

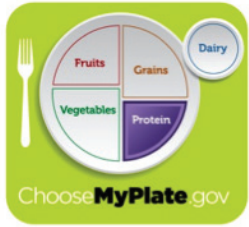


Great grains!

Grains and breads provide you with energy and are nutritious ways to stretch meals. Remember to make half your grains whole grains!

- Add brown rice to soups and stews.
- Top whole wheat bread slices with tomato sauce, spinach leaves, and cheese to make mini pizzas.
- Enjoy whole wheat pasta and add leftover veggies to the sauce.
- Top a yogurt and fruit parfait with crushed whole grain cereal.
- Bake bread in the oven then chop to use as croutons in salad.

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Protein power!

Lean protein helps you feel full and provides energy.

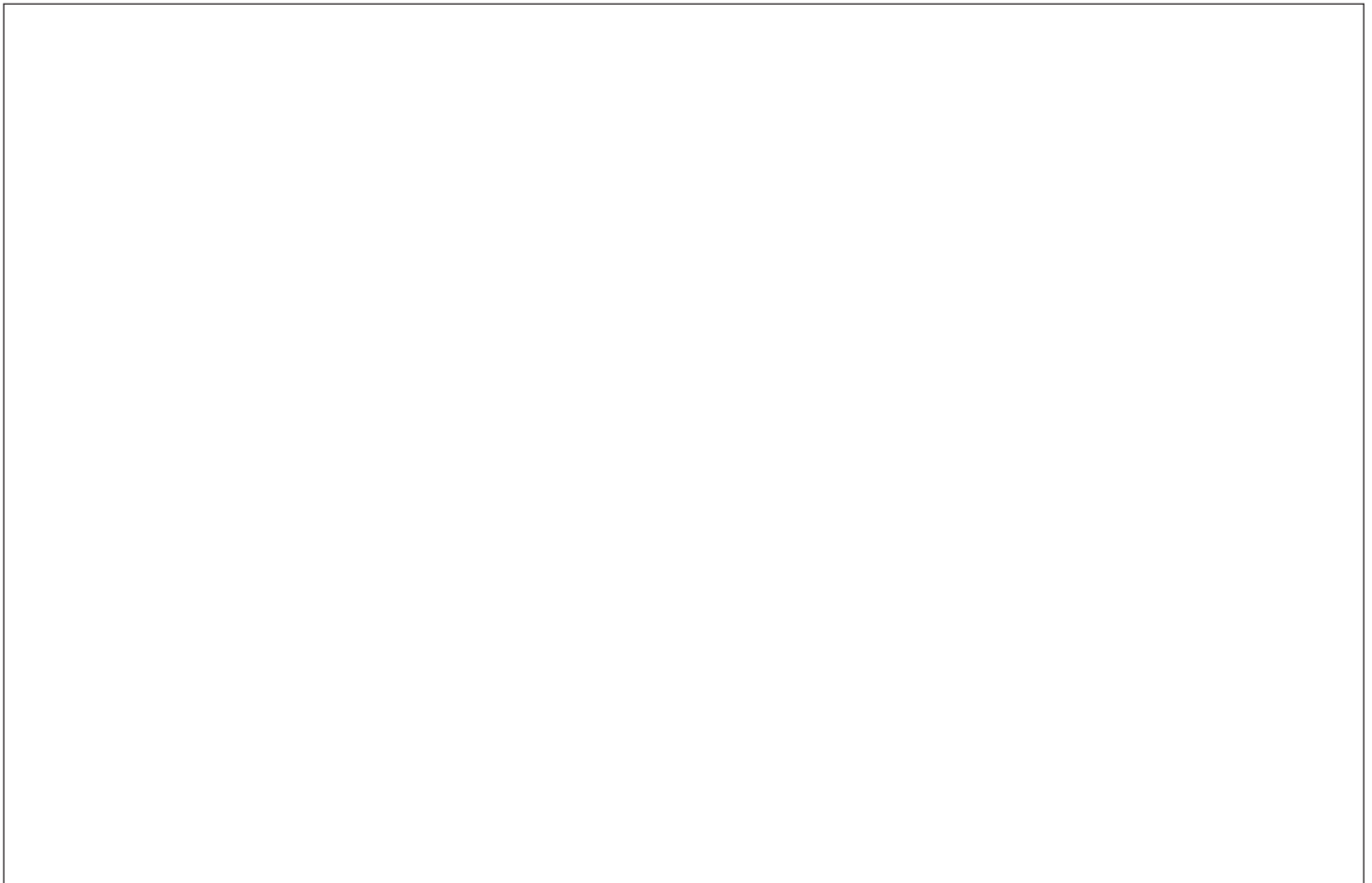
- Use canned peas or beans as toppings on salads and side dishes.
- Add pinto or black beans with salsa and spread on a corn tortilla or eat with baked tortilla chips.
- Canned tuna goes great with peas and rice.
- Add canned chicken or turkey to grilled cheese sandwiches.
- Include canned tuna or salmon in pasta dishes or macaroni and cheese.
- Use peanut butter to top toast or whole pieces of fruit.
- Make a peanut butter smoothie with low-fat milk, banana and ice.
- Make oatmeal with low fat milk instead of water for a boost of protein.

For more tips, visit www.kidseatright.org.

Sources

1. Roberts AJ, Jewkes MD. Non-Fat Dry Milk Recipes and Storage Recommendations. Utah State University Cooperative Extension.
2. USDA's Collection of Nonfat Dry Milk Recipes. United States Department of Agriculture. 2002.

This handout was developed through an educational grant from the National Dairy Council®.



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