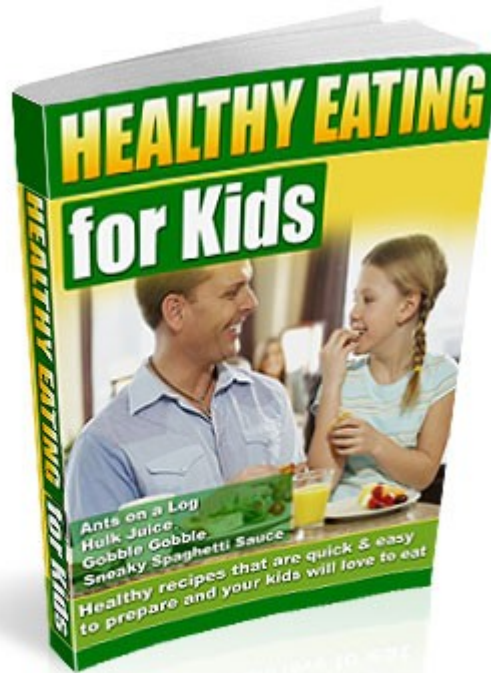


# Healthy Eating for Kids

*Taster Edition*



This is a taster version of Healthy Eating for Kids so that you can try out some of the recipes on your kids before you buy the full version. Feel free to pass this taster edition on to friends and colleagues providing you don't change it in any way.

To get the full version of Healthy Eating for Kids,  
go to [Healthy-Eating-for-Kids.com](http://Healthy-Eating-for-Kids.com)

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The Healthy Eating for Kids Report is provided for free for review and consideration purposes only.

Hyperlinks to the Healthy Eating for Kids web site are provided throughout this report to the full version.

You may print this e-book and are welcome to distribute it as long as it remains unchanged and unaltered.

The complete [Healthy Eating for Kids](#) e-book contains over 70 pages in PDF form with more than 60 easy to prepare recipes.

The full table of contents is shown below. This sample book only contains 12 of the recipes shown – the rest are in the full version of [Healthy Eating for Kids](#), available by clicking any of the links in this book.

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## **Introduction to Healthy Eating for Kids – Taster Edition**

As game consoles and television replace tag and football as the favorite pastimes of our children, healthy eating is becoming more of an issue than ever before. The rate of obesity in children is rising dramatically, leading to serious problems like diabetes, heart trouble, sleep apnea, and cancer at earlier ages. Where adult-onset Diabetes was rarely seen in children a decade ago, it is a common occurrence today.

Even worse, the habits learned in childhood stay with our children throughout their entire lives. Overweight children are much more likely to grow into obese adults.

Another important consideration is ensuring that our children have a balanced diet, full of the vitamins and minerals that their bodies need to grow. If the right nutrients are lacking in the diet, children can be listless, have trouble concentrating, and get sick more easily. At the same time, every parent knows how hard it can be to coax their children to eat healthy foods. When children turn up their noses at vegetables and low-fat, low-flavor foods, it becomes so much easier to grab a bag of chips or dinner at a fast food restaurant, leaving healthy eating by the wayside.

Healthy eating doesn't have to be a chore for your children. By thinking of eating healthier as an adventure rather than as a diet, finding foods that are fun and tasty for kids as well as being satisfying and nutrient-rich, and letting your children participate in selecting and preparing their own meals, you can make healthy eating exciting.

To get you started, *Healthy Eating for Children* includes ideas for snacks, meals, desserts, and drinks that are not only healthy but also fun, and delicious. Your child will look forward to healthy eating instead of rebelling against it. We've included recipes that are bright and flavorful, while including a wide variety of ingredients that are packed full of essential vitamins and minerals.

These recipes are also easy for busy parents to prepare, and given in single-sized portions just for your child. If your child balks at the food you are preparing for the rest of the family, you'll be able to make a healthy meal just for him or her, without fuss or hassle. At the same time, if your whole family enjoys the recipe, it's easy to increase the proportions.

Teaching your children healthy habits when they are young is one of the best things that you can do to give them the tools they need for a long and healthy life. Making good eating fun will ensure that those habits become second nature.

# Snacks



## **Happy Face Snack**

Welcome your children home from school or cheer them up on a rainy day with this fun and great-looking snack. It's sure to bring a smile to their faces and a wide range of important vitamins and minerals to their bodies!

### **Ingredients:**

- 1 banana, split in half length-wise
- 1 small cluster of red grapes
- 1 strawberry
- 1 star fruit
- 2 slices cantaloupe
- 1 kiwi

### **Directions:**

Start with a large round plate, preferably in a bright color. Use the fruit to create a happy face.

1. Use the grape cluster for hair.
2. Two slices of kiwi form the eyes.
3. The strawberry makes the nose.
4. Make cheeks with two slices of star fruit.
5. Use the two slices of cantaloupe for ears.
6. Finish with the banana half for a great, big smile.

Encourage your children to make their own art with the remaining fruit, before devouring it as well!

## **Fruity Yogurt**

Yoghurt is a fun snack that you can mix up to suit any child's individual tastes. It is also an excellent source of calcium and vitamins, and even helps to boost the immune system. Instead of buying pre-flavored (and pre-sweetened!) yogurt from the store, why not try blending your own at home?

### **Ingredients:**

- Low-fat plain or vanilla-flavored yogurt
- Fresh fruit, cut into small pieces
- Honey or maple syrup (optional)
- Granola (optional)

### **Directions:**

1. Mix fresh grapes, berries, slices of pineapple, peach, mango, kiwi, or other favorite fruit into low-fat unsweetened yogurt.
2. For a touch of sweetness, add a dash of honey or maple syrup or a pinch of cinnamon.
3. Sprinkle granola on top for added crunch and added fiber.

You'll be amazed at how good yogurt can taste when you flavor it yourself!

# Drinks





## **Fruity Lemonade Zing**

By making this easy lemonade mix yourself, you can not only limit the amount of sugar and artificial additives your child consumes, you can also tailor it to his or her individual tastes.

### **Ingredients:**

Juice from 4 lemons

4 1/2 cups water

3/4 cup sugar

Your child's favorite fruits, including mango, strawberries, raspberries, blueberries, peaches, nectarines, and limes, sliced

Ice

### **Directions:**

1. Combine lemon juice, water, and sugar and stir vigorously until mixed.
2. Add sliced fruits and ice.
3. Pour immediately into chilled glasses.

Serve with a wooden skewer to let your child eat the fruit after the lemonade is gone.

## **Banana Milkshake**

This tasty drink is packed full of calcium, protein, potassium, and vitamins.

### **Ingredients:**

1 fully ripe banana  
1/4 liter cold milk  
1 teaspoon sugar  
1/4 teaspoon vanilla flavoring  
Kiwi slices for garnish

### **Directions:**

1. Peel the banana and cut it into large chunks.
2. Put one half of the banana into a blender.
3. Add half of the milk and blend for about 15 seconds.
4. Add the rest of the milk, the vanilla flavor, and the sugar. Blend for about 10 seconds, or until smooth.
5. Pour into a glass.
6. Alternate remaining banana chunks and kiwi slices around the rim of the glass for decoration. Serve with a straw.

# Lunch at Home



## **Bacon and Egg Salad**

Bacon and Eggs take on a healthy twist in this tasty salad that will make kids enjoy eating their fresh greens. Poaching the egg and microwaving the bacon reduces calories from frying. Choose a salad mix that includes dark green leafy greens like spinach and romaine lettuce to increase nutrients and flavor.

### **Ingredients:**

- 1 to 2 handfuls mixed salad greens
- 1 teaspoon chopped shallots or onions
- 2 strips of bacon
- 1 egg, poached
- 1 slice of French or Italian bread
- Oil and vinegar salad dressing

### **Directions:**

1. Tear salad greens into bite-sized pieces. Arrange in a shallow bowl.
2. Sprinkle with shallots or onions
3. Microwave (or fry in low-fat cooking spray) bacon strips until done. Place strips on top of salad greens.
4. Toast bread slice with a touch of low-fat butter or olive oil. Cut into small cubes. Sprinkle on top of salad.
5. Poach egg. Place on top of salad.
6. Drizzle dressing over salad and serve warm.

## **Tortilla Pizzas**

A quick and healthy pizza that older children can make themselves.

### **Ingredients:**

1/8 cup fresh or canned mushrooms, sliced  
1/8 cup bell peppers, diced  
1/4 onion  
1/8 cup ham, diced  
Non-fat cooking spray  
1 large flour tortilla  
2 tablespoons spaghetti sauce (i.e., [Sneaky Spaghetti Sauce](#))  
Sprinkle of low-fat mozzarella

### **Directions**

1. Sauté vegetables and ham in a small pan with non-fat cooking spray until soft.
2. Spray tortilla with non-fat cooking spray.
3. Cover tortilla with spaghetti sauce.
4. Top with ham and vegetable mix.
5. Sprinkle with mozzarella.
6. Bake at 350°F for about 5 minutes, or until cheese has melted and tortilla becomes crispy.

# Packed School Lunches



## **Peanut Butter and Apple Wrap**

This is an updated - and even healthier - version of the classic PB&J sandwich.

### **Ingredients:**

- 1 soft tortilla wrap
- 2 tablespoon crunchy peanut butter
- 1/2 apple, chopped
- 2 teaspoon low-fat granola

### **Directions:**

1. Spread peanut butter onto tortilla.
2. Sprinkle apple and granola onto peanut butter.
3. Roll tortillas tightly, tucking ends inside the wrap.
4. Cut in half. Wrap with plastic wrap.

## **Tuna Fish in Pita Pockets**

Tuna fish is an important source of heart-friendly omega-3 fatty acids. This sandwich is high in satisfying protein and vitamins, but low in fat in cholesterol.

### **Ingredients:**

#### Dressing:

- 1/2 cup balsamic vinegar
- 2 teaspoons olive oil
- 1 teaspoon Dijon mustard
- 1 clove chopped garlic

#### Tuna Salad:

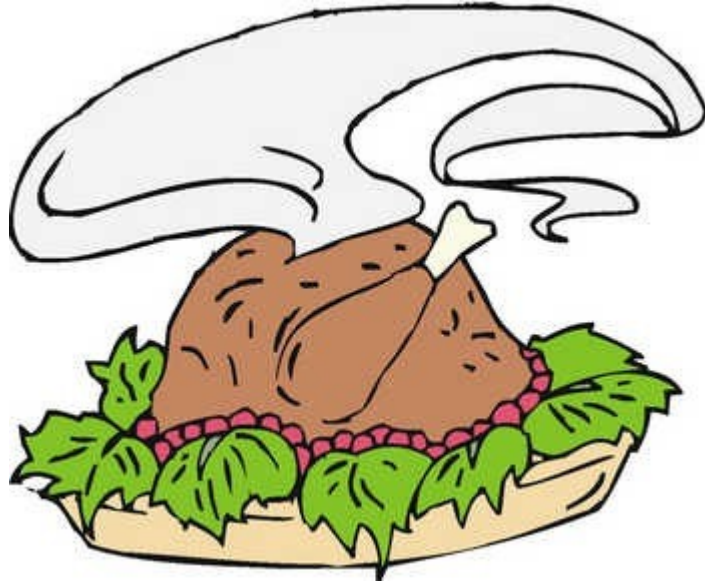
- 2 small red potatoes, sliced
- 1 handful fresh green beans
- 1/2 can white tuna packed in water
- 1/8 small red onion, chopped.
- 1 hard-boiled egg, yolk removed, white chopped
- 2 leaves dark lettuce or spinach
- 2 pita pockets

### **Directions:**

1. Mix dressing ingredients in a bowl.
2. Steam potatoes and green beans until tender.
3. Add all ingredients to bowl with dressing. Toss until well mixed.
4. Stuff pita pockets with salad and dressing mix. Wrap tightly with plastic wrap until ready to eat.



# Evening Meals at Home



## **Sneaky Spaghetti Sauce**

If your children are reluctant to try new vegetables, or they simply don't like the look or texture of zucchini or eggplant, use this vegetable-packed spaghetti sauce to get them hooked!

### **Ingredients:**

1 garlic clove  
1/2 sweet onion  
2 cups plain tomato sauce  
1/2 teaspoon oregano  
1/2 teaspoon salt  
Pinch of sugar  
1/4 teaspoon cinnamon  
1/2 zucchini, cleaned and skin left on  
1/2 bell pepper, seeded.  
1/2 cup broccoli florets  
1/2 cup eggplant  
1 carrot

### **Directions**

1. Sauté garlic and onion in a saucepan until tender.
2. Add tomato sauce and spices. Allow to simmer.
3. In a blender, puree zucchini, pepper, broccoli, eggplant, and carrot until smooth.
4. Add vegetable puree to tomato sauce and allow to simmer for 15 minutes, until flavorful.
5. Serve over child's favorite pasta, or anywhere else you would normally use spaghetti sauce.

**Tip:** You can change the vegetables you puree into this sauce according to your child's tastes. Snow peas, green beans, cauliflower, and mushrooms are other popular choices.

## **Barbequed Chicken**

This tangy chicken recipe is a good way to include fruits and vegetables into a meat-loving child's dinner.

### **Ingredients:**

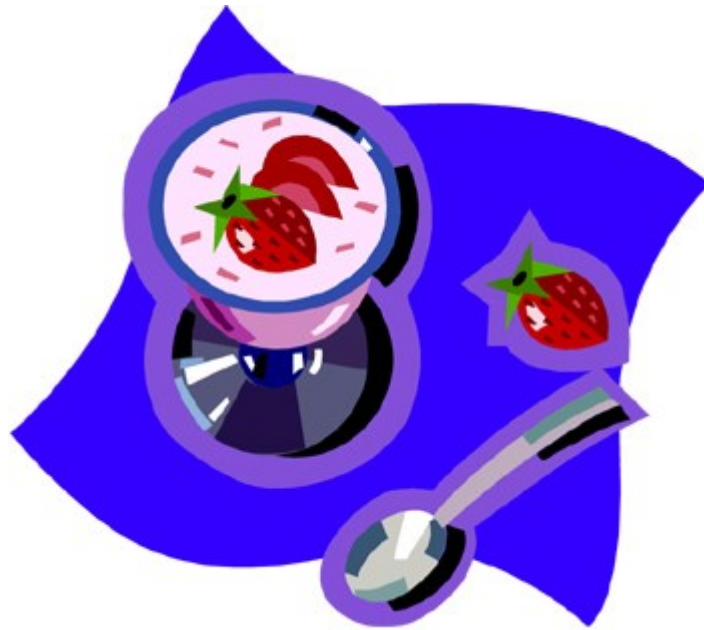
1 boneless chicken breast cut into bite-sized pieces  
pinch of salt  
dash of pepper  
1/4 cup flour  
olive oil  
1 tablespoon no-sugar-added peach preserves  
2 tablespoons barbecue sauce  
1/2 small onion, chopped  
1 teaspoon soy sauce  
1/2 green pepper, chopped  
sliced water chestnuts

### **Directions:**

1. Mix flour with salt and pepper.
2. Coat chicken with seasoned flour. Brown in oil and drain.
3. Combine preserves, barbecue sauce, onion and soy sauce. Pour over chicken.
4. Cover; simmer about 40 mins, or until chicken is tender.
5. Add water chestnuts and chopped pepper in the last 10 minutes.

Serve with brown rice.

# Desserts



## **Baked Vanilla Apples**

An apple a day keeps the doctor away - and no child will be able to resist eating more than one apple with this delicious dessert!

### **Ingredients:**

3 apples  
2 cups apple juice  
1/4 cup sugar  
2 teaspoons vanilla extract.

### **Directions:**

1. Peel apples, core, and cut in half.
2. Place apples cut-side down in a baking pan.
3. Mix apple juice, sugar, and 1 teaspoon vanilla extract in a small bowl.
4. Pour apple juice mixture over apples.
5. Cover and bake at 375°F for 45 minutes, until apples are slightly soft.
6. Remove apples from pan. Add 1 teaspoon vanilla extract to liquid in baking pan and boil until mixture thickens into syrup.
7. Pour syrup over apples.
8. Serve hot.

## **Simply Be-licious Sorbet**

Does your child crave sweet ice cream? This fruity sorbet requires no extra sugar, and is simple to make!

### **Ingredients:**

1 cup blueberries (fresh or frozen)

1 cup raspberries (fresh or frozen)

1/4 cup cold water

2 tablespoons frozen citrus concentrate (orange-pineapple juice, or orange-banana juice, for example)

### **Directions:**

1. If using fresh berries, freeze on a cookie sheet until thoroughly frozen before beginning.

2. Mix ingredients in a large bowl.

3. Pour half of ingredients into food processor and blend until smooth.

4. Add remaining mix to food processor and blend until smooth.

5. Serve immediately, or freeze for about four hours until totally firm.

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