

# Valley Children's

## *Healthy Eating Guide*

*Ages 12 and older*



## Be Mindful

- Only weigh your child every 6 months.
- Focus on healthy habits instead of how much your child weighs.
- Praise your child when they eat healthy foods.
- Do not call food "good" or "bad."

## Fruits & Veggies

- Make 1/2 your child's plate fruits & veggies.
- Offer canned fruit in 100% juice, canned veggies without salt, frozen or raw fruits and veggies.
- Give fruits & veggies as snacks.

## Activity & Exercise

- Your child needs 60 minutes of activity every day.
- Exercise with the whole family.
- Limit screen time.

## Mealtime

- Get rid of mealtime distractions (TV, tablets, phones, toys).
- Enjoy meals at the table.
- Eat Slow.
- Talk to the whole family.

## Beverages

- Only offer water or fat-free/low fat milk.
- Do not offer juice, soda, or Gatorade.

## Meals & Snacks

- 3 meals per day.
- 1-2 snacks per day.
- Eat when you are hungry.
- Choose fruits & veggies for snacks.



# HEALTHY PLATE



WATER

Brown Rice

Apple

Orange

LOW FAT OR FAT-FREE MILK

Sweet Potatoes

Strawberries

Pineapple

Tortillas

Pasta

Banana

Peach

Whole Wheat Bread

Corn

STARCH

FRUITS

Tomatoes

Peach

Beans

Chicken

PROTEIN

VEGETABLES

Cucumbers

Onion

Nut Butter

Eggs

Cheese

Yogurt

Pork

Salads

Green Beans

Broccoli

Bell Pepper

Salads

Broccoli

Bell Pepper

Salads

Green Beans

Broccoli

Bell Pepper

Salads



**Palm of Hand**  
Amount of protein per meal



**A Fist**  
Amount of starch per meal



**Tip of Thumb**  
Amount of peanut butter



**Thumb Size**  
Amount of cheese

## Instead of...

### Eating Snacks with Fat & Sugar

- French Fries
- Onion Rings
- Donuts
- Potato Chips
- Takis/Cheetos
- Twinkies
- Cupcakes
- Cookies

### Cooking with High Fat Methods

- Shortening
- Bacon Grease
- Chicken Fat
- Margarine
- Lard
- Butter
- Oils

### High Fat Meats & Dairy Products

- Bacon
- Sausage
- Pepperoni
- Hot Dogs
- Bologna
- Salami
- Hamburger
- Creamy Dressings
- Whipping Cream
- Ice Cream
- Half and Half
- Whole Milk
- Whipping Cream
- Creamy Dressing

### High Sugar Desserts & Bevaerages

- Soda
- Chocolate Milk
- Fruit Juice
- Milkshakes
- Kool-Aid
- Lemonade
- Ice Cream

## Try...

### Healthy Snacks

- Fresh Fruit
- Popcorn
- Pretzels
- Rice cakes
- Canned Fruit
- Frozen Fruit
- Pop Chips
- Raw veggies

### Low Fat Cooking Methods

- Broiling
- Baking
- Barbequing
- Air Frying
- Boiling
- Steaming
- Microwaving

### Low Fat Meats & Dairy Products

- Chicken
- Turkey
- Fish
- Top Round
- Flank Steak
- Mozzarella
- String Cheese
- Fat Free Milk
- Low Fat Milk
- Low Fat Yogurt
- Fat Free Yogurt
- Oil & Vinegar

### Beverage & Dessert Alternatives

- Sparkling Water
- Infused Water
- Crystal Light
- Fruit Smoothies
- Cool Whip
- Whipped Cream with fruit

Day 1:  
Meal Plan**Breakfast**

oatmeal (fist size)  
1 cup milk  
1/2 cup apples  
1 TBSP peanut butter

**Snack**

1/2 cup blueberries  
1 cup yogurt

**Lunch**

chicken (palm size)  
rice (fist size)  
green beans & pineapple  
(half your plate)

**Snack**

1/2 cup strawberries  
1/2 cup cucumbers

**Dinner**

beans (palm size)  
cheese (tip of thumb)  
tortilla (fist size)  
green salad (half your plate)

Day 2:  
Meal Plan**Breakfast**

egg (palm size)  
whole wheat bread (fist size)  
1 cup milk  
1/2 cup banana

**Snack**

10 crackers  
1/2 cup mangos

**Lunch**

turkey (palm size)  
potatoes (fist size)  
broccoli (half your plate)  
1 cup frozen yogurt

**Snack**

1 cup milk  
1/2 cup peaches

**Dinner**

fish (palm size)  
pasta (fist size)  
cucumber salad & asparagus



Choose Two:

Fruit • Veggies • Starch • Protein

1 oz Mozzarella  
Cheese  
+  
5-10 Wheat  
Crackers

1 Tangerine  
+  
Cheese Stick

1 cup Popcorn  
+  
1 TBSP Chocolate  
Chips

1/2 Medium Banana  
+  
1 TBSP Peanut Butter

1 TBSP Hummus  
+  
1/4 cup Snap Peas

1/2 cup Yogurt  
+  
Berries

1/2 cup canned fruit  
+  
1/2 cup cottage  
cheese

2 TBSP Avocado  
+  
1 slice Whole Wheat  
Toast

Celery Sticks  
+  
1 TBSP Peanut  
Butter

Veggie Stick  
+  
1 TBSP Salad  
Dressing

Cucumber  
+  
Pineapple  
+  
Tajin

Fruit Smoothie

## 1

### Pick a Protein

palm of your child's hand

- Chicken
- Beef
- Tofu
- Turkey
- Pork
- Shrimp
- Fish
- Edamame
- 1/4 cup Almonds
- 2 TBSP Nut Butter
- Lentils
- Eggs
- Yogurt
- Cheese

## 2

### Pick a Starch

size of your child's fist

- Potatoes
- Sweet Potatoes
- Rice
- Oats
- Corn
- Quinoa
- Farro
- Whole Grain Bread
- Cereal
- Corn Tortilla
- Flour Tortilla
- Pasta
- Dinner Roll
- Rice

## 3

### Pick 1-2 Fruits & Vegetables

- Greens
- Tomatoes
- Corn
- Squash
- Cucumber
- Cauliflower
- Broccoli
- Mushrooms
- Carrots
- Eggplant
- Brussel sprouts
- Oranges
- Green beans
- Pineapple
- Apples
- Banana
- Berries
- Peaches

MONDAY	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
TUESDAY	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
WEDNESDAY	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
THURSDAY	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
FRIDAY	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
SATURDAY	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
SUNDAY	BREAKFAST	SNACK	LUNCH	SNACK	DINNER



Protein	Dairy	Fruits & Veggies
<input type="checkbox"/> Chicken Breast <input type="checkbox"/> Turkey Breast <input type="checkbox"/> Eggs <input type="checkbox"/> Turkey Bacon <input type="checkbox"/> Chicken Sausage <input type="checkbox"/> Extra Lean Ground Beef (93% or 97%) <input type="checkbox"/> Fish (fresh or frozen without breading) <input type="checkbox"/> Tuna (water packed) <input type="checkbox"/> Dried or Canned Beans (pinto, kidney, lentils, etc) <input type="checkbox"/> Fat Free Lunchmeat (turkey, chicken, ham)	<input type="checkbox"/> 1% Milk or Fat Free Milk Low Fat Greek Yogurt or non-dairy yogurt alternative. <input type="checkbox"/> Low Fat Cheese or Non-dairy cheese alternative Mozzarella or String <input type="checkbox"/> Cheese <input type="checkbox"/> Fat Free Cottage Cheese <input type="checkbox"/> Frozen Yogurt	<input type="checkbox"/> All Fruit <ul style="list-style-type: none"> <li>• Berries</li> <li>• Apples</li> <li>• Bananas</li> <li>• Grapes</li> <li>• Melon</li> <li>• Oranges</li> </ul> <input type="checkbox"/> All Vegetables <ul style="list-style-type: none"> <li>• Carrots</li> <li>• Bell Pepper</li> <li>• Broccoli</li> <li>• Cauliflower</li> <li>• Cucumbers</li> <li>• Lettuce</li> </ul> <input type="checkbox"/> Frozen Fruits Frozen Vegetables Canned Fruit (in 100% juice) <input type="checkbox"/> Canned Vegetables
<b>Condiments</b>	<b>Starch</b>	<b>Sweets</b>
<input type="checkbox"/> Light Mayonnaise <input type="checkbox"/> Light Salad Dressing <input type="checkbox"/> Cooking Spray <input type="checkbox"/> Mustard <input type="checkbox"/> Relish <input type="checkbox"/> Tomato or Spaghetti Sauce <input type="checkbox"/> All Spices and Herbs (fresh or dried) <input type="checkbox"/> Salsa or Hot Sauce <input type="checkbox"/> Lime Juice <input type="checkbox"/> Lemon Juice <input type="checkbox"/> Tajin	<input type="checkbox"/> Whole Wheat Bread <input type="checkbox"/> Whole Wheat Tortillas <input type="checkbox"/> Hot Cereal Plain (oatmeal, cream of wheat, etc) <input type="checkbox"/> Rice (brown and white) <input type="checkbox"/> Pasta or Noodles <input type="checkbox"/> Potatoes (plain, baked) <input type="checkbox"/> Whole Wheat Crackers <input type="checkbox"/> Unsweetened Cereal <input type="checkbox"/> Light Popcorn <input type="checkbox"/> Rice Cakes (plain) <input type="checkbox"/> Corn (on the cob or canned)	<input type="checkbox"/> Sugar Free Jell-O <input type="checkbox"/> Yogurt Bars <input type="checkbox"/> Sugar Free Pudding <input type="checkbox"/> Chocolate Dipped Fruit <input type="checkbox"/> Fat Free Ice Cream <input type="checkbox"/> Mini and Individually <input type="checkbox"/> Packaged Treats



## Aerobic Exercise

- Dancing
- Running
- Jumping Jacks
- Jumping Rope
- Walking
- Swimming



## Family Activities

- Dancing
- Household Chores
- Evening/Morning Walks
- Riding Bikes
- Outdoor games (tag, jump rope, etc)
- Going to the park



## Classes & Sports

- Dance Class
- Gymnastics
- Soccer
- Volleyball
- Softball/Baseball
- Swimming
- Karate
- Zumba
- Pilates
- Yoga
- HighFitness



## Strengthening

- Push-ups
- Sit-ups
- Squats
- Lunges
- Arm Rotations
- Bicycle Kicks
- Wall Sits
- Squat Jumps
- Tricep Dips
- Calf Raises

Remember you don't have to leave the house to get exercise. Look for FREE workout videos on YouTube.

 Goal #1 Example:

My child will make 1/2 their plate fruits and vegetables

 Goal #2 Example:

My family will go for a 60 minute walk 3 times this week.

 Goal #3 Example:

I will buy my child foods from the Healthy Grocery List

 Goal #4 Example:

My child will add fruits and vegetables to each snack.

 My Child's Goal:

 My Child's Goal:

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 My Child's Goal:

## Watermelon Salad

### INGREDIENTS

- 1 Cucumber, chopped
- 1 watermelon, chopped
- 1/4 cup feta cheese
- 2 TBSP balsamic vinegar
- 1 TBSP olive oil
- Salt and Pepper

### METHODS

1. Chop watermelon and cucumber.
2. Mix with feta, balsamic vinegar, and olive oil.
3. Salt and pepper to taste.



## Veggie Omelet

### INGREDIENTS

- 2 Eggs
- 1 tsp Salt
- 1 cup Greens (spinach, kale, collard, etc)
- 2 TBSP Cheese
- 1 tsp oil

### METHODS

1. Crack the eggs into the bowl, add the salt, and use the fork to beat the eggs.
2. Add greens and cheese.
3. Put oil in skillet and heat over medium heat.
4. Add egg mixture and tilt the pan to spread the eggs around the bottom.
5. When the eggs look firm and set, gently loosen the omelet.
6. Using spatula, fold the omelet in half and slide onto the plate.

## Banana Pancakes

### INGREDIENTS

- 1 overripe banana, peeled.
- 2 large eggs
- 1/2 cup quick-cooking oats
- 1/2 tsp baking powder
- pinch of salt
- 2 tsp oil

### METHODS

- Put the banana, eggs, oats, baking powder, and salt in blender. Turn blender to medium speed and blend until the mixture is smooth.
- Add 1 tsp oil to skillet and heat over medium heat.
- Drop 1/4 cup of batter into the skillet. Cook until there are bubble on the pancake's surface. Use the spatula to flip the pancake over and cook until golden brown.
- Top with Maple syrup and fruit.



## Southwestern Salad

### INGREDIENTS

- 2 cups diced chicken
- 2 medium tomatoes, diced
- 2 ripe avocados, diced
- 1 cup corn kernels
- 2 TBSP lime juice
- 1/4 cup black beans
- 1/2 cup peppers

### METHODS

1. Put all the ingredients in the bowl and mix gently.
2. Add salt and pepper to taste

