



# Choosing Foods for Me

Fourth-grade nutrition education newsletter

Lesson **2**

## They're still growing.

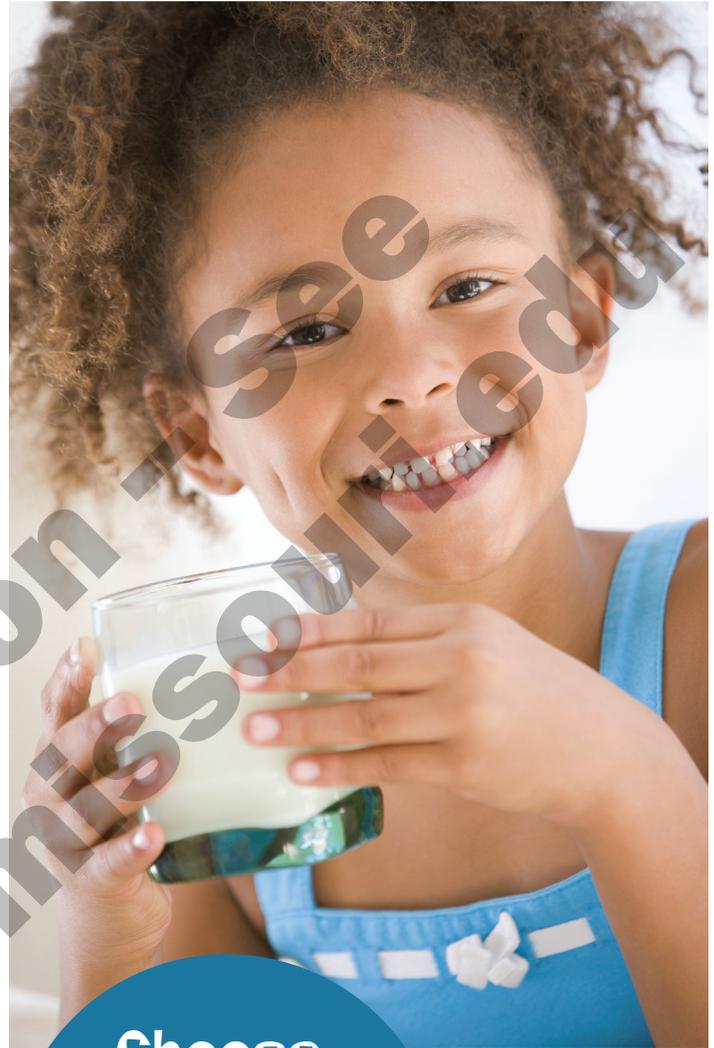
**H**elp your kids grow strong. Your child needs three cups of milk each day or the equivalent amount of food to build strong bones and teeth. Serve fat-free or low-fat milk at meals.

### Protein matters

Protein foods help us grow, stay healthy and repair skin. Iron is found in many protein foods. When choosing protein foods, lean choices such as 98 percent fat-free deli meats, baked chicken and broiled hamburgers are good choices.

### What can you do to help your child choose milk, other dairy foods and lean protein?

- Children learn by watching you. If you choose milk or other dairy foods and lean protein, they will too!
- Going out to a fast-food restaurant with your children? Before you go, find nutrition information online. Compare the fat in breaded chicken or chicken nuggets to grilled chicken. Plan to choose low-fat and lean protein choices like single broiled hamburgers or grilled chicken at the restaurant.
- Children love to be involved in planning meals and snacks. Talk about the foods on the back of this handout, and ask your child how dairy foods could be added to them.



**Choose  
low-fat and  
lean dairy  
and protein  
products**

## Which dairy foods would you add?

### Turkey sandwich

I would add \_\_\_\_\_  
to the sandwich.

### Tomato and greens salad

I would add \_\_\_\_\_  
to the salad.

### Baked potato with veggies

I would add \_\_\_\_\_  
to the baked potato.

### Peanut butter sandwich

I would have \_\_\_\_\_  
with the sandwich.

### Taco with beans and veggies

I would add \_\_\_\_\_  
to the taco.

### Hot oatmeal

I would add \_\_\_\_\_  
to the oatmeal.

## Some suggestions:

- **Turkey sandwich:** Add a slice of low-fat cheese, serve with fat-free or low-fat milk.
- **Tomato and greens salad:** Add shredded cheese.
- **Baked potato with veggies:** Add low-fat or nonfat yogurt.
- **Peanut butter sandwich:** Serve with a fruit smoothie made with nonfat or low-fat yogurt and fruit.
- **Taco with beans and veggies:** Add shredded cheese or serve with fat-free or low-fat milk.
- **Hot oatmeal:** Add hot fat-free or low-fat milk instead of hot water.

## Problems with regular milk?

If you are lactose intolerant you have other choices. Try lactose-free milk or calcium-fortified soy milk. Check the Nutrition Facts label and make sure these choices have the same amount of calcium in regular milk, which is about 300 mg in a cup.



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