

COMMUNITY ACTION PROGRAM, INC.



OF WESTERN INDIANA

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Dear Parent:

A healthy diet is important for your child's growth and development. At Head Start, we choose healthy foods for your child's meals and snacks each day. We also have had classroom activities to teach your child to eat foods that are most healthful.

Every day your child needs six ounces of grains (at least half should be whole grains), 2 1/2 cups of vegetables, 1 1/2 cups of fruits, 2 cups of dairy and 5 ounces of meats and beans.

To help your child have healthy teeth, it is important not to eat too many sugary snacks. Although young children need to eat some snacks because they cannot eat all the foods they need to eat at meals, it is important to choose snacks that do not contain sugars. The following are good choices: cheese, plain yogurt, vegetables, pretzels, toast, crackers, popcorn, tacos, dill pickles, nuts, refried beans, pita bread, and tortilla chips.

If sugary foods are eaten, they should be given to your child at the end of the meal rather than as between-meal snacks.

By giving your child a balanced diet and encouraging good eating habits, you can help your child have good dental health. We have also attached a few sugarless recipes for you to try.

Sincerely,

Lori L. Brewer, LPN

Lori L. Brewer, LPN
Head Start Health Services Specialist

Dental #5
HS-22 2/11

Helping People Since 1966



FOOD SELECTIONS FROM THE FIVE FOOD GROUPS

- MILK** Milk, cheese (Swiss, Cheddar, American, Colby, cottage), and all yogurt.
- MEAT & BEANS** Nuts, eggs, ham, chicken, lamb, tuna, shrimp, turkey, hamburger, peanut butter.
- FRUITS** Apples, bananas, strawberries, grapefruit, grapes, raisins, plums.
- VEGETABLES** Salad greens, cauliflower, sweet potatoes, white potatoes, cucumbers, green peppers, tomatoes, carrots, celery, collard greens, kale, okra, corn, peas, broccoli, potatoes, and green beans.
- GRAINS** Bread, pasta, oatmeal, breakfast cereals, tortillas.

SUGARLESS RECIPES

Snacking on sugar-rich foods contributes to the decay of healthy teeth. The "right kinds" of snacks are more nutritious and less costly. The following are recipe suggestions for lunches, special treats, and celebrations. Help keep your child happy and healthy.

Nutty Balls

Roll softened cream cheese, Cheddar cheese, or sugarless peanut butter balls in chopped nuts, roasted sesame seeds, or parsley. Chill before serving.

Stuffed Celery Sticks

Stuff celery with cream cheese or sugarless peanut butter, and top with sunflower seeds, roasted sesame seeds, paprika or caraway seeds.

Nutty Cheese Cookies

1/4 lb. grated Cheddar cheese
3-4 Tbs. milk
1 c. whole wheat flour
1/3 cup finely chopped nuts
3 Tbs. oil
1/4 tsp. salt
Dash of cayenne pepper

Mix cheese, flour, oil, salt, and cayenne until crumbly. Add milk and nuts. Form into 1-inch balls. Place on oiled cookie sheet and bake at 350 degrees for 20 minutes.

Individual Pizzas

English muffins
Tomato sauce
Grated Mozzarella cheese

Cover Half of an English muffin with tomato sauce. Sprinkle grated cheese over the sauce. Broil in oven until cheese melts.