

Healthy Meals for Kids

Enjoy unlimited vegetables and fruit. Try new and different fruits like mango, papaya, asian pears. Eat a “rainbow” of vegetables with lots of red, orange, yellow, green and purple varieties. Try cutting vegetables into large chunks, lightly steam them and then dunk into fun dips or sauces like yogurt with herbs, flavoured oils, honey and fruit juice. Serving vegetables first while the rest of the meal is prepared can encourage hungry kids to eat their veggies.

Include protein at every meal. Protein includes meat, beans and legumes. Adventure into different types of meat such as lamb, emu, venison, buffalo, bear etc. Chilled roasted meat can be cut into sticks. Leftovers can go into soups. Beans are great as Mexican dishes but can also be blended into tasty dips.

Experiment with varied grains. Don't restrict yourself to wheat, start using barley, millet, quinoa, amaranth, rye, spelt, rice. Make your own breads, pizza crust and bagels. Indulge in wheat-free pastas, cookies and crackers.

Eliminate sugar, additives/preservatives/colourings, processed foods, junk. Replace with fun yet healthy alternatives. Some examples include (with a longer list at the end of this handout): instead of pop, mix carbonated water with fruit juice or cold herbal tea. Instead of chips have nuts or seeds or make little crackers out of rice wraps sprinkled with rice parmesan and olive oil; instead of candies try carob bars, home-baked whole grain cookies, or dried fruit.

Avoid wheat, milk, peanuts. It is very common for people to have allergies to these foods.

Limit corn, soy, eggs, pork. It is very common for people to have allergies to these foods.

Your attitude toward these new foods is very important. Some successful techniques include:

- giving a choice between two equally healthy foods
- telling the kids that this new food is “For adults only”
- ordering it in a restaurant before trying it at home
- pretending it is a perfectly normal thing to eat
- letting the kids pick out the food at the grocery store

- looking for a recipe together on the internet

Menu Ideas

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Breakfast	Cereal with almond milk	Oatmeal with apple sauce	Spelt pancakes with maple syrup	Hot rice cereal with fruit	Whole grain muffin with honey	Homemade granola bars
Lunch	Black bean quesadillas	Beef soup with white beans	Chicken stir-fry with bean noodles	Tuna salad in tortilla	Pita pizzas with veggies	Lettuce stuffed with salmon
Supper	Roast beef with potato and veggies	Salmon/ric e patties with green veggies	Chili with ground turkey and kidney beans	Broiled chicken with yams	Chicken stew or gumbo	Rice pasta with zucchini and peppers
Snacks	Whole grain crackers with nut butter	Ground nut/seed balls	Rice cakes with nut butter	Salsa with corn chips	Fruit cocktail	Veggies and bean dip

All foods are available either at grocery stores (may be a special health food section), health food stores and bulk stores.

Almond milk = buy or make your own. Blend blanched almonds(2-3) with water(1 cup) and maple syrup(to taste).

Cereal = many varieties with different grains, fun shapes and colourful boxes

Nut butters = try almond, cashew and macadamia

Hot cereals = try rice, quinoa or oatmeal. Just add water. Serve with fruit, honey/maple syrup, rice milk etc.

Granola bars = mix 3 cups granola (rolled oats with chopped nuts/seeds, apple juice concentrate, vanilla extract, all mixed and spread on greased cookie sheets until golden brown at 350'. Stir in coconut and dried fruit) with

3 eggs, 3 tablespoon apple juice concentrate and cinnamon. Press into square pan, bake 25 minutes at 350'. Cut while warm.

Salmon/rice patties = Mix together cooked rice, canned salmon, grated vegetables, sunflower seeds, olive oil, tahini(sesame seed paste). Form into patties and fry.

Lettuce rolls = use leaves of lettuce and stuff with grated vegetables and salmon salad to look like eggrolls.

Ground seed/nut balls = use coffee grinder or blender to make a powder from sesame seeds and sunflower seeds (1/2 c each). In bowl, mix with 1/3 c honey and 2 tablespoons tahini(sesame seed paste). Roll into balls and refrigerate. Other nuts and seeds can be added as well.

Nutritious snacks for kids

- Sticks of carrots, celery, cucumber, apple slices
- Ants on a log (see recipe)
- Oat cereal, almonds and raisins mixed
- Banana "Ice Cream" (see recipe)
- Popcorn
- Whole grain crackers with nut butters
- Popsicles made with fresh juice frozen in a popsicle maker
- Smoothies (blended fruit or fruit and yogurt)
- Whole wheat or gluten-free pretzels

Healthy Substitutions

Instead of.....

Try.....

Cupcakes

Essene bread or make your own cupcakes using whole grain flour and honey or molasses as sweetener.

Ice Cream

Fruit smoothies

Frozen blueberries and bananas, blended: Peel a number of very ripe bananas. Break into one-inch pieces and freeze in a closed plastic bag until very hard. Just before serving, run through a juicer, or blend in blender with a small amount of liquid (water or juice). Serve immediately. Add carob powder or berries to blender for different flavours or top with fruit and nuts.

Soda Pop

Fresh fruit juice diluted at least 1/2 and 1/2 with mineral water
Mineral water

Herb tea - Kids especially like those with rose hips, lemon grass, or hibiscus (e.g. Pelican Punch)

Water

Kool Aid	Tea (Pelican Punch) mixed with apple cider
Jello	Mix 1 Tbsp. agar-agar with 3-1/2 cups fruit juice and simmer for 15 minutes. Pour into mold with fresh fruit berries, and refrigerate.
Flavored Potato Chips	Flavored (eg. BBQ) rice crackers
Popsicles	Frozen juice Blend a banana, milk, and carob powder, and freeze.
Ants on a log	Spread almond or natural peanut butter into celery sticks. Dot with raisins (the ants).
Candy	Dried fruit and nuts Pitted dates stuffed with peanut butter, almond butter, or an almond
Cookies	Convert your favourite recipe using natural sweeteners, whole wheat flour or rice or spelt flour. For special treats, buy natural food store animal crackers.
Cake	Cut a watermelon into the shape of cake layers. Use sliced bananas for filling between the two layers and toothpick various fruits or berries on. Great for summer birthday parties!