

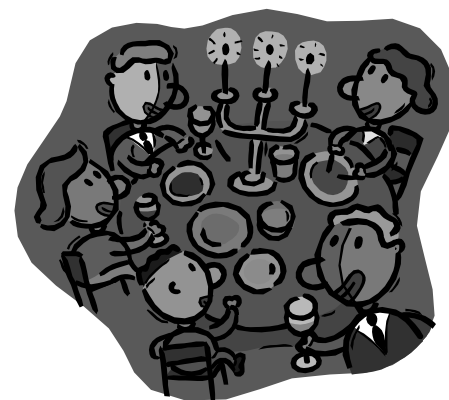
Food Facts

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

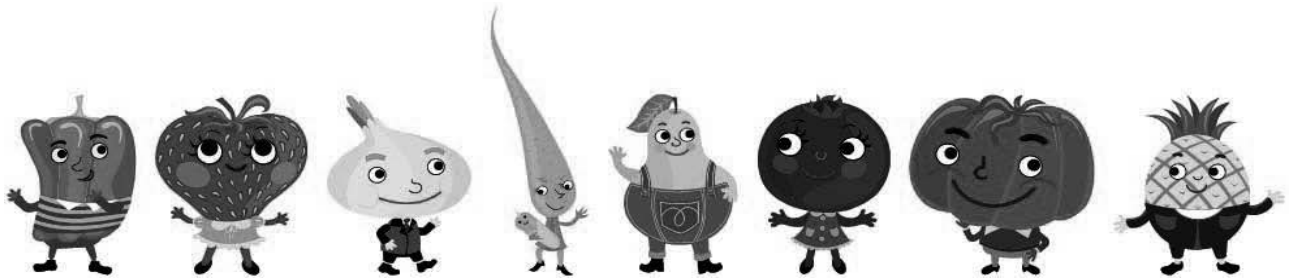
Instructions:

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!