



Kids' Edition

You Have the Power

The power to decide what kind of food you put into your body, that is! See if you can decide which of these foods would be the **right choice** (or **wrong choice**) for feeding a healthy body:

Appetizers

Clear soups (clear broth, not creamy), fresh fruit, shrimp cocktail, steamed or raw vegetables, garden salad.

OR

Creamed soups, fried or breaded vegetables, salad with creamy salad dressing, other fried foods.

Entrees

Baked, broiled, boiled, grilled, charbroiled, roasted, blackened or barbecued lean meats.

OR

Fried, sauteed, marinated, breaded, stuffed, or creamed items.

Salads

Mixed salads made with mayonnaise (like potato salad), creamy dressings, added cheese.

OR

Tossed vegetable salads with low-fat dressing or dressing on the side (so you can add just a little bit instead of having your salad floating in it), fruit salad.

Vegetables

Stewed, steamed, broiled, fresh or baked.

OR

Au gratin (made with a cheese sauce), fried, scalloped (made with a cream sauce), or sauteed (cooked in butter).

Drinks

Water, juice and water mixed (half juice, half water), low-fat or nonfat milk, unsweetened iced tea, diet pop (only drink this now and then).

OR

Regular milk, malts, milkshakes, regular pop (you know, the kind loaded with sugar), fruit-flavored drinks.

Desserts

Fresh fruit, sorbet, sherbet, angel food cake, Jell-o.

OR

Cakes, pies, puddings, ice cream, cookies, donuts, sugar-coated anything.

Information found in the book "Kid Shape" by Naomi Neufeld, MD



Think Before You Eat!