**Small Changes for Better Health**

When they are hungry, children will eat what adults make available. If you provide only healthy choices, that is what they will eat! Here are five areas where small changes go far.

<table>
<thead>
<tr>
<th>Fruits and Vegetables</th>
<th>Portion Sizes</th>
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<tbody>
<tr>
<td>• Kids should eat five fruits and vegetables each day—fresh, frozen, canned—serve what you can afford.</td>
<td>• Kids are smaller than adults and should eat smaller portions.</td>
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<td>• Serve fruit and raw vegetables like carrot, celery sticks as snacks, and offer 100% juice in small amounts.</td>
<td>• Use smaller plates for kids.</td>
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<td>• Add peas to rice or cucumbers to sandwiches for more veggies.</td>
<td>• The back of your child’s fist is a good guide for the child’s portion size.</td>
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<td>• Kids don’t need to clean their plates if they are full.</td>
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<td>• Start with small portions. They can have seconds if they are still hungry.</td>
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**Eating Together**

- Kids who eat family meals eat more fruits and vegetables.
- Family meals help kids establish a routine and develop good eating habits.
- Eating together is a chance to model good behavior.
Snacks

- Limit snacks to 3 healthy snacks per day.
- Leave a bowl of fruit or carrot sticks on the table.
- Teach kids the difference between snacks they need to ask for (cookies) vs snacks they can take freely (fruits or vegetables).
- Have kids drink water at snack time.
- Save “treats” for special occasions.

Less Fat and Sugar

- Switch to low or non-fat milk, yogurt and cheese.
- Buy skinless chicken and lean ground beef to reduce fat.
- Bake or grill instead of fry.
- Substitute water or low-fat milk for sodas and sugar-sweetened beverages.
- Switch to lower sugar breakfast cereals like Cheerios.
- Serve fruit-based desserts more often.

Getting your kids to eat healthy foods is easy when you have great-tasting recipes like this one. Sure to become a family favorite!

Sweet Potato Mac & Cheese

1 pound whole wheat pasta
2 tablespoons butter
2 tablespoons all purpose flour
2 1/2 cups low fat milk
1 cup shredded reduced fat cheddar cheese
1/2 teaspoon salt
1 16-ounce can sweet potatoes, rinsed, drained & mashed (or 2 cups mashed, cooked sweet potato)
1/2 cup breadcrumbs
2 tablespoons parmesan cheese

1. Cook pasta according to package directions. Preheat oven to 375°F. Coat a 9”x13” baking dish with non-stick spray.
3. Stir cheese mixture into pasta. Transfer to baking dish. Sprinkle top with breadcrumbs and parmesan. Bake until bubbly and breadcrumbs start to brown, about 20 minutes.

Makes about 9 cups: 330 calories, 6 grams of fiber per cup; $0.51 per serving!