

Valley Children's

Healthy Eating Guide

Ages 9-11 Years



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
Cereal

Apple
Orange

LOW FAT
OR
FAT-FREE
MILK

Sweet Potatoes

Brown Rice

Cereal

HEALTHY PLATE

Orange

Strawberries

LOW FAT
OR
FAT-FREE
MILK



Tortillas



Pasta



Banana

Pineapple



Whole Wheat Bread



Corn

Tomatoes



Peach



Beans



Cucumbers

Onion



Chicken



Broccoli



Bell Pepper

Nut Butter

Fish



Eggs

Cheese



Yogurt

Pork

Green Beans



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

Healthy Meal Planning - 1,600 calories

Grains

5 servings
per day

1/3 cup
Oatmeal

10 Whole
Wheat
Crackers

1/2 cup
Rice

1 slice
Bread

1/2 cup
Cereal

1
6 inch
Tortilla

Veggies

4 servings
per day

1/2 cup
Carrots

1/2 cup
Broccoli

1/2 cup
Green
Beans

1/2 cup
Cauliflower

1/2 cup
Squash

1/2 cup
Snap Peas

Fruit

3 servings
per day

1/2 cup
Melon

1/3 cup
Canned
Peaches

1/2 cup
Berries

1/2 cup
Pineapple

1/2 cup
Mango

1/2 cup
Canned
Pears

Calcium

5-6 servings
per day

1/2 cup
Milk

1/2 oz
Cheese

1/2 cup
Yogurt

1/2 cup
Ripple Milk

1 cup
Cottage
Cheese

1/2 cup
Soy Milk

Protein

5 servings
per day

1 oz
Chicken

1 oz
Fish

1
Egg

1/4 cup
Beans

2 TBSP
Nuts

1 TBSP
Peanut
Butter

Day 1:
Meal Plan**Breakfast**

2/3 cup oatmeal
1 cup milk
1/2 cup apples
1 TBSP Peanut Butter

Snack

1/2 cup Blueberries
1/2 cup -1 cup Yogurt

Lunch

2 oz chicken
1/2 cup rice
1/2 cup green beans

Snack

1/2 cup strawberries
1/4 cup cucumbers

Dinner

1/2 cup beans
1 oz cheese
2 tortilla
1 1/2 cup salad

Day 2:
Meal Plan**Breakfast**

1 egg
1 slice whole wheat bread
1 cup milk
1/2 cup banana

Snack

10 crackers
1/2 cup mangos

Lunch

2 oz turkey
1/4 cup potatoes
1 cup broccoli
1 cup milk

Snack

1 Whole Grain Waffle
1 cup Milk
1/2 cup Peaches

Dinner

2 oz fish
1/2 cup pasta
1 cup asparagus
1/2 cup-1 cup frozen yogurt

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"> • Berries • Apples • Bananas • Grapes • Melon • Oranges <input type="checkbox"/> All Vegetables <ul style="list-style-type: none"> • Carrots • Bell Pepper • Broccoli • Cauliflower • Cucumbers • Lettuce <input type="checkbox"/> Frozen Fruits Frozen Vegetables Canned Fruit (in 100% juice) <input type="checkbox"/> Canned Vegetables
	Starch	
	<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)	
Condiments		Sweets
<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"/> 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:

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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

