

Title:

Healthy Foods That Your Kids Will Love

Word Count:

360

Summary:

Is getting your kids to eat healthy foods is a battle in your home? If so, you'll love these tips that will make your kids happy and give you the satisfaction of knowing you are feeding them foods that are good for them.

Start the Day Right

You can give your kids a delicious, healthy breakfast by getting rid of the ready to eat cereals and pastries and replacing them with bran pancakes and low-sugar syrup and/or fruit. Whole-wheat tortillas filled with fruit, scramble...

Keywords:

Article Body:

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Start the Day Right

You can give your kids a delicious, healthy breakfast by getting rid of the ready to eat cereals and pastries and replacing them with bran pancakes and low-sugar syrup and/or fruit. Whole-wheat tortillas filled with fruit, scrambled eggs, or cheese and turkey bacon are delicious and your kids will have fun eating them, paying no attention to the fact that it is actually good for them.

Naturally Sweet

Most kids will ask for sweets such as candy and snack cakes. Instead of giving in to the pressure, give your kids applesauce and homemade oatmeal cookies prepared with a sugar substitute or honey rather than white sugar. Fruit snacks and dried fruit roll ups made from 100 percent fruit are great ideas for kids. Replace fruit drinks and sodas with flavored tonic water and fresh fruit juice. Drink boxes containing pure fruit juice are relatively inexpensive and kids love

the individual boxes, complete with straws.

Make it Fun

The secret is in the presentation. Arrange an assortment of healthy foods in a fun way on your child's plate. You can include smiley faces made from raisins or nuts and choose foods that are colorful. Kids will eat most things if they are presented in a unique design that makes eating fun.

Healthy Dinner

Dinnertime can include homemade pizza topped with cheese and vegetables, or soft tacos made with shredded chicken and cheese. Chicken strips prepared in the oven are always a hit and you could include an assortment of fresh vegetables and whole-grain breads. Fish sticks are relatively healthy if you prepare them in the oven rather than fried. Cheese and legumes are healthy choices.

It's not difficult to get kids to eat healthy foods. It just takes a little extra thought and planning. Start by using our tips and you may be surprised to see what your child will eat.