Good Nutrition - What is it?

What is good nutrition?

Good nutrition means getting the calories we need for energy and the nutrients we need for proper growth.

Variety, balance, and moderation are keys to good nutrition.

When young children are given a balanced variety of healthy foods, with moderate amounts of fat, sugar, and salt, they are learning good nutrition habits that can help lower the risk of overweight, heart disease, and even diabetes.

Variety, Balance, and Moderation for Good Nutrition

A variety of foods, including vegetables, fruits, grain, and protein, is essential to make sure we get the full range of nutrients for good health.

Both the Child and Adult Care Program (CACFP) meal pattern and the MyPyramid for Kids Web site encourage eating a variety of foods.

The right balance of calories, protein, fat, carbohydrates, vitamins, and minerals provides energy and the variety of nutrients growing children need.

Limit foods that are high in fat, sugar, or salt, and do not provide important nutrients.

- Children younger than 2 need calories and fat to support rapid growth.
- Children over the age of 2 can be served low fat milk.
- By age 5, children should get no more than 30 percent of their daily calories from fat.

Serve tasty, fresh vegetables and fruits as snacks. Choose bright colored foods since they are often highest in nutrients such as vitamins A and C.

What can be tastier than seasonal vegetables and fruit?

Why not enjoy fresh foods that are plentiful this season?

How about Vegetables
- broccoli
- carrots
- celery
- green beans
- lettuce
- onions
- peas
- potatoes

Fruits
- apples
- avocado
- blueberries
- grapefruit
- lemons
- oranges
- strawberries
- pears
**Yogurt Fruit Dip G-04***

Lowfat vanilla yogurt 1 qt 2 ¼ cups  
Canned diced peaches, drained 1 qt 2 ¼ cups (2 ¾ No. 2-1/2 cans)

In a bowl, combine yogurt and peaches. Stir to blend. Refrigerate until ready to serve. Portion with No. 10 scoop (3/8 cup).

Number of servings: 25  
Serving size: 3/8 cup (No. 10 scoop) provides ¼ cup of yogurt or the equivalent of 1/2 oz cooked lean meat and ¼ cup of fruit.

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**Menus**

A week’s worth of fresh and tasty snack ideas!

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>English muffin, plain toasted</td>
<td>Banana slices</td>
<td>Fresh cantaloupe cubes</td>
<td>Fresh grapes, halves</td>
<td>Fresh apple, Yogurt Fruit Dip – G-04*</td>
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<tr>
<td>Apple juice</td>
<td>Graham crackers</td>
<td>Animal crackers</td>
<td>Rice Krispy Treats</td>
<td>Water</td>
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<tr>
<td></td>
<td>Peanut butter, Dip – G-01**</td>
<td>Pineapple juice</td>
<td>Water</td>
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<td>Water</td>
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** Sunflower butter may be substituted for peanut butter.

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**Sources:**