



# 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 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**

