Helping Your Kids Eat Healthy
- Replace baked potatoes and fries with baked sweet potatoes. Your child will think it’s dessert.
- Instead of potato chips, peel and slice raw sweet potatoes and serve with a fat-free dip for a healthy snack.
- Dice or peel raw sweet potato flesh into salads and over soups for a sweet flavoring.

Making Healthy Choices
- Children who eat school meals are more likely to eat the recommended amount of fruits and vegetables every day than those who do not.
- Encourage your child to eat the school breakfast and lunch. Ask your child’s teacher or call the school district’s main office for more information.
- Review your family’s weekly schedule and circle one day this week that you would like to try making the apple glazed sweet potato recipe found on the center of this page.

Let’s Get Physical!
- It’s easy to want to stay inside where it’s warm, but make sure your child gets out and plays.
- Challenge them to a basketball or soccer game.
- Ask your child to help you clean and put away the dishes. Assign other chores like vacuuming, dusting or sweeping.

For more physical activity ideas, visit: www.kidnetic.com and www.verbnow.com

APPLE GLAZED SWEET POTATOES
(Makes 4 servings - 1/2 cup each)
2½ cups unsweetened 100% apple juice
½ teaspoon cinnamon
¼ teaspoon salt
2 sweet potatoes, peeled and thinly sliced

1. Combine apple juice, cinnamon and salt in a large skillet.
2. Add sliced sweet potatoes and bring to a boil over high heat.
3. Reduce heat slightly and simmer.
4. Stir occasionally for 20-25 minutes or until potatoes are tender and juice has been reduced to a glaze. Serve warm.

Adapted from: Discover the Secret to Healthy Living, Public Health Institute, 2004.

Nutrition Facts
Serving size: 1 cup, halves (152g)

<table>
<thead>
<tr>
<th>per serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 114</td>
<td></td>
</tr>
<tr>
<td>Carbohydrate 27g</td>
<td>9%</td>
</tr>
<tr>
<td>Protein 2g</td>
<td></td>
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<tr>
<td>Vitamin A 377%</td>
<td>Calcium 4%</td>
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<tr>
<td>Vitamin C 5%</td>
<td>Iron 5%</td>
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</tbody>
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Source: www.nutritiondata.com

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