SP605-F-Keys to Healthy Eating

The University of Tennessee Agricultural Extension Service

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

- Any Fruit
- Any Vegetable
- Crackers
- Cereals
- Cornbread
- English Muffins
- Gingersnaps
- Graham Crackers
- Jello*
- *Nuts
- 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.*