

# Healthy Food Choices – Simplified

MOMs Meeting March 20, 2009

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## Introduction

Topics

What's *Wholesome*, What's *Healthy*?

Reliable Web Sites

Ellyn Satter, *Family Therapist, Feeding Specialist*

## Questions Answered

- The Picky Eater – What's a parent to do?
- Organic Foods – What are they and benefits?
- Low Sodium, Low Sugar Ideas?
- Diet Sodas – How bad are they?
- Vegetables & Kids – How to live in harmony?
- Healthiest Fruits?
- Teen Boys – Easy prep, healthy, filling ideas?

## Taste Testing - Healthy Breakfast and Snack options

- Whole Grain Crackers (tuna salad, egg salad, asst'd cheeses)
- Whole Grain Chips & Summertime Salsa
- Morning Glory muffins
- Pumpkin bread
- Quesadilla's
- Fruit/Yogurt Smoothie

## Food Demonstrations

- More Breakfast and Snack Choices
- Fast, Easy, Healthy Meals
- Healthy Sweets? And Deserts?

## Snack Ideas; wholesome, filling, easy prep:

- Shredded cheese, tortilla chips (refried beans)
- Tuna & crackers

- Cheese, salami, crackers
- Taco meat, soft and hard shells
- Quesadilla
- Fruit/Yogurt smoothie
- Fruited Yogurt
- Banana's and chocolate syrup
- Strawberries and whip cream
- Large soft pretzel & sliced American cheese
- Chili cheese dog on bun
- Peanut butter on crackers or apple
- Pretzels and dip
- Cereal with fresh fruit
- Chocolate Milk

### **Breakfast Ideas:**

Breakfast Burrito  
 EggMuffin  
 Fruit & Yogurt Parfait  
 Waffles, Pancakes, French Toast  
 Hot/cooked cereal  
 Cold cereal with fresh fruit  
 English muffins, bagels, fruit muffins

### **Deserts/Sweets:**

Pudding (regular or sugar free) with graham cracker sticks  
 Rice Krispie Treats – homemade  
 Fresh Fruit w/dip, choco syrup, fruit dip  
 Canned Fruit  
 Fruit Popsicles  
 Pumpkin bread, banana bread  
 Strawberry Short Cake  
 Oatmeal Cookies – homemade  
 Granola bars for lunches