Valley Children's

Healthy Eating Guide Ages 12 and older







Healthy Habits Check List



Be Mindful

- Only weigh your child every 6 months.
- Focus on healthy habits instead of how much your child weighs.
- Praise your child when they eat healthy foods.
- Do not call food "good" or "bad."

Fruits & Veggies

- Make 1/2 your child's plate fruits & veggies.
- Offer canned fruit in 100% juice, canned veggies without salt, frozen or raw fruits and veggies.
- Give fruits & veggies as snacks.

Activity & Exercise

- Your child needs 60 minutes of activity every day.
- Exercise with the whole family.
- Limit screen time.



Mealtime

- Get rid of mealtime distractions (TV, tablets, phones, toys).
- Enjoy meals at the table.
- Eat Slow.
- Talk to the whole family.

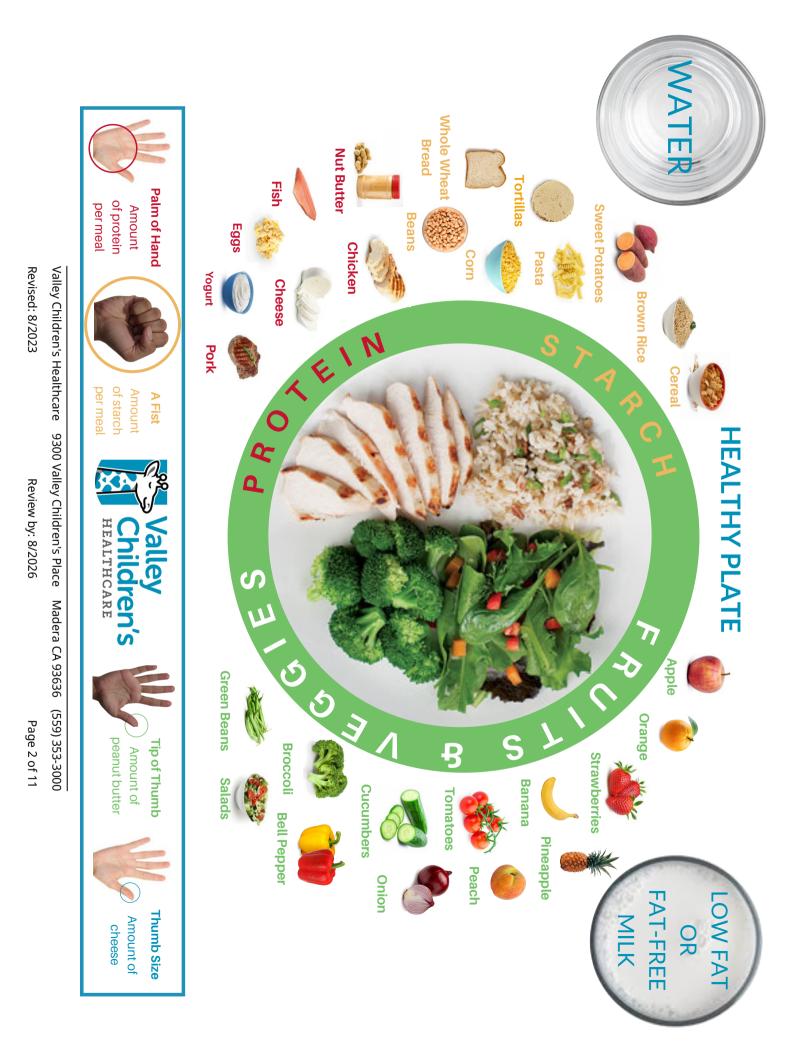
Beverages

- Only offer water or fat-free/low fat milk.
- Do not offer juice, soda, or Gatorade.

Meals & Snacks

- 3 meals per day.
- 1-2 snacks per day.
- Eat when you are hungry.
- Choose fruits & veggies for snacks.

Madera CA 93636 (559) 353-3000 Valley Children's Healthcare 9300 Valley Children's Place





Instead of...

Eating Snacks with Fat & Sugar

- French Fries
- Onion Rings
- Donuts
- Potato Chips
- Takis/Cheetos Twinkies
- Cupcakes Cookies

Cooking with High Fat Methods

- Shortening
- Lard
- Bacon Grease
- Chicken Fat Margarine
- Butter Oils
- **High Fat Meats & Dairy Products**
- Bacon
- Sausage
- Pepperoni
- Hot Dogs
- Bologna
- Salami
- Hamburger

- Creamy Dressings
- Whipping Cream
- Ice Cream
- Half and Half
- Whole Milk
- Whipping Cream
- Creamy Dressing

High Sugar Desserts & Bevaerages

- Soda
- Chocolate Milk
- Fruit luice
- Milkshakes
- Kool-Aid
- Lemonade
- Ice Cream

Try...

Healthy Snacks

- Fresh Fruit
- Popcorn
- Pretzels
- **Rice cakes**
- Canned Fruit
- Frozen Fruit
- Pop Chips
- Raw veggies

Low Fat Cooking Methods

- Broiling
- Baking
- Barbeguing
- Air Frying
- Boiling
- Steaming
- Microwaving

Low Fat Meats & Dairy Products

- Chicken
- Turkey
- Fish
- Top Round
- Flank Steak
- Mozzarella

- String Cheese
- Fat Free Milk
- Low Fat Milk
- Low Fat Yogurt
- Fat Free Yogurt
- Oil & Vinegar

Beverage & Dessert Alternatives

- Sparkling Water
- Infused Water
- Crystal Light
- Fruit Smoothies
- Cool Whip
- Whipped Cream with fruit



Healthy Meal Plan - 12 years and older

Day 1: Meal Plan

Breakfast

oatmeal (fist size) 1 cup milk 1/2 cup apples 1 TBSP peanut butter Day 2: Meal Plan

Breakfast

egg (palm size) whole wheat bread (fist size) 1 cup milk 1/2 cup banana

Snack

1/2 cup blueberries 1 cup yogurt

Lunch

chicken (palm size) rice (fist size) green beans & pineapple (half your plate)

Snack

1/2 cup strawberries1/2 cup cucumbers

Dinner

beans (palm size) cheese (tip of thumb) tortilla (fist size) green salad (half your pate) Snack 10 crackers

1/2 cup mangos

Lunch

turkey (palm size) potatoes (fist size) broccoli (half your plate) 1 cup frozen yogurt

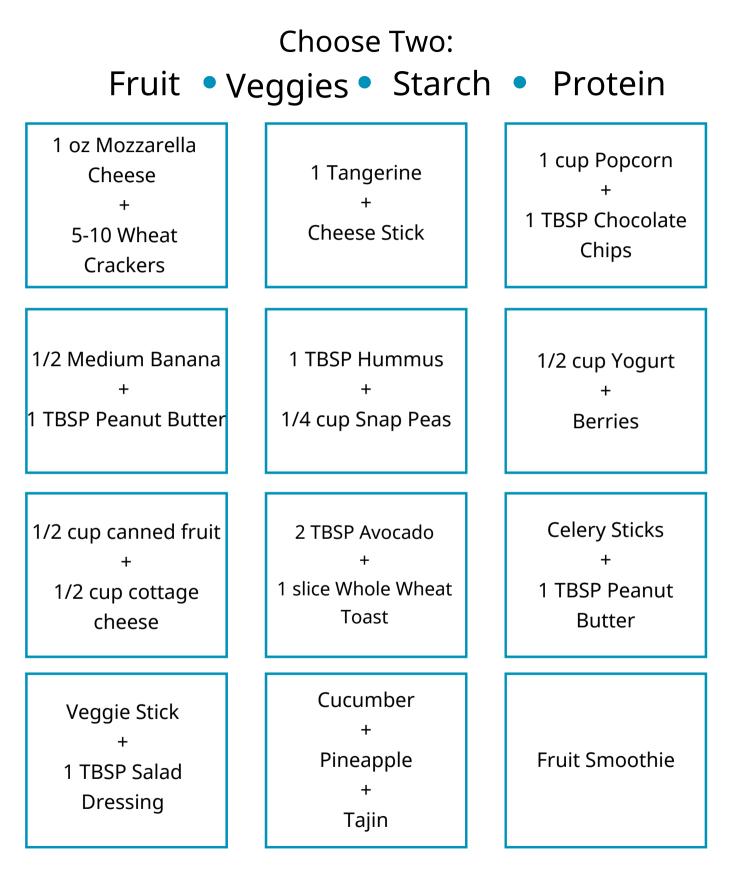
Snack

1 cup milk 1/2 cup peaches

Dinner

fish (palm size) pasta (fist size) cucumber salad & asparagus







Pick a Prote	in	palm of your	child's hand
ChickenBeefTofuTurkey	 Pork Shrimp Fish Edamame	 1/4 cup Almonds 2 TBSP Nut Butter 	LentilsEggsYogurtCheese
Pick a Starch)	size of you	r child's fist
 Potatoes Sweet Potatoes Rice Oats Corn 	 Quinoa Farro Whole Grain Bread Cereal 	 Corn Tortilla Flour Tortilla Pasta 	 Dinner Roll Rice
 Greens Tomatoes Corn Squash Cucumber 	 Cauliflower Broccoli Mushrooms Carrots Eggplant 	 Brussel sprouts Oranges Green beans 	 Pineapple Apples Banana Berries Peaches

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	Children's HEALTHCARE

Weekly Meal Plan

MONDAY	BREAKFAST	SNACK	LUNCH	SNACK	DINNER

JESDAY	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
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SDAY	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
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	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
FRIDAY					

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٩Y	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
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Healthy Grocery List

Protein	Dairy	Fruits & Veggies
 Chicken Breast Turkey Breast Eggs Turkey Bacon Chicken Sausage Extra Lean Ground Beef (93% or 97%) Fish (fresh or frozen without breading) Tuna (water packed) Dried or Canned Beans (pinto, kidney, lentils, etc) Fat Free Lunchmeat (turkey, chicken, ham) 	 1% Milk or Fat Free Milk Low Fat Greek Yogurt or non-dairy yogurt alternative. Low Fat Cheese or Non- dairy cheese alternative Mozzarella or String Cheese Fat Free Cottage Cheese Frozen Yogurt Starch Whole Wheat Bread Whole Wheat Tortillas 	 All Fruit Berries Apples Bananas Grapes Melon Oranges All Vegetables Carrots Bell Pepper Broccoli Cauliflower Cucumbers Lettuce
Condiments Light Mayonnaise Light Salad Dressing Cooking Spray Mustard	 Hot Cereal Plain (oatmeal, cream of wheat, etc) Rice (brown and white) Pasta or Noodles Potatoes (plain, baked) Whole Wheat Crackers 	 Frozen Fruits Frozen Vegetables Canned Fruit (in 100% juice) Canned Vegetables
 Relish Tomato or Spaghetti Sauce All Spices and Herbs (fresh or dried) Salsa or Hot Sauce Lime Juice Lemon Juice Tajin 	 Unsweetened Cereal Light Popcorn Rice Cakes (plain) Corn (on the cob or canned) 	 Sugar Free Jell-O Yogurt Bars Sugar Free Pudding Chocolate Dipped Fruit Fat Free Ice Cream Mini and Individually Packaged Treats



Aerobic Exercise

- Dancing
- Running
- Jumping Jacks
- Jumping Rope
- Walking
- Swimming

Classes & Sports

- Dance Class
- Gymnastics
- Soccer
- Volleyball
- Softball/Baseball
- Swimming
- Karate
- Zumba
- Pilates
- Yoga
- HighFitness



Family Activities

- Dancing
- Household Chores
- Evening/Morning Walks
- Riding Bikes
- Outdoor games (tag, jump rope, etc)
- Going to the park



Strengthening

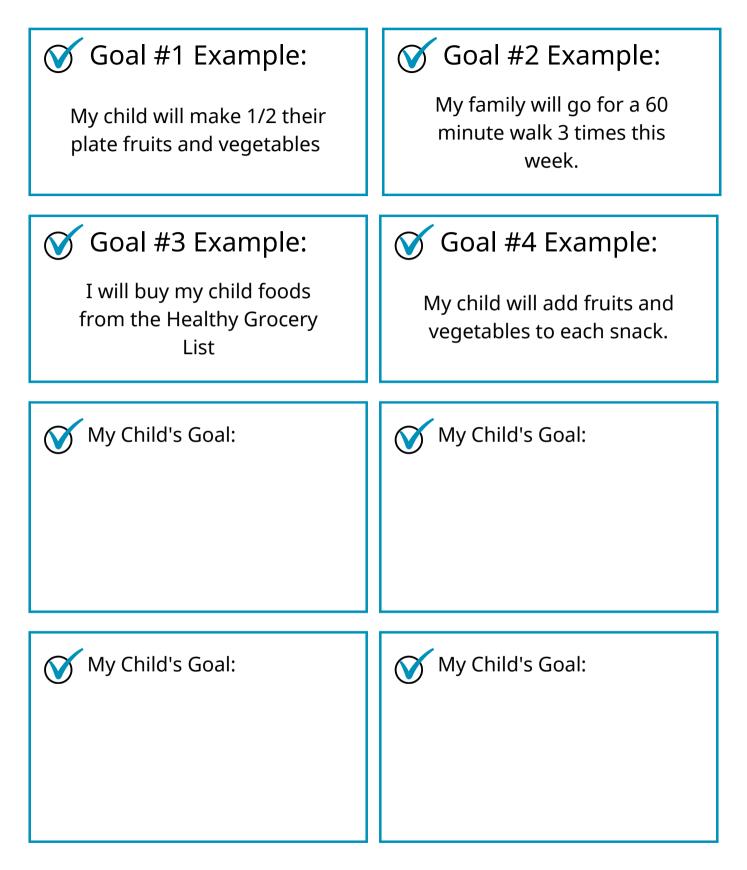
- Push-ups
- Sit-ups
- Squats
- Lunges
- Arm Rotations
- Bicycle Kicks
- Wall Sits
- Squat Jumps
- Tricep Dips
- Calf Raises

Remember you don't have to leave the house to get exercise. Look for FREE workout videos on YouTube.

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Review by: 8/2026







Watermelon Salad

INGREDIENTS

- 1 Cucumber, chopped
- 1 watermelon, chopped
- 1/4 cup feta cheese
- 2 TBSP balsamic vinegar
- 1 TBSP olive oil
- Salt and Pepper

METHODS

- 1. Chop watermelon and cucumber.
- 2. Mix with feta, balsamic vinegar, and olive oil.
- 3. Salt and pepper to taste.



Banana Pancakes

INGREDIENTS

- 1 overripe banana, peeled.
- 2 large eggs
- 1/2 cup quickcooking oats
 1/2 tsp baking
- I/2 tsp baking powder
- pinch of salt
- 2 tsp oil

METHODS

- Put the banana, eggs, oats, baking powder, and salt in blender. Turn blender to medium speed and blend until the mixture is smooth.
- Add 1 tsp oil to skillet and heat over medium heat.
- Drop 1/4 cup of batter into the skillet. Cook until there are bubble on the pancake's surface. Use the spatula to flip the pancake over and cook until golden brown.
- Top with Maple syrup and fruit.



Veggie Omelet

INGREDIENTS

- 2 Eggs
- 1 tsp Salt
 1 cup Greens (spinach, kale, collard, etc)
- 2 TBSP Cheese
- 1 tsp oil

METHODS

- 1. Crack the eggs into the bowl, add the salt, and use the fork to beat the eggs.
- 2. Add greens and cheese.
- 3. Put oil in skillet and heat over medium heat.
- 4.Add egg mixture and tilt the pan to spread the eggs around the bottom.
- 5. When the eggs look firm and set, gently loosen the omelet.
- 6. Using spatula, fold the omelet in half and slide onto the plate.

Southwestern Salad

- INGREDIENTS
- 2 cups diced chicken
- 2 medium tomatoes, diced
- 2 ripe avocados, diced
- 1 cup corn kernels
- 2 TBSP lime
- juice • 1/4 cup black
- 1/4 cup black beans
- 1/2 cup peppers

1. Put all the ingredients in the bowl and mix gently.

2. Add salt and pepper to taste



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