



Quick and Easy Foods for Children

Lexington-Fayette County Health Department

Breads and Cereals

- Most of what your child eats should be from this group.
- Most kids like oatmeal if it has raisins, apples, and cinnamon in it.
- Muffins and cornbread are easy to make. Get your kids to help.
- Whole wheat bread and crackers are best. Visit thrift bread shops for good prices.

Fruits

- Choose 100% fruit juice. Juice “cocktail” has added sugar that your child doesn’t need. Adding water to 100% fruit juice makes it last longer.
- Split a piece of fruit between two kids.
- Apples, bananas, pears, and oranges are good choices.

Vegetables

- “Baby” carrots are small, sweet carrots that are washed, peeled, and bagged in the fresh produce section. Cook them for younger children.
- Frozen vegetables are easy and not too expensive. Frozen peas can just be thawed—no need to cook them for younger children.
- Most children like potatoes. French fries don’t count.
- Visit the Farmer’s Market in the spring, summer, and fall.

Dairy Products

- Children under 2 years need *whole* milk.
- After age 2, switch to 1% or skim milk unless your child is very thin.
- Yogurt and cheese are sources of calcium and protein.

Protein Foods

- Protein foods can be high in fat. Choose lean meats like baked chicken (without the skin).
- Offer your child 2 protein foods a day.
- Hard boiled or scrambled eggs are good breakfast protein foods.
- Tuna and Peanut butter are quick and easy spreads for sandwiches.
- Make hamburgers with lean ground beef.
- Keep hotdogs and lunch meat to a minimum (high fat and high salt).

Sweets and Fast Foods

- Soda, candy, cookies, chips, donuts, etc. are expensive and unhealthy. Serve them only once in a while.
- Most fast foods are high in fat and salt. Eat them just once or twice a week.

Remember:

- **Children (and adults) need a variety of food every day!**
- **Don’t use food as a reward or punishment.**



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