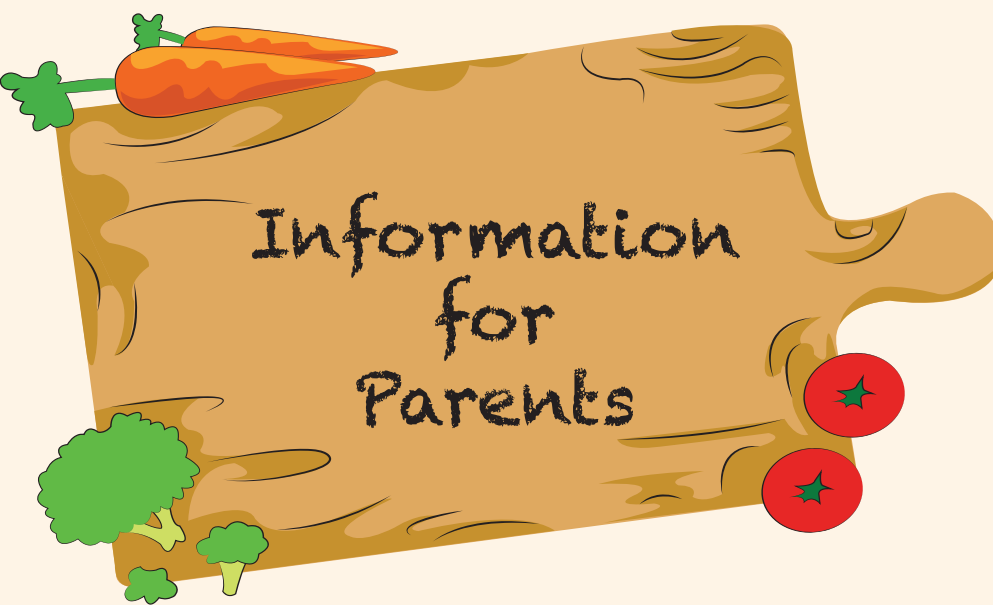




Healthy Food for Kids

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Tasty, Cost-Effective, and Nutritious Recipes!



Information
for
Parents

Background

Welcome to Healthy Food for Kids! This is the first brochure that is part of a series meant to help parents and caretakers provide healthy and balanced meals for children. Many urban areas are known as “food deserts” because there are a lack of grocery stores and the few that exist have unaffordable prices. This makes fresh produce difficult to obtain and therefore meals may not have enough nutrients to support a child’s education and physical activity.

However, young children are our future and our mission is to balance the financial and time constraints families may have with the fact that kids need certain foods to fuel their energy in life!

Each brochure will include a recipe for a simple meal and affordable ingredients will be suggested based on what local grocery stores have to offer. There will also be a nutrition label to describe the macronutrients, vitamins, and minerals that each meal contains. Lastly, there will be a nutrition spotlight section to highlight a specific nutrient that the meal showcases in order to teach parents and kids about the importance of eating that nutrient every day!

**Nutrition label is only an approximation*

***We do not endorse any brands or stores nor are we sponsored by any brands or stores. Our suggestions for ingredients are based on research of local grocery store prices*

What is a Balanced Diet for Children?

A typical diet for children consists of...

Nutrient	4-8 years old (% of total calories in daily diet)	9-13 years old (% of total calories in daily diet)
Total Calories	Females: 1200 kcal/day Males: 1400 kcal/day	Females: 1600 kcal/day Males: 1800 kcal/day
Fat	25-35%	25-35%
Protein	10-35%	10-35%
Carbohydrates	45-65%	45-65%
Added Sugars	<10%	<10%
Cholesterol	<300 mg	<300 mg
Sodium	<2300 mg	<2300 mg
Fiber	20-25 g	20-25 g
Saturated Fat	<20 g	<20 g

Food Group	4-8 years old (per day)	9-13 years old (per day)
Dairy	2 cups	3 cups
Meat/Beans	3-4 oz.	3-4 oz.
Fruits	1.5 cups	1.5 cups
Vegetables	1-1.5 cups	2-2.5 cups
Grains	4-5 cups (1/2 of this is whole grains)	5-6 cups (1/2 of this is whole grains)

Although this information comes from the American Heart Association, it is important to check with your family-care physician for specific diets your child may need to follow!

How to Read a Nutrition Label

Nutrition Facts

4 servings per recipe

Serving size

1 taco

Amount per serving

Calories

259.6

% Daily Value*

Total Fat 14.7g	23%
Saturated Fat 3.5g	18%
Trans Fat 0.1g	
Cholesterol 64.3mg	21%
Sodium 1547.2mg	64%
Total Carbohydrates 25g	8%
Dietary Fiber 16.4g	66%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 22g	44%
Vitamin D 0.14mcg	1.4%
Calcium 84.77mg	8.5%
Iron 1.56mg	8.7%
Potassium 516.05mg	14.7%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

The serving size is not a recommendation of how much you should eat in a meal

This is the amount of sugar added during processing e.g. syrups, sweeteners, etc.

≤5 %DV is considered low and ≥ 20 %DV is considered high

- The percentages next to each nutrient (%DV) shows how much a nutrient in a single serving of food contributes to your total daily diet
- You want to limit the amount of added sugars, trans fat, saturated fat, and sodium
- You want to increase the amount of dietary fiber, vitamin D, calcium, iron, and potassium

***If you have a medical emergency, please see a doctor. These diets are for a healthy individual, so if you have additional medical requirements or restrictions please consult a doctor