



Fun With Food and Fitness



Fat measurements above (in teaspoons) are for approximately 1 cup of milk.

Can you taste the difference?

Different milks have different amounts of fat (see above). You can see the difference in them. Fat-free and low-fat milks are the best choices for good health. You and your child may not taste the difference when you make low-fat or fat-free choices.

What about flavored milk?

Chocolate and other flavored milks have added sugar that regular milk does not have. The best choice for children is plain unflavored milk.



They're still growing

Help your kids grow strong. Serve fat-free or low-fat milk at meals.

What can you do to help your child choose milk and other dairy foods?

Children learn by watching you. If you choose milk or other dairy foods, they will, too!



Chill!

It's a basic food safety rule that means we need to keep cold foods cold. Keeping them cold means germs won't grow as fast, which keeps you from getting sick.

Be extra careful about keeping milk, meat and eggs cold. They spoil easily. Get them in the refrigerator right after you arrive home from the store. Keep them chilled until serving time, and refrigerate leftovers immediately.

Kids in the Kitchen

Make this recipe together. Your child gets to practice skills like:

- choosing and washing the fruit
- cutting fruit with a plastic knife

Recipe

Yummy Fruit and Yogurt

Ingredients:

- 1 or more 6-ounce containers of low-fat yogurt
- Fruit: bananas, pears, peaches, grapes, strawberries or any other kind of fruit that you like

Directions:

1. Wash hands and surfaces.
2. Wash fruits, and cut into bite-size pieces.
3. Put fruit on a serving plate with one or more containers of yogurt.
4. Let everyone put some fruit and yogurt on plates. Dip and enjoy!
5. Refrigerate leftovers immediately.



Weight-bearing activity is good for you!

Weight-bearing activity makes strong bones, as does choosing foods that contain calcium. Strong bones are healthy bones that are less likely to break. Weight-bearing activity is any activity that puts weight on your bones, such as walking, jogging, jumping rope and dancing. Your child watches you; if you do weight-bearing activities, your child will, too!

Find more information and view videos on how moms are helping their families eat healthier foods at <https://www.fns.usda.gov/core-nutrition/especially-moms-0>.

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition Line at 1-888-515-0016.

Need help stretching your food dollars? Contact your local resource center or go online to mydss.mo.gov/food-assistance