



Choosing Foods for Me

Fourth-grade nutrition education newsletter

Lesson 2

They're still growing

Help your kids grow strong. Your child needs three cups of milk each day or the equivalent amount of calcium from 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. Many of these foods are also good sources of iron. When choosing protein foods, lean choices such as skinless chicken or turkey, fish, 93% lean ground beef, and beans 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 saturated 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 or cottage cheese.
- **Baked potato with veggies:** Add low-fat or nonfat plain 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 and make sure these choices have the same amount of calcium as regular milk, which is about 300 mg per cup.



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For more information, call MU Extension's Show Me Nutrition Line at 1-888-515-0016. Running out of money for food? Contact your local food stamp office or go online to mydss.mo.gov/food-assistance/food-stamp-program.