

# Tips for Kids: Making Healthier Food Choices!

Substituting healthier options can add up to more nutrients, more fiber, less fat and better health for your entire family!

## Instead of this... Try this...



Croissants, biscuits & white bread ~ Low-fat whole grain breads or rolls

Doughnuts, pastries & scones ~ Whole grain bagels or English muffins

Fried tortillas ~ Soft corn or wheat tortillas or pita bread

Sugar cereals & regular granola ~ Oatmeal, low-fat granola or whole grain cereal

Potato or corn chips & buttered popcorn ~ Pretzels or unbuttered popcorn

White pasta & white rice ~ Whole wheat pasta & brown rice

Vegetables fried, served with cream, cheese or butter sauces ~ Vegetables served raw, steamed, broiled, baked or with a very small amount of olive oil

French fries & hash browns ~ Baked, mashed or boiled potatoes

Whole or 2% milk ~ Skim or 1 % milk (for those over age 2)

Yogurt made with whole milk ~ Nonfat or low-fat yogurt

Regular cheese like American, Cheddar & Parmesan ~ Low-fat cheese with less than 3 grams of fat per serving

Regular cottage cheese ~ Low-fat or nonfat cottage cheese with less than 2% fat

Regular ice cream ~ Sorbet, sherbet, low-fat ice cream or low-fat frozen yogurt

Prime or marbled cuts of meat ~ Select grade lean beef cuts like round, sirloin or loin

Pork spare ribs, bacon ~ Lean pork cuts like tenderloin or loin chop

Regular ground beef ~ Lean or extra lean ground beef, chicken or turkey

Lunch meats such as pepperoni, salami & bologna ~ Lean lunch meats such as turkey, chicken & ham

Regular hot dogs or sausage ~ Fat-free hot dogs

Fish canned in oil & fried breaded fish sticks ~ Fish canned in water or baked low-fat fish sticks

Cookies ~ Fig bars, gingersnaps, animal or graham crackers

Shortening, butter or margarine ~ Olive, soybean, canola oils or nonstick cooking sprays

Regular mayonnaise & salad dressing ~ Nonfat or light mayonnaise & salad dressing



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• Dietary fiber is a broad term that describes the part of plant foods that your body cannot digest. It is found mainly in fruits, vegetables, whole grains, beans, nuts and seeds. You will notice many of the foods suggested above are foods high in fiber! Foods high in fiber are usually low in calories and fat while packed with vitamins, minerals and other important nutrients. Dietary fiber:  
• □ protects against constipation, some cancers and diabetes  
• □ helps lower cholesterol  
• □ may play a role in preventing obesity  
• It is important to gradually introduce fiber into your regular diet, and be sure to drink plenty of water as well.  
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# Fit for a Kid

An initiative of the  
Ottawa County Health Department  
to ensure a healthy future.  
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