

Healthy Menu Ideas for Children and Teenagers

Breakfast:

- Fruit (canned in light syrup or own juice, fresh or frozen) with Light or Fat Free Yogurt
- Cereals: At least 4 grams of fiber per serving, no sugar (corn syrup, fructose, sucrose, etc.) in the first 4 ingredients. Examples: Bran Flakes, Plain Oatmeal, Shredded Wheat (unfrosted), Kashi brand cereals
- Granola: Low fat with 2% or skim milk
- Whole wheat toast with natural peanut butter and low fat milk
- Whole wheat bagel with low fat cream cheese
- Egg and Toast with Smart Balance Spread (a trans fat free butter spread)
- Low fat cottage cheese with fruit and nuts (almonds and walnuts)
- Bran Muffin Breakfast Trifle(see recipe) with fruit
- Fruit Parfait (see recipe)

Lunch and Dinner:

- Whole-wheat bread with almond butter or peanut butter and jelly or honey with a fruit and 15 pretzels.
- Soup. If you get canned, go for low sodium and healthy options. Serve with a slice of whole wheat bread and a fruit.
- Salads. Choose low fat oil-based dressings, only a few croutons and a little cheese. Be sure to add some nuts, tuna, or chicken to your salad for muscle building protein.
- Whole-wheat tortilla with deli turkey, low fat cheese, mustard, lettuce and tomato with a fruit and raw veggies with low fat dipping dressing
- Natural Peanut Butter and banana sandwich with whole wheat bread, 1 cup milk, 15 pretzels
- English muffin pizza (whole grain English muffin topped with pasta sauce and low fat shredded cheese and vegetables - peppers, onions, mushrooms)
- Ham and cheese pinwheels (use 10-inch tortilla, fill with ham and cheese, roll, use toothpicks to pin edges and slice into 1-inch pinwheels), 1 apple with natural peanut butter, 1 cup milk
- Ham, turkey and cheese slices, 10 wheat crackers, 1 cup strawberries or other fruit, $\frac{1}{2}$ cup sugar free pudding
- Turkey and cheese sandwich on whole wheat bread, celery slices topped with natural peanut butter and raisins, 6 ounces of light yogurt, 15 pretzels
- Canned beans (rinsed) with brown rice and vegetables

- Skinless chicken breast with brown rice and vegetables
- Cooked frozen shrimp with vegetables and whole wheat pasta
- Grilled cheese on whole wheat bread, carrot sticks and 15 pretzels
- Fresh Tomato Pizza (see recipe) with celery sticks
- Three- Pepper Pork (see recipe) with Tangy Roasted Asparagus (see recipe) and brown rice
- Lean beef in tomato sauce with whole wheat pasta and cooked carrots

Snacks:

- See Healthy Snacks Shopping List
- Cantaloupe Salsa (see recipe)
- Yummy Yogurt Dip (see recipe)
- Graham Cracker Smiley Treats (see recipe)
- Peanut butter on a banana
- Whole wheat crackers and string cheese

Healthier Desserts and Treats:

- Peanut Butter Cookies (see recipe)
- Lemon Cream with Raspberries and Gingersnap Topping (see recipe)
- Fruit with yogurt
- Sorbet or Sherbet or a popsicle

Healthy Snacks Shopping List

Produce:

- Kroger Cut Up Fruit
- Disney Fruit Dippers, Veggie Dippers
- Chiquita Apples, Grapes, Carrots, Sugar Snap Peas in snack size bags
- Veggie, Fruit, Nut Trays
- Ann's House of Nuts Mixes:
Raw Trail Mix, Dried Fruit, California Mix, Fruit and Nut Mix
- Kroger Carrot Sticks

Natural Foods:

- Horizon String Cheese
- Yogurt - Stonyfield Farm, Horizon, YoCrunch Naturals
- Horizon Milk Boxes
- Stonyfield Farm Smoothies
- Horizon Yogurt Tubes
- Immaculate Baking Co. Organic
Cookie Multipack
- Country Choice Organic Cookies
- Annie's Bunny Grahams
- Kashi TLC Cookies
- Fig Newman's
- Back to Nature Honey Graham Sticks
- Fruitabu
- Naturally Preferred Applesauce
- Soynut Butter
- Natural Peanut Butter
- Guiltless Gourmet Hummus
- Genisoy Soy Crisps
- Terra Chips
- Guiltless Gourmet Chips
- Sun Maid Raisin Mini Packs
- Quaker, Kroger, Mother's Rice Cakes
- Clif Z Bars
- Larabars
- Kashi TLC Bars
- Kashi Cereals

Grocery:

- Wasa Crackers, Triscuits
- Salsa
- Manny's Whole Wheat Tortillas
- 100% Juice Boxes (Juicy Juice, Minute
Maid)
- Disney Strawberry and Chocolate Milk
Boxes
- Fruit in cups without syrup (in fruit
juice) - Kroger, DelMonte, Kroger,
Disney, Dole
- Mott's or Kroger No Added Sugar
Applesauce
- SunMaid or Mariani dried fruit (not
yogurt dipped)
- Shredded Wheat Cereal
- Smart Mix snack size chips and pretzels
- Baked Cheetos, Baked Ruffles,
Pretzels, Baked Doritos
- Corn Nuts
- Pumpkin Seeds, Sunflower Kernels

Dairy:

- Low fat Cottage Cheese
- 2% Kraft String Cheese
- Low fat Yogurt

Frozen:

- Edy's Fruit Bars
- Edy's $\frac{1}{2}$ the fat ice cream



Fresh Tomato Pizza

We all love pizza. But do our hearts and waistlines love it? Everyone will love this Fresh Tomato Pizza. Add pizzazz to your life with this easy and delicious pizza!

From [American Heart Association Quick & Easy Cookbook](#)

Preparation time: 10 minutes; Cooking time: 15 to 20 minutes

Serves 4; 1 round per serving

Ingredients

2 whole wheat pitas
3 or 4 medium Italian plum tomatoes, thinly sliced
1/4 cup snipped fresh basil or parsley
Freshly ground black pepper
1 cup shredded part-skim mozzarella cheese

Directions

1. Preheat oven to 425 degrees F.
2. Cut pita bread around the edges to create 4 round circles.
3. Put the pitas in the oven for about 5 minutes.
4. While the pitas are in the oven, slice the tomatoes and the basil.
5. Remove the pitas from the oven. Arrange tomato slices on top. Sprinkle with basil and season with pepper. Sprinkle with cheese.
6. Bake 8 to 10 minutes or until the edges are brown.
7. Cut each round into 4 pieces and enjoy.

Nutrition Analysis (per serving)

Calories 175; Protein 9 g; Carbohydrate 30 g; Cholesterol 16 mg; Sodium 500 mg;
Total Fat 3 g; Saturated Fat 1 g.

Bran Muffin Breakfast Trifle

Sick of the old cereal and milk for breakfast? This delicious and nutritious trifle will add variety, taste, fiber and vitamins to your breakfast routine!!

Preparation time: 10 minutes; Chilling time: 6 hours or overnight

Serves 6; 1 cup per serving

Ingredients

3 cups coarsely crumbled low-fat bran muffins (about 3 medium muffins)

4 cups assorted fresh fruit chunks

2 cups nonfat or low-fat vanilla or fruit-flavored yogurt

Directions

1. Place half the muffin crumbs in a 2 1/2-quart glass bowl or airtight container.
2. Arrange 3 1/2 cups of fruit on top.
3. Cover with remaining muffin crumbs.
4. Spoon yogurt evenly over the top.
5. Top with remaining fruit, cover, and refrigerate for at least 6 hours or overnight.

Nutrition Analysis (per serving)

Calories 177; Protein 6 g; Carbohydrate 38 g; Cholesterol 2 mg; Sodium 98 mg;
Total Fat 2 g; Saturated Fat 0 g; Polyunsaturated Fat 1 g; Monounsaturated Fat 0 g

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Lemon Cream with Raspberries and Gingersnap Topping

From [American Heart Association Low-Salt Cookbook, Third Edition](#)

Serves 4; 1/2 cup pudding, 1 tablespoon raspberry mixture, and 2 tablespoons cookie mixture per serving.

Ingredients

8 reduced-fat gingersnaps, finely crushed
1 teaspoon grated lemon zest
3/4 cup boiling water
0.3-ounce box sugar-free lemon gelatin (small box)
1 cup ice cubes or 2/3 cup cold water
1 cup frozen fat-free or light whipped topping, thawed
2 ounces fat-free or light cream cheese
1 cup fresh or frozen unsweetened raspberries, thawed if frozen
1 tablespoon confectioners' sugar
1/4 teaspoon vanilla extract
1/4 cup fresh raspberries (optional)

Directions

In a small bowl, stir together the gingersnap crumbs and lemon zest. Sprinkle a thin layer into dessert bowls or wine goblets. Set the remaining mixture aside.

Put the boiling water and gelatin in a blender or food processor. Holding down the lid tightly, blend until the gelatin dissolves. Add the ice cubes or cold water and stir until well blended or the ice has melted. Add the whipped topping and cream cheese and blend until smooth. Pour into the bowls or goblets. Refrigerate until firm, about 1 hour.

Meanwhile, in another small bowl, gently stir together 1 cup raspberries, confectioners' sugar, and vanilla.

When the gelatin is firm, top with the raspberry mixture, then with the remaining gingersnap mixture. Garnish with the 1/4 cup raspberries.

Nutrition Analysis (per serving)

Calories 128; Total Fat 1.5 g; Saturated 0.5 g; Polyunsaturated

0.0 g; Monounsaturated 0.5 g; Cholesterol 3 mg; Sodium 184 mg; Carbohydrates 22 g; Fiber 2 g; Sugars 10 g; Protein 4 g; Calcium 50 mg; Potassium 78 mg

Dietary Exchange

1 starch; 1/2 fruit

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Tangy Roasted Asparagus

From [American Heart Association Low-Salt Cookbook, Third Edition](#)

Serves 4; 5 spears per serving

Ingredients

Vegetable oil spray

1 pound asparagus spears (about 20), trimmed and patted dry

1 tablespoon light tub margarine

1 teaspoon fresh lemon juice

1/2 teaspoon low-sodium Worcestershire sauce

1/4 teaspoon salt

Directions

Preheat the oven to 425°F. Line a baking sheet with aluminum foil. Lightly spray with vegetable oil spray. Place the asparagus in a single layer on the baking sheet. Lightly spray with vegetable oil spray. Bake for 10 minutes, or until just tender and beginning to brown lightly on the tips.

In a small saucepan, combine the remaining ingredients. Cook over medium heat for 1 minute, or just until the margarine melts. Stir. Drizzle over the asparagus. Gently roll the asparagus back and forth to coat.

Nutrition Analysis (per serving)

Calories 41; Total Fat 1.0 g; Saturated 0.0 g; Polyunsaturated

0.5 g; Monounsaturated 0.5 g; Cholesterol 0 mg; Sodium 169 mg; Carbohydrates 5 g; Fiber 2 g; Sugars 3 g; Protein 2 g; Calcium 25 mg; Potassium 283 mg

Dietary Exchange

1 vegetable

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Fruit Parfaits

From [Healthy Recipes Kids Love](#)

Serves 4; 1/2 cup fruit, 1/2 cup yogurt mixture, and 1 heaping tablespoon cornflake mixture per serving

Ingredients

1/3 cup cornflakes

2 tablespoons sliced almonds

2 tablespoons sweetened shredded coconut

2 cups fat-free or low-fat plain yogurt, combined with 2 tablespoons sugar and 1/2 teaspoon vanilla extract, OR 2 cups fat-free, sugar-free or low-fat vanilla yogurt

1 teaspoon grated orange zest

1 medium mango, diced, or 1 cup blueberries or sliced strawberries

1 8-ounce can pineapple tidbits packed in their own juice, drained

Directions

Put the cornflakes in a small plastic bag. Crush to make about 2 tablespoons coarse crumbs. Heat a medium nonstick skillet over medium-high heat. Dry-roast the almonds and coconut for 1 1/2 minutes, or until beginning to brown, stirring constantly. Remove from the heat. Stir in the cornflakes. In a medium bowl, stir together the yogurt mixture and orange zest. In another medium bowl, stir together the mango and pineapple.

In each of 4 parfait or wine glasses, layer the mixtures in the following order: 1/4 cup yogurt mixture, 1/4 cup fruit mixture, 2 tablespoons yogurt mixture, 1/4 cup fruit mixture, 2 tablespoons yogurt mixture. Top each serving with 1 heaping tablespoon cornflake mixture.

Nutrition Analysis (per serving)

Calories 191; Total Fat 3.0 g; Saturated Fat 1.0 g; Polyunsaturated Fat 0.5 g; Monounsaturated Fat 1.0 g; Carbohydrate 35 g; Sugar 31 g; Fiber 2 g; Cholesterol 3 mg; Protein 8 g; Sodium 124 mg

Dietary Exchange

1 Fruit; 1 Skim Milk; 1/2 Other Carbohydrate

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Three-Pepper Pork

From [American Heart Association Quick & Easy Cookbook](#)

Preparation time: 10 minutes; Cooking time: 10 minutes

Serves 4; 1/4 pound per serving

Ingredients

1 pound lean boneless pork loin roast or chops, all visible fat removed

Vegetable oil spray

1 medium red bell pepper, cut into strips

1 medium yellow bell pepper, cut into strips

1 medium poblano chile pepper, chopped

1 tablespoon sugar

1 tablespoon light soy sauce

1 teaspoon finely shredded gingerroot

1 teaspoon sesame oil

1 teaspoon unseasoned rice wine vinegar

Directions

Cut meat into strips and set aside. Spray a large skillet with vegetable spray. Place over medium-high heat. Add pork strips to hot skillet and cook, stirring occasionally, for 5 minutes or until done. Remove from skillet. Add bell pepper strips and chile pepper to hot skillet. Cook about 3 minutes or until bell peppers are slightly tender but still crisp.

In a small bowl, stir together remaining ingredients. Add to skillet with peppers and meat. Cook and stir until heated through, about 2 minutes.

Nutrition Analysis (per serving)

Calories 230; Protein 22 g; Carbohydrate 7 g; Cholesterol 71 mg; Sodium 206 mg; Total Fat 12 g; Saturated Fat 4 g; Polyunsaturated Fat 2 g; Monounsaturated Fat 5 g

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Peanut Butter Cookies

They're easy, nutritious, delicious and fun!



Ingredients:

- 2 cups of Kroger® natural creamy peanut butter
- 1 cup of Kroger® sugar*
- 1 tablespoon of vanilla extract
- 1 egg**

Procedure:

1. Preheat oven to 325 degrees F.
2. Mix all ingredients together in a large mixing bowl.
3. Drop in tablespoons of dough onto a cookie sheet covered with wax paper.
4. Push them down with a fork to make small square designs.
5. Place them in the oven for 8-10 minutes.
6. Allow cooling on wire rack.
7. Enjoy with a happy and healthy heart!

Nutrition Facts for 2 cookies

This recipe makes approximately 48 cookies

Calories: 162

Total Fat: 10.9 g

Saturated Fat: 1.4 g

Carbohydrate: 12 g

Protein: 5.6 g

Fiber: 1.3 g

Sodium: 83 mg



* You can substitute sugar for Apriva® calorie free sweetener. Look at container for conversion.

** You can substitute one egg for $\frac{1}{4}$ cup of beaten silken tofu.

Cantaloupe Salsa

This recipe is delicious on fish, chicken, or as a snack on pita or tortilla chips. This salsa is high in vitamin c and fiber. It'll give your taste buds and your immune system a kick!

Ingredients:

2 pounds of ripe cantaloupes
 $\frac{1}{2}$ sweet red bell pepper, seeded
2 serrano chilis, finely minced
2 tablespoons finely-chopped cilantro
1 tablespoon Kroger® unseasoned rice vinegar
1 lime, juiced
Kroger® sugar, to taste

Procedure:

1. Cut cantaloupe and red pepper into $\frac{1}{4}$ inch cubes.
2. Combine with chiles, cilantro, vinegar and lime juice.
3. Add sugar, if necessary.
4. Let sit for 30 minutes in the refrigerator before serving. Use it the same day it is made.

Serves 4.

Recipe adapted from www.cdktichen.com.

Yummy Yogurt Dip

This dip is fabulous on any kind of fresh fruit. It is packed with calcium and vitamins. Pair this with some fresh bananas, pineapple, and apples for a delicious and nutritious snack.

Ingredients:

1-8 ounce carton of Kroger® low fat plain yogurt
2 tablespoons Kroger® honey
grated peel of $\frac{1}{2}$ orange
2 oranges, peeled, segmented*
1 medium Red Delicious apple, unpeeled, sliced*
1 medium banana, peeled, cut into chunks*

Procedure:

1. In a small bowl, combine yogurt, honey and orange peel.
2. Serve as a dip with your favorite fruit!

*You can substitute these fruits with any of your favorites.

Serves 4.

Recipe adapted from www.cdktichen.com

Graham Cracker Smiley Treats

These treats are fabulous for a mid-afternoon snack, as they will keep you full until your next meal, and please your sweet tooth.

Ingredients:

4 full sheets whole-wheat graham crackers

4 tablespoons Kroger® natural peanut butter (crunchy or creamy)

1 ½ tablespoons Kroger® raisins

Procedure:

1. Spread 1 tablespoon of peanut butter on each graham cracker.
2. Stick the raisins on the graham crackers to make a smiley face.
3. Enjoy with a smile on your face and a healthy heart!

Serves 4.