

10 EASY FOOD UPGRADES FOR KIDS

THE NOURISHED CHILD PODCAST
WITH JILL CASTLE, MS, RDN

Cereal

5-10 gm sugar per serving (lower is better)

>3 gm fiber per serving

Combine high and low sugar cereals

Granola Bars

<10 gm sugar

> 3 gm fiber

< 5 gm fat

< 180 calories per serving

Warning: some varieties have the nutritional profile of a candy bar!

Yogurt

Most nutritious to least nutritious

Plain → Flavored → Fruited/Blended →
Candy versions

Choose the healthiest version your child will eat

Juice

100% juice has no added sugar; all other juice drinks have added sugar

Children < 8 years should limit daily consumption to 4-6 ounces

Children > 8 years should limit daily consumption to 8-12 ounces

Cut juice with water, sparkling water or club soda

Bread

Whole grain versions are best
White whole wheat has the benefits of whole wheat and looks like white bread!

Pasta

Switch over to whole wheat or whole grain pastas

Aid reluctance by mixing whole grain and regular pasta in a 50:50 fashion

Sweet Treats

Homemade versions allow you to control the ingredients

Cut down the sugar by ¼ cup

Cut into petite portions, wrap and freeze

Fruit

Include at every meal (even dinner!)

Target: 2-2 ½ cups each day

Veggies

Target: 2-2 ½ cups each day

Add flavor: herbs, spices, butter, olive oil, salt

Skip the Kid's Meals

Order off the regular menu

Split regular meals with another child or adult