

# Food Facts

*Sensible Nutrition for Healthy Families*

## Make Time for Family Meals!

Recent studies show that children and teens who eat more shared family meals:

- Eat more fruits, vegetables and fewer processed snack foods
- Are less likely to be overweight
- Tend to be happier with their present life and their prospects for the future
- Have a greater vocabulary and better grades in school
- Are less likely to have risky behavior (such as smoking, drugs, depression, eating disorders)



### Tips for Parents of Picky Eaters

#### **Sometimes new foods take time.**

Kids don't always take to new foods right away. Offer new foods many times. Give them a taste at first and be patient with them.

#### **Avoid "short-order" cooking.**

As a parent, it's your job to provide healthy meals at appropriate times. It's up to the child to decide if, and how much, she eats. Provide foods from the main food groups - grains, vegetables, fruits, dairy, and meat and beans. Your child may not care for all of the foods offered, and that's okay. If she asks for a food that you're not serving, assure her that she can choose from any offering on the table.

#### **Be a Role Model.**

They learn from watching you. Your child will be more likely to try new foods if he sees you eating and enjoying the food.

#### **Patience works better than pressure.**

Mealtimes should be low-stress, pleasant times for everyone. Suggest that a child try a new food, but don't insist. Kids are more likely to enjoy food when eating it is their choice.

# Farmer's Market Salsa

Makes 8 Servings

## Ingredients:

- 1/2 cup corn (canned, cooked fresh, or frozen)
- 1 can (15 ounce) drained and rinsed black beans
- 1 cup fresh diced tomatoes
- 1/2 cup diced onion
- 1/2 cup diced green pepper
- 2 Tablespoons lime juice
- 2 finely chopped garlic cloves
- 1/2 cup picante sauce

## Instructions:

1. Combine all ingredients in a large bowl. Chill until serving time.
2. Drain before serving.
3. Serve with low-fat baked tortilla chips or fresh vegetables.

**Each serving provides:** 70 calories, 0g fat, 0mg cholesterol, 290mg sodium, 13g carbohydrate, 4g fiber, 4g protein, 20% DV Vitamin C.

## Recipe Note:

This salsa uses fresh vegetables that are available year-round and add flavor and beautiful color. Kids and grown-ups alike can't resist how good it tastes. If you have a hand-held chopper, this is an easy task for kids in helping with the recipe.



## Meal Time Guidelines

1. **Keep mealtimes pleasant.** Make meals a time to discuss positive topics, not family problems or discipline issues.
2. **Turn off the TV!** Avoid distractions like reading, television and cell phones. Make meals a time for family interactions. Have everyone sit together and try to create a calm environment.
3. **Schedule meals.** Start with planning 1 or 2 meals a week and make them a priority. Put family meals on the calendar. Leave notes in your kids' backpacks as reminders.
4. **Keep it simple.** Meals don't have to be complicated or made from scratch. Just try to include a variety of foods, especially fruits and vegetables!
5. **Get everyone involved.** Planning the meals, grocery shopping, setting the table, preparing the food...everyone can do something! Make it fun and get the whole family involved!