Healthy Eating for Busy Families

Nutrition Tips for Parents

Helping kids grow healthy and strong

HealthyEating.org/Parents
Help your child learn to eat well and be active.

Let your child choose what to eat.

What parents do:
Put meals and snacks on the table that include food from the food groups. Sit with your child and eat from the foods you offer everyone. They learn from watching you eat.

What children do:
Decide what to eat and how much from what you offer.

Healthy Habits

- Be active every day
  - Adults for 30 minutes
  - Kids for 60 minutes

- Eat mostly from food groups

Your child really does want to grow up to be like you. If you think your child is too picky to eat what you serve, learn more at HealthyEating.org/Picky
Eating a variety of foods helps children grow strong and be ready to learn.

**Dairy**
- Milk, Yogurt, Cheese
- Cottage Cheese
- Chocolate Milk
- Milk
- Pudding
- Smoothie

**Vegetables**
- Broccoli
- Bell Peppers
- Corn
- Sweet Potatoes
- Carrots
- Asparagus
- Tomatoes
- Spinach
- Avocado

**Fruits**
- Mango
- Apple
- Pear
- Watermelon
- Blueberries
- Grapes
- Orange Juice
- Banana
- Strawberries

**Grains**
- Oatmeal
- Bread
- Cereal
- Pasta
- Tortillas
- Bagel
- Popcorn
- Crackers
- Rice

**Protein**
- Tuna
- Nuts
- Hamburger
- Beans
- Salmon
- Eggs
- Chicken
- Pork Chops
- Tofu
Your family will eat better when you eat together.

No recipes needed. Start by cutting fruits and vegetables and pouring a glass of milk. Add a sandwich or pasta.

Include the 5 food groups in meals and snacks.

Get quick, healthy meals to the table.

Make healthy eating fun. Let your child help shop, prepare and serve. Your child is more likely to try foods when they choose and help prepare them.

Serve family-style meals. You set out all the ingredients, and each person puts together a plate.

Rainbow Pizza
- pita
- cheese
- broccoli
- chicken
- pineapple

Black Bean Tacos
- tortillas
- beans
- avocado
- tomato
- yogurt smoothie

Sizzling Stir Fry
- rice
- peppers
- meat
- milk and pears

Looking for quick meal ideas? Visit HealthyEating.org/Quick
Busy parents can make mealtimes quick and easy.

Planning meals makes healthy eating easier.

1. Plan meals and snacks
   Plan meals and snacks a day ahead or a week at a time. Serve food that is easy and quick to make.

2. Make a shopping list
   Make a shopping list on paper, your phone or online. You’ll make fewer trips to the store and waste less food. This saves money and time cooking at home.

3. Set meal and snack times
   Have set times for meals and snacks. This gives children time to be hungry and more willing to eat a wider variety of foods.

Talk with your child at meals.
Turn off electronics when eating.

Find a shopping list that works for you:
HealthyEating.org/Shopping
Breakfast provides big benefits.

—Children who eat breakfast learn better in school.
—Adults who eat breakfast manage their weight better.

You can make breakfast to eat at home or to take with you. You can also shop for foods that the family can grab on their way out the door.

Cereal

**Dairy:** Milk  
**Fruits:** Banana  
**Grains:** Cereal

Yogurt With Fruit

**Dairy:** Yogurt  
**Fruits:** Berries  
**Grains:** Granola

Egg Burrito

**Dairy:** Cheese  
**Vegetables:** Red Pepper  
**Grains:** Tortilla  
**Protein:** Egg

Build a breakfast with 3 food groups: [HealthyEating.org/Breakfast](http://HealthyEating.org/Breakfast)
Quick, tasty snacks fuel your growing child.

Offer fewer empty-calorie foods. Cookies, candy, donuts, chips, french fries and bacon are often higher in empty calories from added fats or sugar.

Eat more nutritious foods. Children may be more open to trying new foods at snack times. Serve vegetables with a favorite food like cheese or a dip. Offer bite-sized portions to encourage trying a new food.

Choose fewer:

Choose more:

What are 1 to 2 snack trades you can make?
Make quick, nutritious snacks.

Snacks are small meals. Plan snacks that include 2 to 3 food groups. For example, enjoy a smoothie by blending fruit, plain low-fat milk and ice.

Vegetables With Dip
Dairy
Vegetables

Quesadilla
Dairy
Vegetables
Grains

Raisins, Peanut Butter and Celery
Vegetables
Fruits
Protein

Granola Bar and Vegetables
Vegetables
Grains

Dried Fruit and Nuts
Fruits
Protein

Cottage Cheese and Peaches
Dairy
Fruits

How can you improve your family’s snacks?
Let your child help pick 1 to 2 snack ideas.

1. 

2. 

This program aligns with the Dietary Guidelines for Americans. It is one of many nutrition education resources offered by Dairy Council of California for students and adults to improve eating habits. For more information and additional resources, visit HealthyEating.org.

Find fun after-school snack ideas: HealthyEating.org/Snacks

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