

Be a Role Model

Kids notice your eating habits, so try your best to **practice what you teach!**

One easy way to do this is to eat at least 5 meals a week as a family. Not only will you spend quality time together, but your kids will watch and learn from you.



Resources

For You:

U.S. Department of Agriculture's Choose My Plate
www.choosemyplate.gov

Kids Health (health facts, recipes, games, medical, and more)
kidshealth.org

Men's Health Resource Center
www.MensHealthResourceCenter.com

Men's Health Library
www.menshealthlibrary.com

HealthyWomen
www.healthywomen.org



For Kids:

BAM! Body and Mind (games, quizzes, and more)
Centers for Disease Control and Prevention
www.bam.gov

Kids Health (health facts, articles, and games)
www.kidshealth.org/kid

Center for Young Men's Health
www.youngmenshealthsite.org

Girls Health
www.girlshealth.gov

Kids.gov (games, videos, healthy eating, and more)
kids.usa.gov

Want to Learn More?

For more information on health topics, consult with your health care provider.

Men's Health Network

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www.menshealthnetwork.org

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MHN Men's Health Network™
www.menshealthnetwork.org

Healthy Food Makes Healthy Kids

*Teaching your kids
to become healthy
eaters for life.*



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Healthy Eating for Kids Made Easy

Right now is the best time to teach your child to eat healthy. Your child is growing and picking up habits that will impact their future!



Here are a few tips...

- Add plenty of whole grains, low-fat dairy products, fruits, and vegetables to their diet. Variety is the key to helping kids grow up strong and healthy.
- Make sure they eat a healthy breakfast. Your child will have more energy and do better in school.
- Instead of going to the store and cooking by yourself, let your kids help. Not only will they be excited to eat, but they will learn in the process.

Give your child these healthier options...

| Instead of... | Offer |
|--|--|
| Potato chips, cookies, crackers | Butter-free or light buttered popcorn, rice cakes, low salt or unsalted pretzels |
| White rice, white bread, regular pasta | Brown rice, 100 % whole wheat bread, whole grain pasta |
| Soda, lemonade, fruit punch | Water, 100 % fruit juice, low fat or fat free milk |
| French fries, chicken nuggets, ice-cream | Baked fries, grilled chicken, frozen yogurt |



1-2-3 Kid Recipes

Ants on a Log

1. Celery or apples
2. Peanut Butter
3. Raisins

Use celery stalks or apple slices and spread a little peanut butter on each piece. Sprinkle on raisins.

Fruit Smoothies

1. Low fat or fat free milk or yogurt
2. Frozen or fresh fruit your kids like
3. A few ice cubes

Put everything in a blender and mix until ice is crushed.

Grilled Cheese

1. Whole wheat bread
2. Skim cheese
3. Fresh tomatoes

Spray pan with non-stick cooking spray. Grill each side until cheese is melted. Add tomato.

Kids Pizza

1. Whole wheat English muffin or bagel
2. Pizza sauce and veggies
3. Low-fat cheese

Spread pizza sauce, add veggies, and sprinkle cheese on each half. Toast until cheese is melted.