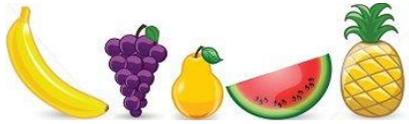


My First Cookbook!

**A Guide to Healthy Cooking and Eating
for Kids!**



Tips for Healthy Eating!



Ask your family to have a healthy vibe at the table! Parents need to eat their veggies too! They need to be good role models and avoid fast food or eating in front of the television! Ask to sit at the table, talk about your day at school, and turn off those electronics!

Kids, water is the best option for you during sports! If you are thirsty try water. People have been drinking just water when exercising for thousands and thousands of years, so it is the best choice.

Stay away from that extra candy (unless it is Halloween, right!?) The American Academy of Pediatrics and The American Heart Association recommend limiting excessive sugars to help keep you trim! Look at the label on the back of foods, and try not to exceed 25 grams per day. Do you like juice? Think of it as liquid candy and try to only drink one glass per week.

Choking is scary and dangerous. Make sure you cut up your food into small bites, chew well and don't talk while eating! And, do not feed your younger brothers or sisters foods without a caregiver's supervision.

Raw eggs, yuck! Eating some foods, like meat or eggs, without cooking them can make you really sick.

If you eat a really healthy diet you don't really need a daily multivitamin! All the nutrients and vitamins you need are in the food you put inside you. Your body is like a machine and the better fuel you add to it, the better it will work! So, take care of your body, eat healthy food, and encourage your friends and family to follow your good choices and behaviors! You are a role model!



Sometimes making a few, small healthy changes to our diet everyday can make a big positive impact to our health! Here are a few replacement ideas for how to start making some healthy choices...

Instead of This...	Eat This!
Mayo on Sandwich	Guacamole
Ice Cream	Frozen Yogurt or Popsicles
Potato Chips	Handful of Almonds (or your favorite nuts)
Candy/Cookies	Square of Dark Chocolate (70% Cacao or higher is best)
Whole Milk	Skim/ Low fat Milk
Regular or Diet Soda	Iced tea, flavored water, water with lemon wedge
Butter/Margarine	Olive Oil
Wonder/ white bread	Bread made of whole grain (wheat, rye, pumpernickle etc...)
Canned fruit canned in syrup	Frozen fruit
Butter on toast/bread	Peanut butter (or other nut butter)



BREAKFAST

Hard Boiled Egg with Mixed Fruit

Ingredients: Orange, banana, apple, egg

Directions:

Mixed fruit: Peel banana and orange and put in bowl. Cut up apple and place in bowl too. Ask a grownup to help you with cutting up the fruit. And add any other fruit you like!

Egg: Have a grownup help you to put 1 egg into pot of boiling water for 10 min. Let the egg cool and then peel it.

LUNCH

Nut-butter, Banana and Honey Sandwich

Ingredients: Whole grain bread, banana and honey

Directions: Take two slices of bread and put on plate. Spread your peanut butter (or other favorite nut-butter) onto one of the slices of bread. Have a grown up help you cut up banana. Drizzle honey on top and smooch the two pieces of bread together.

DINNER

Beef Gyro

Ingredients: Ground beef, Tzatziki sauce, cucumbers, red peppers, pita bread

Directions: Have a grown up help you to cook ground beef in a frying pan. Put cooked beef into pita pocket. Layer the tzatziki sauce on top of beef with cut up cucumbers and red peppers.



BREAKFAST

Yogurt Cup with Fruit and Granola

Ingredients:

2 cups low/nonfat yogurt with no/reduced sugar, 1 handful of fresh or frozen fruit, ½ cup of granola, 1 tbsp honey

Scoop yogurt into bowl/cup. Sprinkle fruit, granola and honey on top.

LUNCH

Turkey Wrap:

Ingredients: 1 whole wheat tortilla, 2 tsp apple butter or mustard, 3 slices low fat turkey, 2 slices cheese, lettuce and any other of your favorite veggies

Directions: Spread tortilla with mustard (or apple butter) leaving a ½ inch border around the rim. Top with fresh turkey, cheese lettuce and any other of your favorite veggies. Have a grown up help you cut up the vegetables.

DINNER

Smoked Salmon on Pita

Ingredients: Smoked salmon, cream cheese, pita bread or whole wheat tortilla

Directions: Open pita bread up. Spread a thin layer of cream cheese on pita bread. Layer smoked salmon on top. Fold into a sandwich.



BREAKFAST

Apple with Peanut Butter

Ingredients: Apple, peanut butter (or your favorite nut-butter)

Directions: Wash apple. Have a grownup help you to cut up apple into slices. Spread peanut butter on top of apple.

LUNCH

Tuna Salad with Veggies on the Side

Ingredients: 1 can of tuna fish (canned in water), ½ cup of chopped celery, 2 tbsp low fat mayonnaise,

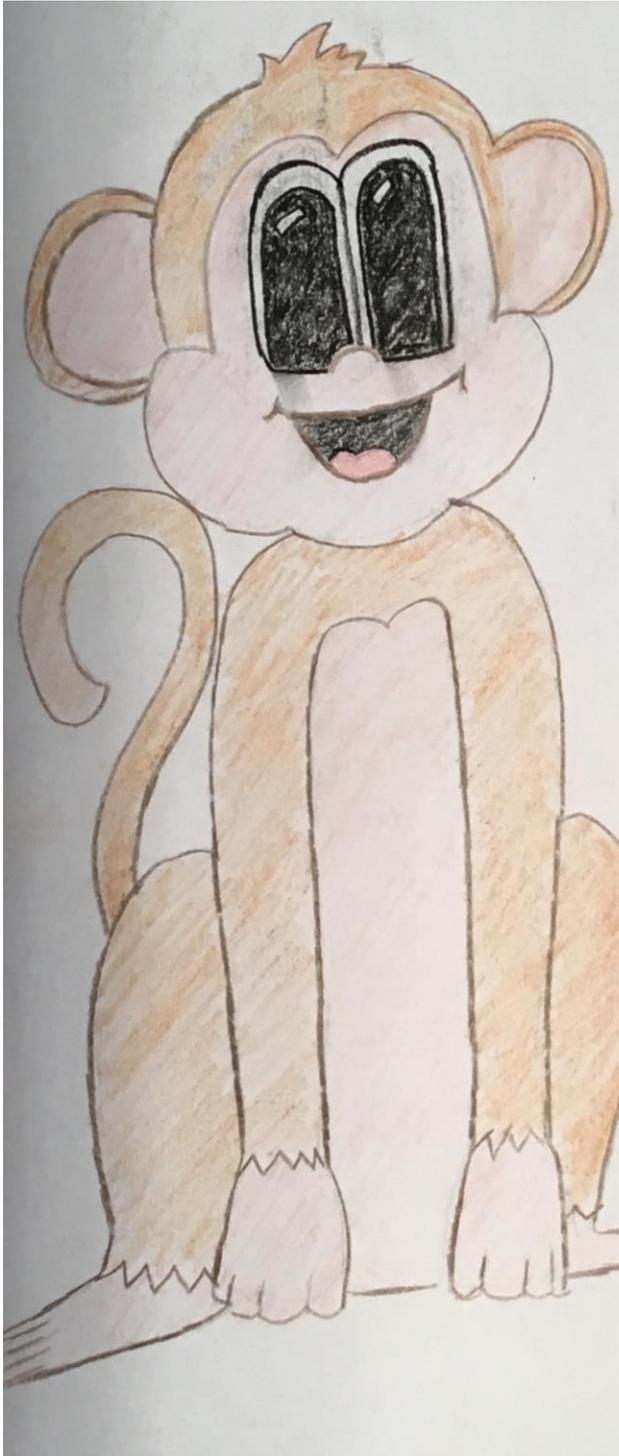
Directions: Drain the tuna in a strainer in the sink. Have a grownup help you to chop up the celery. In a bowl, mix the tuna, celery and 2 tbsp of low fat mayonnaise. Wash your favorite vegetables (carrots, snap peas, broccoli) and have a grown up help you to cut them up into bite sized pieces. Put on a plate to enjoy on the side!

DINNER

Pasta with Tomatoes, Basil and Mozzarella

Ingredients: 2 handfuls of cherry tomatoes, 2 handfuls of fresh mozzarella cheese balls, 3 tbsp olive oil, ½ cup chopped fresh basil, 1 package of pasta

Directions: Wash tomatoes and basil. Mix tomatoes, mozzarella, olive oil together in a bowl. Have a grownup help you to cut up basil and mix in with tomatoes and mozzarella. Have a grown up help you to boil a pot of water and cook pasta until tender. Drain the pasta. Add tomato mixture and mix together.



BREAKFAST

French Toast with Fresh Fruit

Ingredients: 1 slice of whole grain bread, 2 eggs, 1 cup of your favorite fruit (banana, berries etc.), honey

Directions: Crack the eggs into a bowl. Dip both sides of the bread into the eggs. Have a grown up help with cooking your toast on a griddle or in a frying pan. Cook until brown on one side then flip and brown the other side of the bread. Wash your favorite fruit and sprinkle on top. Drizzle some honey on top.

LUNCH

Chicken Cranberry Walnut Salad

Ingredients: Rotisserie chicken, one large leaf of lettuce, low fat mayonnaise, cranberries, dill, salt

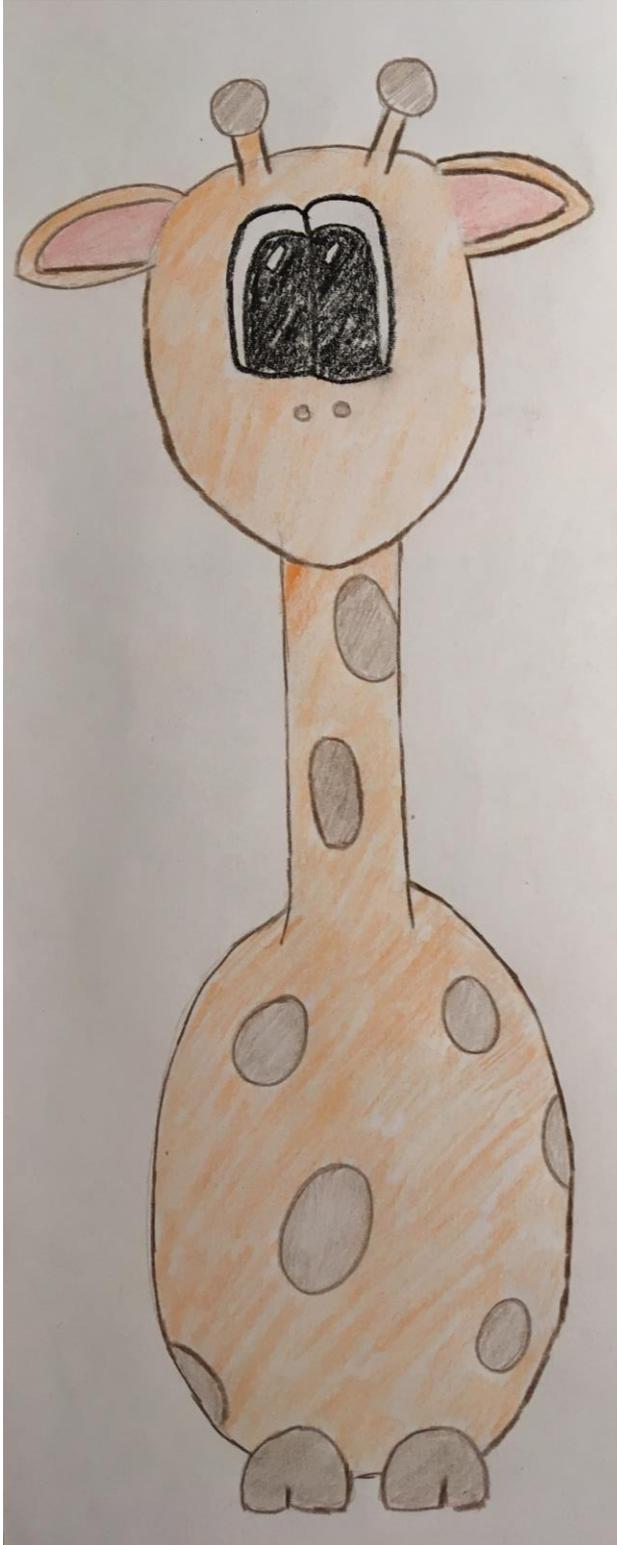
Directions: Tear off meat from rotisserie chicken into little pieces and put into a bowl. Add mayonnaise, cranberries, a dash of dill herb and a pinch of salt. Mix together. Put chicken on a lettuce leaf and roll up into a wrap.

DINNER

Fish Tacos

Ingredients: Corn tortillas (small), breaded real fish fillets (or baked fish sticks), avocado, salsa

Directions: Have a grown up help you cook breaded fish fillets or fish sticks. Break up fish into bite sized pieces and put on corn tortilla. Layer with a few avocado slices. Pour some salsa on the top!



BREAKFAST

Oatmeal with Fruit

Ingredients: Instant oatmeal, skim/low fat milk, fresh (or frozen) fruit or raisins, honey

Directions: Pour instant oatmeal into microwaveable bowl. Pour skim or low fat milk until oatmeal is covered. Microwave for 3-4 minutes. Wash your favorite fruit Ask a grownup to help you cut up fruit into bite sized pieces. Sprinkle fruit on top. For extra sweetness, drizzle honey on top.

LUNCH

Happy Face Veggie Plate

Ingredients: 1 hardboiled egg, shredded carrots, cherry tomatoes, 1 slice of turkey, humus

Directions: Spread humus on a plate in a circle shape for your face. Have a grownup help you to cut the hardboiled egg in half and stick in humus circle for eyes. Place cherry under the egg for a nose. Have a grown up help you cut the green pepper and use for ears. Sprinkle shredded carrots around the humus for hair. Roll up your turkey slice for the smiling mouth!

DINNER

Chicken and Veggie Kabobs

Ingredients: Rotisserie chicken cut up into cubes, cucumber, tomatoes, sweet peppers, feta cheese, skewers

Directions: Have a grownup help you to cut up cooked chicken, vegetables and block of feta cheese into cubed shapes. Stick pepper, cucumber, cheese, tomato and chicken on skewer in alternating pattern.



BREAKFAST

Ants on a Log and Bagel with Fruit Kabobs:

Ingredients: Celery, peanut butter, raisins.
Skewers, fresh fruit

Directions: Clean celery and pat dry. Spread peanut butter on the indented side of celery. Sprinkle raisins (ants) on top.

Have a grownup help you to cut up your favorite fruit. Stick the pieces of fruit on the skewers.

LUNCH

Deviled Eggs and Snap Peas

Ingredients: 6 hard boiled eggs, ¼ cup light mayonnaise, ½ tsp mustard, ½ tsp white vinegar, dash of salt, paprika to sprinkle on top

Directions: Have a grown up help you to boil the eggs for 10 minutes. Wait for the eggs to cool and run them under cool water for a minute. Gently peel the shells off of the eggs and have a grownup help you to cut them in half. Use a spoon to scoop out the yolk and put in a bowl. Add the mayonnaise, vinegar and mustard to the yolks and mix. Gently scoop a dollop of the mixture back on top of the egg whites. Sprinkle paprika on the top. Enjoy with a cup of washed snap peas on the side.

DINNER

Personal Pizza

Ingredients: English muffins, green pepper, mushrooms, black olives, canned pizza tomato sauce, shredded mozzarella cheese

Directions: Have a grown up help you to preheat the toaster oven to 375 degrees and to cut the English muffin in half lengthwise. Spread pizza sauce on both sides of open English muffin. Place veggies and olives on top and sprinkle with cheese on top. Put in toaster oven for a few minutes until cheese is bubbling. Ask a grownup to help you take it out of toaster oven.

A Very Special Thank You to Our Contributors...

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