

Shop Smart

Food and Nutrition Tips from Kids Eat Right

Look for Nutritious Ingredients

You control what foods go into the family kitchen. At the grocery store and in the kitchen, build meals around the whole grains, fruits and vegetables that supply children's growing bodies with carbohydrates they'll need for their daily activities. Set a good example by eating healthy foods yourself



Smart (and Fast) Breakfasts

Kids (and parents!) perform their best when they start their day with breakfast. Shop for nutritious breakfasts your family will love and in some cases can even eat on the run:

- Oat cereal (or other whole grain/low-sugar cereal)
- Low-fat yogurt, fruit, and granola to make fruit parfaits
- Whole grain toast with peanut butter and a glass of low-fat milk
- Apple and string cheese
- Banana with peanut butter

Great-Tasting Snacks (Say No to Chips, Cookies or Candy)

Offering kids healthy and delicious snacks is a great opportunity to provide them with food containing the important vitamins and minerals they need to grow well. Fuel them with foods they may not be eating enough of, like fruits, vegetables, low-fat dairy, lean proteins, and whole grains.

- Fresh fruits (kids love fruit they can grab themselves - bananas, apples or grapes)
- Offer fruits and vegetables with every meal and snack. Your options are endless with fresh, frozen, canned, dried and even 100% juice.
- String low-fat cheese

- Whole wheat crackers, peanut butter, and low-fat milk
- Low-fat yogurt and berries
- Veggies and low-fat dip, using colorful veggies like broccoli, and red bell peppers

5 Tips to Shop Smart on a Budget

- *Keep a running grocery list.* Each trip to the supermarket will cost you extra time and gas money. Fewer trips to the grocery store mean fewer impulse buys.
- *Cook more meals at home.* You get to control the ingredients, and you won't have the labor costs involved with restaurant meals.
- *Identify the foods you can prepare more cheaply at home.* There's no need to buy prepared burritos or frozen dinners when they're simple and inexpensive to make yourself.
- *Grow your own.* Plant tomatoes, peppers, carrots, lettuce and more. Save money, have fun and get better flavor at the same time.
- *Use these high-nutrition, low-cost foods.* Beans, peas and lentils and other legumes; sweet potatoes; white potatoes; eggs; peanut butter; canned salmon, tuna or crabmeat; oats; brown rice; barley; quinoa; frozen vegetables and canned fruits and vegetables (fresh when in season).

Quick Egg Sandwich

Make a sandwich with 1 toasted whole grain English muffin, 1 sliced hard-boiled egg, 1 ounce slice of reduced-fat cheddar cheese, 1 slice tomato and 1/4 cup baby spinach. Serve with 1 cup chopped cantaloupe.

Authored by Academy of Nutrition and Dietetics staff registered dietitians.

For more articles, tips, recipes and videos to help your kids eat healthy, visit www.kidseatright.org.

To find a registered dietitian in your area, visit www.eatright.org.



Kids Eat Right is a joint effort of the **Academy of Nutrition and Dietetics** and the **Academy of Nutrition and Dietetics Foundation** to end childhood obesity and provide the resources to help families, communities, and policy makers ensure quality nutrition for children.