

Healthy Meals Healthy Children

TEXAS A&M
AGRILIFE
EXTENSION

May 2014



Ahhh...Summertime!

Dear Parents,

Well, summer is upon us. I encourage you to continue family meals at least one time a day. This is a great time for parents to model healthy food choices and to visit with one another. And the long summer days allow for lots of outdoor fun, which is also part of a healthy lifestyle.

Inside this issue:

- **Summertime**
- MyPlate Tip of the Month
- Fruits & Veggies tips
-

Remember that you are the most important influence on your child's habits. and that you can do many things to help your children develop healthy eating habits for life. Cook together, eat together, talk together, and make mealtime a family time!

Have a happy, healthy summer!

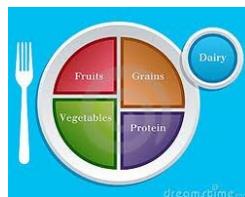
Texas A&M AgriLife Extension Service
3600 S. Stockton, Suite J
Monahans, TX 79756
432-943-4112
Ward-co.tamu.edu



Abigail Pritchard

Abigail Pritchard
CEA-FCS, Ward County

Texas A&M AgriLife Extension Service offers practical, how-to education based on university research. It's available to any resident of Texas. You may read it in the newspaper, hear it on the radio, attend an Extension workshop, order a publication, or just call your county Extension office.



MyPlate Tip of the Month:

Take control of your food

Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose healthier options such as baked instead of fried.

Web Site:
Ward.agrilife.org

<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet7BuildAHealthyMeal.pdf>

How can I help my child eat more fruits and vegetables?

- Eat together. Let your child see you enjoying fruits and vegetables at meals and snacks.
- Take it with you. Show your child how whole fruit is a great snack to eat at the park or in the shopping mall. Put apples, oranges, or bananas in your bag for quick snacks.
- Share the adventure. Try new fruits and vegetables together.
- Fix them together. Teach your child to tear lettuce or add veggie toppings to pizza.

Why does it matter what I do?

**They learn by watching you.*

Kids get curious when they see you eating fruits or vegetables.

Before you know it, they'll want to taste what you are having.

**You teach them lessons they'll use for life.*

It's normal for 2- to 5-year olds to be "picky" eaters. Help them increase the types of fruits and vegetables they like by setting a good example.

What kinds should we eat?

- Fresh, frozen, and canned fruits and vegetables are all smart choices.
- Buy some of each to last until you're your next shopping trip.
- Frozen vegetables have as many vitamins and vegetables have as many vitamins and minerals as fresh.
- Choose packages that contain vegetables — and nothing else—no added fat, salt, or sugars.
- Buy canned fruits that are packed in "100% juice" or water.
- Rinse canned beans and vegetable with cold water to make them lower in salt.
- Look for canned vegetables that say "No added salt" on the front of the can.
- Buy them when they go on sale.
- Cooked vegetables or ripe fruits that are cut into small pieces are easy for your child to eat.

Avocado Mandarin Tossed Salad

Serving Size: 1 cup **Yield:** 8

Ingredients:

- 1 $\frac{1}{2}$ cup green onion, thinly sliced
- 1 can (11 ounces) mandarin oranges, drained
- $\frac{1}{3}$ cup coarsely chopped pecans
- $\frac{1}{8}$ teaspoon pepper
- 1 medium ripe avocado, peeled and sliced
- 4 cups torn salad greens
- $\frac{1}{4}$ cup fat free Italian dressing

Instructions:

1. Wash your hands and clean your cooking area.
2. Clean the tops of canned food items before opening them.
3. Wash and slice onion.
4. In a bowl, combine the onion, oranges, pecans and pepper.
5. Refrigerate for 30 minutes.
6. Immediately before serving, wash, peel and slice avocado and tear salad greens. Place the greens in a salad bowl.
7. Top with orange mixture and avocado slices. Drizzle with dressing before serving.

Total Fat: 7g, Saturated Fat: 1g, Trans Fat: 0g, Cholesterol: 0mg, Sodium: 115mg, Dietary Fiber: 3g, Protein: 2g, Total Carbohydrate: 9g



©Pixabay * illustrationsOf.com/224797

Did You Know...

When America was settled in the 1600's, families cooked and ate in the same room. Eating was messy. They used knives, spoons, and plenty of napkins, but no forks. Plates were made of wood. By the Revolutionary War, plates were made of pottery or china.