

# Eat This Not That Kids

## Eat This not That



### Hardly sweetened or unsweetened Greek yogurt

Total Calories : 120 cals  
Sugars: 7g  
Protein: 15g



### Sweetened Greek yogurt

Total Calories: 230 cals  
Sugars: 22g  
Protein: 12g



### 2 cups of Zoodles (Zucchini Pasta)

Total Calories: ~70 calories  
Carbs: ~12g  
Fiber: ~4g



### 2 Cups of Pasta

Total calories: ~450 cals  
Carbs: ~85g  
Fiber: ~2g



### Sparkling mineral water

Total Calories: 0  
Sugars: 0g



### Sweetened Soft Drinks

Total Calories: 140 cals  
Sugar: 39g



### Sugar-free, quality protein bars

Total Calories: ~200  
Protein: ~20g  
Net Carbs: ~5-10g  
Sugars: 0g



### Energy or Granola Bars

Total Calories: ~250  
Protein: ~10g  
Net Carbs: ~37g  
Sugars: 12g



### Low-Glycemic Fruit

#### 1 cup of berries

Total calories: ~75 cals  
Sugars: ~10g  
Carbs: ~17g



### High Glycemic Fruit

#### 1 cup of banana/ large banana

Total calories: ~130  
Sugars: ~18g  
Carbs: ~34g



### Cauliflower Rice

Total Calories: 25  
Net Carbs: 3g



### White Rice

Total Calories: 200 cals  
Net Carbs: 44g



### Mixed Nuts

Total Calories: 160 cals  
Net Carbs: 3g  
Protein: 6g



### Tortilla Chips

Total Calories: 160 cals  
Net Carbs: ~18g  
Protein: ~2g



**Eat this not that kids** is a popular phrase among parents and nutritionists, emphasizing the importance of making healthier food choices for children. In an age where fast food, sugary snacks, and processed meals are pervasive, teaching kids the value of nutrition is essential. This article dives into the concept of "Eat This, Not That" for kids, providing practical alternatives that can help foster healthier eating habits without sacrificing flavor or enjoyment.

## Understanding the Importance of Nutrition for Kids

Good nutrition is crucial for children's growth and development. The right foods can help

improve their concentration, boost energy levels, and enhance overall health. However, with the rise of convenience foods, children are often exposed to unhealthy options that can lead to obesity and related health issues.

## **Why Focus on Healthy Eating?**

1. Physical Health: A balanced diet supports growth and helps prevent chronic diseases.
2. Mental Wellbeing: Certain foods can improve mood and cognitive function.
3. Establishing Lifelong Habits: Teaching kids to make healthy choices sets the foundation for a lifetime of good eating habits.

## **Common Unhealthy Foods for Kids**

Before we can suggest healthier alternatives, it's essential to recognize the common unhealthy foods that kids often consume.

### **Top Unhealthy Foods to Avoid**

- Sugary Cereals
- Processed Snack Foods (chips, cookies, etc.)
- Fast Food Meals
- Soda and Sugary Drinks
- Ice Cream and High-Sugar Desserts

These foods, while convenient and appealing, often contain high levels of sugar, sodium, and unhealthy fats, which can contribute to health issues over time.

## **Eat This, Not That: Healthy Alternatives for Kids**

Now that we understand the unhealthy foods, let's explore some nutritious alternatives that kids will enjoy.

### **Breakfast Swaps**

- Eat This: Oatmeal with fresh fruits and a drizzle of honey

Not That: Sugary cereals loaded with artificial flavors.

- Eat This: Whole grain toast with almond butter and banana

Not That: White bread with jam or sugary spreads.

## **Snack Swaps**

- Eat This: Air-popped popcorn seasoned with a pinch of salt

Not That: Potato chips or cheese puffs.

- Eat This: Greek yogurt with berries and a sprinkle of granola

Not That: Store-bought flavored yogurts that are high in sugar.

## **Lunch Swaps**

- Eat This: Whole grain wraps filled with turkey, spinach, and hummus

Not That: Fast-food chicken nuggets with dipping sauces.

- Eat This: Homemade vegetable soup with whole grain crackers

Not That: Canned soup loaded with sodium and preservatives.

## **Dinner Swaps**

- Eat This: Grilled chicken with a side of steamed broccoli and quinoa

Not That: Fried chicken with french fries.

- Eat This: Baked fish tacos with cabbage slaw and avocado

Not That: Fish sticks with tartar sauce.

## **Dessert Swaps**

- Eat This: Frozen banana slices dipped in dark chocolate

Not That: Ice cream sundaes with multiple toppings.

- Eat This: Homemade fruit popsicles made from pureed fruit

Not That: Store-bought popsicles filled with artificial flavors and colors.

## **Tips for Encouraging Healthy Eating Habits**

Encouraging children to make healthier food choices can sometimes be a challenge. Here

are some strategies to help promote good eating habits:

## **Make It Fun**

1. **Involve Kids in Cooking:** Let children help prepare meals. This can spark their interest in trying new foods.
2. **Create Colorful Plates:** Use a variety of colorful fruits and vegetables to make meals visually appealing.
3. **Play Food Games:** Incorporate educational games that involve food selection and nutrition to make learning fun.

## **Lead by Example**

Children are more likely to adopt healthy habits if they see their parents practicing them. Be a role model by making nutritious choices and involving your kids in those choices.

## **Educate About Nutrition**

Teach kids the importance of nutrition and how it affects their bodies. Use age-appropriate resources, such as books or interactive websites, to make learning engaging.

## **Conclusion**

Incorporating the concept of **eat this not that kids** into daily routines can make a significant difference in children's health and well-being. By swapping unhealthy options for healthier alternatives and fostering a positive relationship with food, parents can help their children develop lifelong habits that promote health. Remember, the journey to healthy eating is gradual, and patience is key. With consistent efforts, kids will learn to enjoy nutritious foods and make informed choices that benefit their growth and development.

## **Frequently Asked Questions**

### **What are some healthy snack alternatives for kids?**

Instead of chips, try air-popped popcorn or veggie sticks with hummus. Swap sugary granola bars for homemade oat energy balls made with natural ingredients.

### **How can parents encourage kids to choose healthier**

## **food options?**

Parents can involve kids in meal planning and preparation, offer a variety of fruits and vegetables, and set a positive example by making healthy choices themselves.

## **What are some easy 'eat this, not that' swaps for school lunches?**

Replace sugary fruit snacks with fresh fruit, swap white bread for whole grain, and choose yogurt with no added sugars instead of flavored yogurts.

## **Are there any quick breakfast alternatives for busy mornings?**

Instead of sugary cereals, opt for oatmeal topped with fresh fruit or a smoothie made with spinach, banana, and yogurt for a nutritious start to the day.

## **What are some tips for making healthy eating fun for kids?**

Make colorful fruit and vegetable skewers, create fun shapes with sandwiches using cookie cutters, and involve kids in choosing and preparing their meals to make healthy eating exciting.

Find other PDF article:

<https://soc.up.edu.ph/44-slide/Book?dataid=TJD27-8447&title=nys-metal-coil-endorsement-practice-test.pdf>

## **Eat This Not That Kids**

### **Uber Eats | Food & Grocery Delivery | Order Groceries and Food ...**

Find the best restaurants that deliver. Get contactless delivery for restaurant takeout, groceries, and more! Order food online or in the Uber Eats app and support local restaurants.

### **EAT**

Welcome to Eighth Avenue Trattoria! Served from 7:30am-10:00am. Breakfast That's Made to Order! and receive exclusive access to Teatro Group's upcoming events, discounts & specials!

*Skip | Online Delivery | Food, Groceries, Alcohol and More!*

Order food delivery & take out from the best restaurants near you. Skip has over 30,000 restaurants Nationwide. Place your order now.

*Eat Impact - Save Money & Fight Food Waste*

Prepare delicious healthy meals and snacks to nourish your body and soul. Make an Impact – Eat healthy and help build a more sustainable food system. Customization – Your Eat Impact Box ...

## **Eataly Toronto: restaurants, market and cooking classes | Eataly**

Discover Eataly Toronto: look inside the market, restaurants and our offering of cooking classes and events. Visit our website!

## **Canada's Food Guide**

Find our healthy eating recommendations, food guide kitchen, tips, resources and more.

## **Ready-To-Eat Entrees | Eat-In Foods | Canada**

We capture the essence of the finest foods from various ethnic cuisines. Our developers creatively prepare the recipes that are ready to to heat and eat.

## **EatingWell: Healthy Recipes, Healthy Eating**

Find healthy, delicious recipes and meal plan ideas from our test kitchen cooks and nutrition experts at EatingWell. Learn how to make healthier food choices every day.

## EAT Definition & Meaning - Merriam-Webster

The meaning of EAT is to take in through the mouth as food : ingest, chew, and swallow in turn. How to use eat in a sentence.

## **Eat This, Not That: Health, Nutrition, Weight Loss & Recipes**

Get to Know Eat This, Not That! The leading authority in food, nutrition, and health. Make better eating choices every day.

## *Uber Eats | Food & Grocery Delivery | Order Groceries and Food ...*

Find the best restaurants that deliver. Get contactless delivery for restaurant takeout, groceries, and more! Order food online or in the Uber Eats app and support local restaurants.

## EAT

Welcome to Eighth Avenue Trattoria! Served from 7:30am-10:00am. Breakfast That's Made to Order! and receive exclusive access to Teatro Group's upcoming events, discounts & specials!

## Skip | Online Delivery | Food, Groceries, Alcohol and More!

Order food delivery & take out from the best restaurants near you. Skip has over 30,000 restaurants Nationwide. Place your order now.

## **Eat Impact - Save Money & Fight Food Waste**

Prepare delicious healthy meals and snacks to nourish your body and soul. Make an Impact - Eat healthy and help build a more sustainable food system. Customization - Your Eat Impact Box ...

## **Eataly Toronto: restaurants, market and cooking classes | Eataly**

Discover Eataly Toronto: look inside the market, restaurants and our offering of cooking classes and events. Visit our website!

## Canada's Food Guide

Find our healthy eating recommendations, food guide kitchen, tips, resources and more.

## *Ready-To-Eat Entrees | Eat-In Foods | Canada*

We capture the essence of the finest foods from various ethnic cuisines. Our developers creatively prepare the recipes that are ready to to heat and eat.

## **EatingWell: Healthy Recipes, Healthy Eating**

Find healthy, delicious recipes and meal plan ideas from our test kitchen cooks and nutrition experts at EatingWell. Learn how to make healthier food choices every day.

#### EAT Definition & Meaning - Merriam-Webster

The meaning of EAT is to take in through the mouth as food : ingest, chew, and swallow in turn. How to use eat in a sentence.

#### *Eat This, Not That: Health, Nutrition, Weight Loss & Recipes*

Get to Know Eat This, Not That! The leading authority in food, nutrition, and health. Make better eating choices every day.

"Discover healthier choices for your kids with our 'Eat This

[Back to Home](#)