

CHOOSING FOODS WITH JACK THE APPLE

Please remember that these serving sizes are general guidelines. Contact your Health Care Provider with any questions you have about your child's health.

BREAD, PASTA, RICE, CEREAL

(At least 6 servings a day are recommended)

A Sample Portion equals:

- 1/4 to 1/2 cup of rice, pasta or cereal
- 1 slice of bread
- 1/2 to 1 tortilla
- 1/2 hamburger roll, bagel, or English muffin
- 4-6 crackers

VEGETABLES OR FRUITS

(5 a day are recommended. Raw vegetables and fruits are higher in fiber.)

A Sample Portion equals:

- 4-5 tablespoons cooked or raw
- 1/2 cup 100% fruit juice
- 1/2 to a medium apple, banana, orange, etc.

Vitamin C sources: (eat every day)

Orange, tomato and their juices, grapefruit, honeydew, raw cabbage, broccoli

Vitamin A sources: (eat 3 or 4 times a week)

Greens, carrots, broccoli, winter squash, pumpkin, sweet potato

MILK, YOGURT, CHEESE

(3-4 a day are recommended.)

A Sample Portion equals:

- 3/4 cup milk or yogurt
- 1 cup ice cream
- 3/4 ounce cheese

MEAT, POULTRY, FISH, DRY BEANS, NUTS

(2-3 servings are recommended.)

A Sample Portion equals:

- 4-5 tablespoons of tuna or other fish, chicken, turkey, beef or pork
- 1 egg
- 2-4 tablespoons cooked dried beans or peas
- 2 tablespoons peanut butter

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BANANA CAKE

1 cup sugar
1/4 cup vegetable oil
1/4 cup applesauce
2 eggs
1-3/4 cups whole wheat flour
1 tsp. baking powder
1/2 tsp. baking soda
2 mashed overly ripe bananas

1. Lightly grease and flour a 9x13 inch pan.
2. Beat sugar, oil, applesauce, and eggs until creamy and light.
3. Add flour, salt, baking powder, baking soda, and mix lightly.
4. Add mashed bananas.
5. Bake at 350 degrees for approximately 45 minutes, or until you can stick a knife into the middle and it comes out clean.

Powder lightly with confectioner's sugar if desired.

PIZZA FOR FOUR

2 wheat English muffins
1/2 cup tomato puree
1/2 cup mozzarella cheese, part skim milk, shredded
1 cup chopped up vegetables (such as tomatoes, green pepper, onion, mushroom)

1. Split muffins and toast lightly.
2. Spread tomato puree onto muffin halves.
3. Sprinkle cheese on muffins; add chopped vegetables.
4. Broil until cheese is bubbly.

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SNACK IN A BAG

1/2 cup plain Cheerios
1/2 cup plain Kix
1/2 cup Chex
1/2 cup raisins

Combine all ingredients for this handy snack! This snack is perfect to take along when you're on the go!

ANTS ON A LOG

celery spears
peanut butter
raisins

Cut celery spears in half. Stuff with peanut butter and then dot with raisins. (Peanut butter tastes great on apples and bananas also!)

FROGS ON A LILY PAD

banana
peanut buttery
raisins

Cut a banana into slices. Spread peanut butter on the banana slices, then dot with a raisin.