



With your help, children can enjoy eating vegetables and fruits throughout the day. Parents or guardians can supply healthy ingredients. They can let children help with preparation, based on their age and skill level. Children are more likely to try foods rejected in the past if they helped make them. Try giving your child 5 smaller meals equally spaced throughout the day to provide a constant supply of nutrients and energy.

### Identify your child's metabolism and eat accordingly:

**FAST Metabolism:** Follow a higher carbohydrate higher fat diet for active, high-energy kids. These kids need more calories from good fats, low-glycemic carbohydrates, lean proteins, and vegetables and fruits. **Recommended diet plan: 30% protein, 55% carb, 15% fat.**

**SLOW Metabolism:** Follow a lower carbohydrate and lower fat diet. Less active children need less calories. A nutritional diet includes, lean proteins, low, glycemic carbohydrates, fruits and vegetables, as well as good fats. **Recommended diet plan: 50% protein, 40% carb, 10% fat.**

### Sugar promotes cavities

Sugar may be yummy for the tummy, but bad for teeth. Sugar feeds bacteria in the mouth, which can lead to cavities. Always rinse your mouth with water after eating sugary foods or drinks.

### Here are fun snack ideas to create, bake, drink, slice, spoon or munch on:

- **Create:** refried beans on whole wheat tortilla, celery stuffed with peanut butter, fruit and cheese kabobs, whole wheat crackers with tuna
- **Bake:** fruit muffins, vegetable or cheese pizza, tortilla and cheese
- **Drink:** water, milk, unsweetened fruit juice
- **Slice:** carrots, melon, cucumbers, bananas, zucchini, pineapple
- **Spoon:** apple sauce, yogurt, cottage cheese.
- **Munch on:** apples, cherries, grapes, oranges, plums, strawberries

**Tip:** Be creative and design your own fun snacks, like ants on a log, teddy bear pears, grape caterpillars, and monster bell pepper salad cups!



### How to make Fruit Ice Pops

Are you looking for a refreshing way to stay hydrated this summer? Here is a customizable fruit ice pop recipe with no added sugars and made with coconut water. Coconut water is a good source of vitamins and minerals and offers such health benefits as replenishing electrolytes, lowering cholesterol and reducing stress and muscle tension. These healthy treats are easy to prepare and delicious to eat!



#### Tools Required:

Blender, sticks and ice pop mold or ice cube tray, freezer

#### Ingredients:

- 1 cup chopped fresh fruit of your choice (ex. mango, papaya, pineapple, watermelon, honeydew, blueberries, strawberries, raspberries or a mix of berries)
- $\frac{3}{4}$  cup coconut water
- 2 tablespoons lime or lemon juice
- 2 tablespoons honey (optional)

#### Directions:

1. Combine fruit, coconut water, lime or lemon juice and honey in a blender. Puree until well blended and smooth.
2. Pour the mixture into your ice pop molds. Leave about  $\frac{1}{4}$  inch at the top to leave room for the stick the popsicles will expand as they freeze.
3. Place the lid on the mold and place in the freezer for about 15 – 20 minutes.
4. Remove from the freezer and add the sticks to the ice pops and freeze again until solid.
5. Let the ice pops sit at room temperature for a few minutes so they can easily be removed from the molds.
6. Eat and enjoy!