

# Healthy Choices For Kids!

## What are some good snacks for my child?

Children have small stomachs so they need to eat often. Here are some healthy snack ideas:



- Yogurt mixed with chopped fruit
- Cereal and milk
- Homemade fruit and yogurt smoothie



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- Crackers with cheese
  - Quesadilla—melted cheese on a tortilla
  - Whole wheat toast with avocado

- Small sandwich
- Vegetable and fruit slices with yogurt dip or peanut butter
- Applesauce with graham crackers

Sit with your child during snack times to be a healthy role model, and to prevent choking. Do not give chunks of raw vegetables, popcorn, whole grapes or nuts to children under age 4.

# How can I help my child have a healthy weight?

**Play with your child every day.** Active play helps your child be healthy and grow well. For infants and children under age 2, avoid TV and other types of screen time like computer or phone games. For children over age 2, limit TV and screen time to no more than 1 or 2 hours each day.

Here are a few ideas:

- Take a walk
- Play ball
- Run and skip
- Move like different animals
- Play in the park together
- Dance to music
- Jump and hop
- Have a family play time



**Give your child hugs and attention as a reward instead of food.** Only serve sweets once in a while. Limit cookies, cakes, candies, and sodas. Some good desserts are yogurt, custard, fruit and fruit juice popsicles.

## What about fast food and junk food?

### Healthier fast food choices

A fast food meal once in a while is fine. Here are some yummy choices:

- Pizza with veggie toppings
- Broiled or grilled chicken sandwich
- Hamburger with lettuce and tomato—skip the sauce or choose plain ketchup or mustard
- Soft taco
- Baked potato
- Fruit
- Salad
- Milk and juice
- Frozen yogurt

*Limit sodas and sweet drinks.*

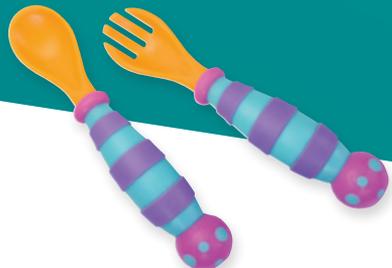


## Junk food

TV and online advertising can make your child ask for many foods, like sweet cereals, potato chips, cheese puffs, candy, sodas, snack cakes, and cookies. These foods can be expensive and low in nutrition. They often are high in fat, sugar, or salt.

Eating too many of these foods can make your child overweight or spoil her appetite for healthy meals. These foods can also cause tooth decay.

Be sure to read labels and buy healthy snacks for your family.



# Frozen Yogurt Treats

## Ingredients

- WIC approved yogurt: Vanilla or Strawberry flavor
- Frozen blueberries or other small frozen fruit pieces

## Directions

1. Cover a cookie sheet with parchment paper or foil.
2. Spread yogurt on the covered pan to make a thin layer (about 1/2 inch thick).
3. Sprinkle frozen blueberries on top.
4. Place in freezer for 5 hours.
5. Lift the paper or foil off the pan, then break frozen yogurt into bite size pieces.
6. Serve, or place into a freezer bag and store in the freezer.

**Families  
Grow Healthy  
with WIC!**

*Recipe and photo courtesy of San Diego State University  
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