

I Can Eat These Every Day!



Whole Grain Breads
Pan de trigo integral



Fresh Fruit
Fruta fresca



Water
Agua



Non-Fat Milk
Leche descremada



Beans
Frijoles



Fresh Vegetables
Verduras frescas

Puedo comer estos todos los días

Stall Street Journals for Kids

Tips for Parents and Care Providers



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Whole Grain Breads



Fresh Fruit



Water



Non-Fat Milk



Beans



Fresh Vegetables

Anytime, Sometime Foods

A great way to help your child learn about different types of food and how healthy they are is by explaining the idea of “Anytime, Sometime Foods”. An “Anytime” food is something that can be eaten every day and “Sometime” foods should only be eaten every once in a while.

Food Group	“Anytime” Foods	“Sometime” Foods
Vegetables	Fresh, frozen, steamed, or canned vegetables (low sodium) without added fat or sauces	Any vegetable fried in oil
Fruits	Fresh and frozen fruits, canned fruits packed in their own juice, dried fruits	Fruits canned in syrup
Breads & Cereals	Whole-grain; breads, unsweetened breakfast cereal, pitas, tortillas, and pasta, brown rice, oatmeal;	Doughnuts, muffins, croissants, and sweet rolls; sweetened breakfast cereals; crackers, cookies, and chips; cakes
Milk & Milk Products	Nonfat and low fat milk, yogurt, cheese, and cottage cheese	Whole milk; full-fat cheese, cream cheese, yogurt, ice cream, frozen yogurt; puddings
Meats, Poultry, Fish, Eggs & Beans	Beef and pork that have been trimmed of their fat; extra-lean ground beef; chicken and turkey without skin; fish that has been baked, broiled, steamed, or grilled; beans; egg whites	Beef and pork that haven’t been trimmed of their fat, fried hamburgers, ribs, bacon, hot dogs, whole eggs cooked with added fat
Drinks	Water, nonfat and low fat milk, unsweetened iced teas and lemonade	Whole milk, regular soda, sweetened iced teas and lemonade, fruit drinks with less than 100% juice

*Table adapted from West Virginia WIC

For more information on “Anytime, Sometime Foods” visit:

http://ons.wvdhhr.org/Portals/20/pdfs1/AnytimeFoods_4c4c_FINAL.pdf

For other *Stall Street Journals for Kids* visit http://www.kanehealth.com/stallstreet_kids.htm

Publicaciones infantiles Stall Street

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Pan de trigo integral



Fruta fresca



Agua



Leche descremada



Frijoles



Verduras frescas

Para comer cuando sea, a veces

Una excelente manera de ayudar a sus hijos a aprender sobre diferentes tipos de alimentos y qué tan saludables son es explicándoles la idea de que algunos alimentos son para comer “cuando sea” y otros solamente para comer “a veces”.

Grupo de alimentos	“Cuando sea”	“A veces”
Verduras	Verduras frescas, congeladas, al vapor o enlatadas (bajas en sodio), sin grasa o salsas	Verduras fritas en aceite
Frutas	Fruta fresca y congelada, enlatada en su jugo, fruta seca	Fruta enlatada en jarabe
Panes y cereales	Panes de harina integral, cereal para el desayuno sin azúcar, pita, tortillas y pasta, arroz integral, avena;	Donas, panqués, cuernitos y pan dulce; cereal endulzado, galletas saladas y dulces, papitas, pasteles
Leche y productos lácteos	Leche, yogurt, queso y requesón descremados y semidescremados	Leche entera, quesos, queso crema, yogurt, helado, yogurt congelado, pudines sin descremar
Carne, aves, pescado, huevos y frijoles	Carne de res y de puerco sin grasa, carne molida extra magra, pollo y pavo sin piel, pescado al horno, a las brasas, al vapor, a la parrilla, frijoles, claras de huevo	Carne de res y de puerco con grasa, hamburguesas fritas, costillas, tocino, hot dogs, huevos enteros cocinados con grasa
Bebidas	Agua, leche descremada y semidescremada, té helado y limonada sin azúcar	Leche entera, refrescos regulares, té helado y limonada con azúcar, bebidas de fruta que no son 100% jugo

*Tabla adaptada de WIC de West Virginia

Para obtener más información sobre los alimentos “Cuando sea, A veces”, visite:

http://ons.wvdhhr.org/Portals/20/pdfs1/AnytimeFoods_4c4c_FINAL.pdf

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