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SP605-F-Keys to Healthy Eating

The University of Tennessee Agricultural Extension Service

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Keys to Healthy Eating



Tennessee Department
of Health

*Adapted for Tennessee by
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UT Extension

SP 605-F

Children should eat three healthy meals and two or three healthy snacks everyday. Foods high in calcium, iron and vitamin C are very important.

➤ **Calcium-Rich**

Milk
Cheese
Yogurt
Green Leafy Vegetables (like spinach and collard)
Salmon & Sardines

➤ **Iron-Rich**

Lean Meats – USDA
Fortified Cereals (WIC-Approved)
Peanut Butter
Breads & Grains
Dried Beans & Peas

➤ **Sources of Vitamin C**

Broccoli	Potatoes
Cabbage	Raspberries
Cauliflower	Spinach
Grapefruit & Grapefruit Juice	Strawberries
Green Peppers	Sweet Potatoes
Greens	Tomato & Tomato Juice
Oranges & Orange Juice	Watermelon
Muskmelon (Cantaloupe)	“WIC” Juices
Pineapple	



➤ **Anytime Snacks**

Any Fruit
Any Vegetable
Crackers
Cereals
Cornbread
English Muffins
Gingersnaps
Graham Crackers
Jello®
*Nuts
*Popcorn
Pretzels
Pudding & Dips (made with lowfat
milk and milk products)
*Raisins
Rice Cakes
Vanilla Wafers

**may cause choking in young children*

➤ **Limit these higher-fat foods
(have only one of these a day):**

Any Fried or Greasy Foods
Bacon
Bratwurst
Biscuits
Bologna
Chocolate Bars & Candies
Cookies
Corn Chips
Doughnuts
French Fries
Hot Dogs
Polish Sausage
Potato Chips
Salami
Sausage Links or Patties

Adapted for Tennessee from “Keys to Healthy Eating and Snacking,” City of Milwaukee Health Department.



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